

Kindergarten

Bible Study Guide



Second Quarter
B

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A Sabbath School Bible Study Guide for Kindergarten Children
GraceLink® Sabbath School Curriculum

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Year B, Second Quarter

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Basic Needs of Children*

All children have certain basic needs as well as needs that are specific to their age and stage of development. The basic needs of children are:

Physical

- Food
- Warmth
- Shelter

Mental

- Power—to make choices and follow plans

Emotional

- A sense of belonging
- Approval and recognition
- Expressions of unconditional love and acceptance
- Freedom within defined boundaries
- Humor—a chance to laugh

Spiritual

- An all-knowing, loving, caring God
- Forgiveness of wrongs and a chance to start over
- Assurance of acceptance with God
- Experience in prayer, answers to prayer
- A chance to grow in grace and in the knowledge of God

The Kindergarten Child

In the Seventh-day Adventist Church we advocate kindergarten for children ages 3-5. However, the development of children varies from child to child. Therefore, a knowledge of each child is important. Generally the description below is true of children ages 3-5.

Physical

- Start developing large muscle coordination
- Lack a sure sense of balance
- Are extremely active
- Tire easily, but revive soon after resting
- Lack fine muscle coordination
- Are curious and like to explore their environment
- Learn by exploring

Mental

- Are capable of limited listening and understanding without the help of a visual cue, such as seeing the object being discussed
- Have quick memory
- Memorize things they don't understand

Emotional

- Cry easily
- Are capable of verbalizing emotional responses
- Learn to delay gratification of needs without losing equilibrium
- Experience the full spectrum of negative emotions
- Learn ways to express negative emotions

Social/Relational

- Are self-centered—the world revolves around them
- Play alone in the presence of their friends, rather than playing with their friends
- Like to make friends and be with friends

Developmental Needs

In addition to the basic needs mentioned earlier, kindergarten children need:

- Freedom—to choose and to explore within limits
- Power—to have some autonomy in learning situations
- Limits—safe boundaries that are set by parents and teachers
- Fun—learning through play, enjoying success
- Discipline and training—to provide safety and structure in their lives

Spiritual Needs

Kindergarten children need to know:

- God loves them and cares for them
- How to show respect for God
- God made them, knows them, and values them
- The difference between right and wrong
- How to choose the right with God's help

General Rules

A child's attention span, in minutes, is their age plus one. Thus, an average 3-year-old has a potential attention span of four minutes, provided they are interested in what is happening.

Kindergarten Children:

- Enjoy repetition—provided they don't tire
- Are beginning to reason from simple cause to effect
- Make some generalizations—often incorrectly
- Learn best by active participation
- Have a short attention span—3 to 6 minutes

**Children's Ministries: Ideas and Techniques That Work*, ed. Ann Calkins (Lincoln, Nebr.: AdventSource, 1997).

A Letter to Parents

Dear Friends,

In this issue of the *Kindergarten Bible Study Guide* you will find that the lessons tell the stories of David, Daniel, and Joseph. In these lessons the children will be introduced to three major themes—respecting each other as part of a community; being happy to worship God; and learning about God’s care as a part of His grace.

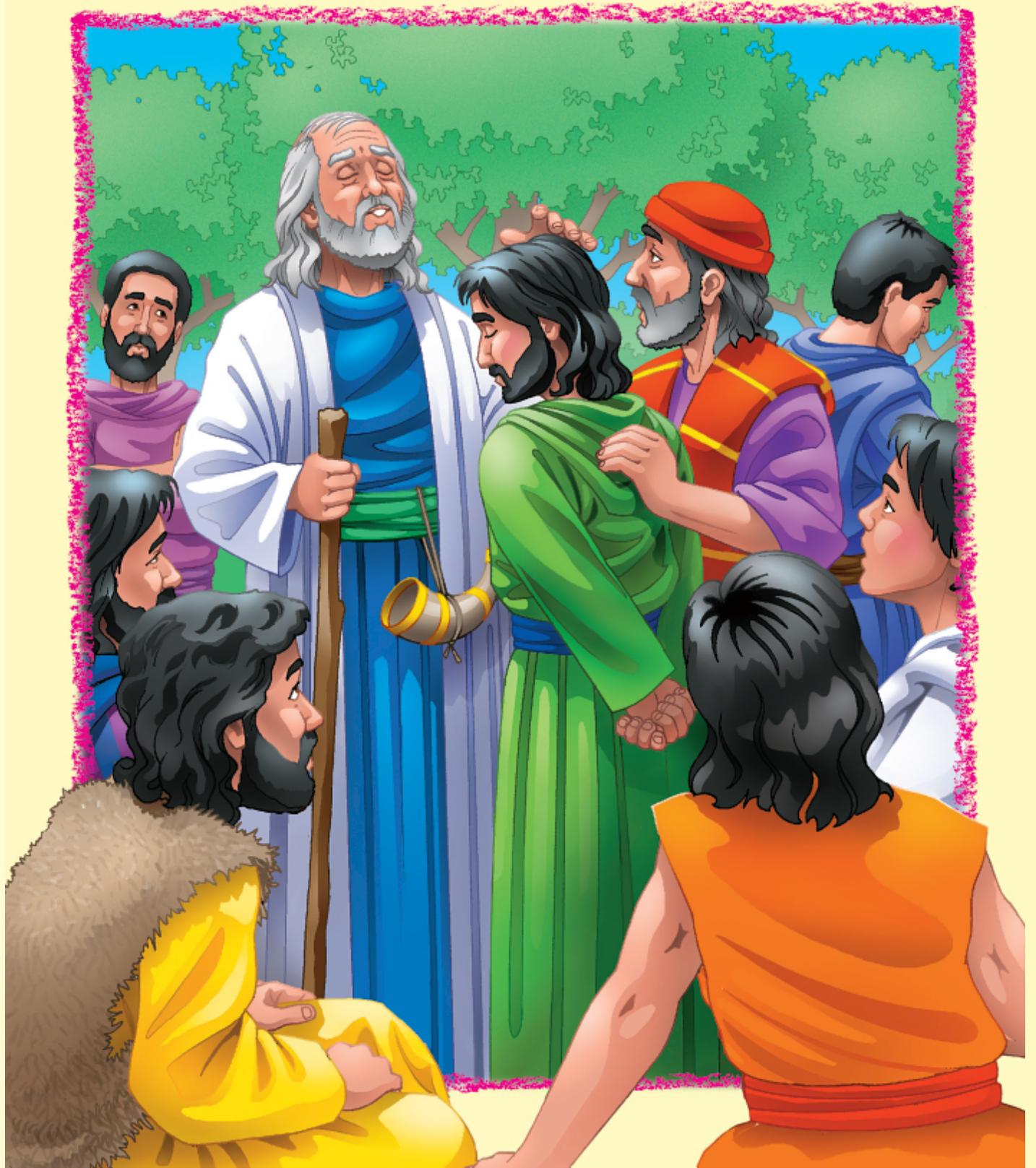
We believe that kindergarten children are able to understand God’s messages in Scripture, so we urge you to sit with your child each day to share the lesson. As part of your family worship, pray for understanding from the Holy Spirit; sing a happy song; read with enthusiasm; and have fun with the Do and Say activities. Use the motions to review the memory verse. This will help your child remember it. Let your child tell you the story from the pictures or help to read the lesson if he or she is able. Read the story from the Bible at some time during the week. A number of simplified children’s versions are available today. Teach by example and word that the Bible is precious and holy. Involve your young child in worship now, and you will foster a love for Jesus and His Word that will last.

Take the time—make the time—to worship with your child every day. Years from now you’ll be glad you did.

Our prayer is that these lessons will bring joy and peace to you and your child. Let us pray for one another as we work together to lead little ones to Jesus.

Contact us through our Web site at www.gracelink.net.

**Cordially,
The General Conference
Sabbath School Department**

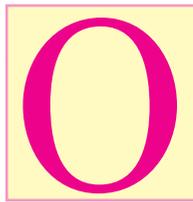


LESSON 1

REFERENCES: 1 SAMUEL 16:1-13; PATRIARCHS AND PROPHETS, PP. 637-642.

Just a Shepherd Boy?

Are you important to God? What about your parents, or your friend next door? God thinks all people are important. Even a young shepherd boy named David.



One fine morning the Lord spoke to His prophet Samuel. “Go to Bethlehem,” He said. “Find a man named Jesse who lives there. I have chosen one of Jesse’s sons to be the next king. Fill your container with olive oil, and go.”

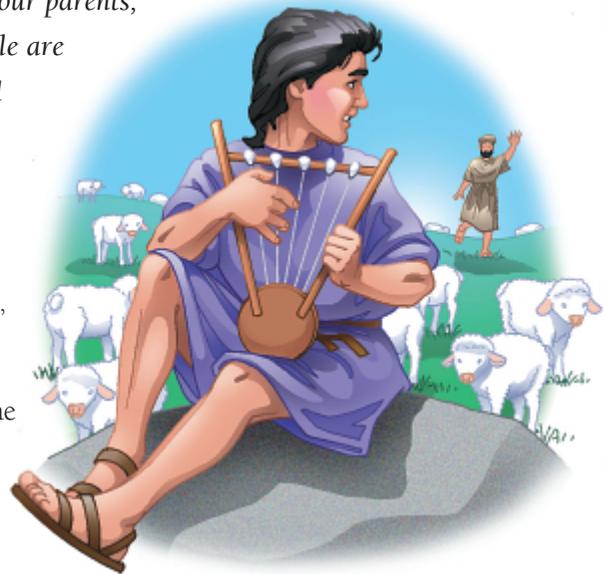
Memory Verse

“People look at the outside of a person, but the Lord looks at the heart.”

1 SAMUEL 16:7, ICB.

The Message

God’s people think everyone is valuable and important.



Samuel filled a container with olive oil just as the Lord had told him to. When Samuel reached Bethlehem and found out which one of Jesse’s sons was chosen to be the next king, he would pour some of the oil on him.

When he arrived in Bethlehem, Samuel soon found Jesse. Then he got ready to make a sacrifice to the Lord. He invited the town leaders to come to the sacrifice, and he invited Jesse and his sons too.

Jesse called seven of his sons to go with him. Samuel looked at the boys and smiled. The oldest of Jesse's sons, Eliab, was tall and handsome. *This is surely the man the Lord has chosen to be the next king*, Samuel thought to himself.

But the Lord spoke to Samuel. "Don't look at how tall and handsome that man is," He said. "I have not chosen him to be the king." Then the Lord told Samuel something very important. "God does not see the same way people do. People see only the outside of a person. But the Lord looks at people's hearts."

Jesse introduced another of his sons to Samuel. Samuel looked at him. "The Lord has not chosen this man either," he said.

Jesse introduced a third son to Samuel. Samuel looked at him and shook his head. Each one of Jesse's seven sons was presented to Samuel. Samuel was puzzled. "The Lord has not chosen any of these men," he said, then he turned to Jesse. "Are these all your sons?" he asked.

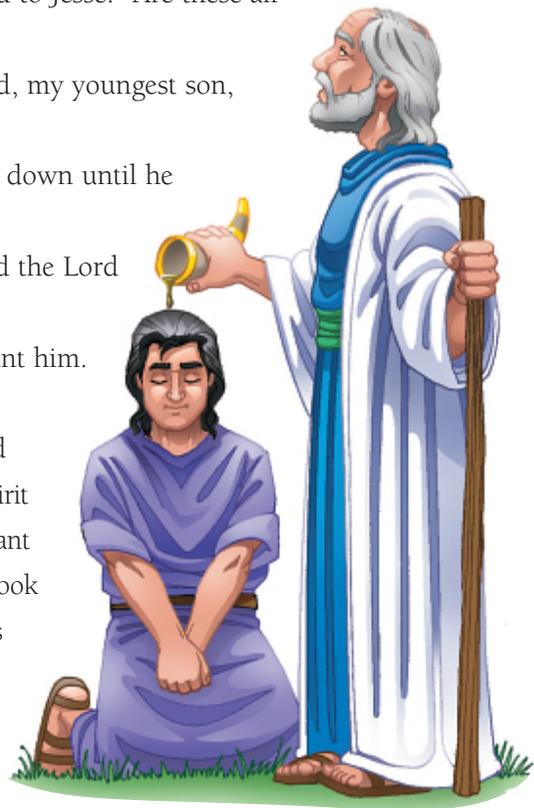
"Well," Jesse said, "I do have one more. David, my youngest son, is in the field caring for the sheep."

"Send for him," Samuel said. "We will not sit down until he gets here."

David soon arrived. David loved the Lord and the Lord loved him.

"That's the one," the Lord told Samuel. "Anoint him. He is the one who will be king."

So Samuel took out his container of olive oil and poured some oil on David's head. And the Lord's Spirit blessed David and gave him power to do the important work that God had planned for him. God does not look at just the strongest, tallest, or the oldest; everyone is important to God. Even a shepherd boy.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

People Palms down, rotate hands.

look Put hand above eyes and “look” from side to side.

at the outside of a person, . . . Palms down, move hands downward from chest.

but the Lord Point upward.

looks Put hand above eyes and “look” from side to side.

at the heart. Point to your heart.

1 Samuel 16:7 . . . Palms together, then open.

SUNDAY

Read portions of 1 Samuel 16:1-13 together. Ask: Why did Samuel think one of David’s brothers would be the one God chose? Why did God choose David?

Help your child give the sheep made in Sabbath School to someone while telling them about David. (Or help them draw an outline of a sheep, and glue cotton balls on it.)



MONDAY

With your child, look for little things around your house that are important.

Ask Jesus to help your child know they are important to Him.

TUESDAY

With your child, look for things in

nature (small rocks, leaves, feathers, seeds).

Talk about how they are important.



Show your child a picture of a very important person in your country and talk about who they are. Ask: Do you think this person is more important to God than you? than Grandma? Why?

WEDNESDAY

Help your child count the other children in your family (or their friends). Ask: How many brothers did David have? Was he the oldest, middle, or youngest? What are you in your family? What is good about being the oldest? middle? youngest? What is not so good? Practice your memory verse.

THURSDAY

Let your child help you prepare a family member’s favorite food. Ask your child to serve the food. Tell them they are important to you and to God.

Help your child “read” the lesson pictures. Ask: What would a shepherd do for their sheep? Was David a good shepherd? How do you know?

FRIDAY

For worship, help your child act out the story with family members.

Let your child smell and feel some olive oil. Talk about why Samuel anointed David with oil.

Sing favorite songs about Jesus before praying.



LESSON 2

REFERENCES: 1 SAMUEL 18:1-5; 20:1-42; PATRIARCHS AND PROPHETS, PP. 649-655.

Best Friends

Who is your best friend? What do you like to do together? David and Jonathan were best friends who respected and loved each other.

K

ing Saul sent for David. "Come and live in the palace," the king said. "I want you to work for me."



So David moved to the king's beautiful palace. David soon met King Saul's oldest son, Jonathan. David and Jonathan liked each other and became best friends.

"Let's go shoot arrows!" Jonathan may have called to David.

"Let's go ride horses," David may have said to Jonathan.

The people of Israel grew to love David too. And that made King Saul think that the people loved David more than they loved him. King Saul became so angry that he tried to hurt David!

"Your father is trying to hurt me!" David told his friend Jonathan.

"That can't be true!" Jonathan exclaimed.

"But it is!" David insisted. "Soon a festival will begin, and the king will expect me to be there. I will go to see my brothers. Two

Memory Verse

"Jonathan . . . loved [David] as himself."

1 SAMUEL 18:3, NIV.

The Message

True friends respect and love each other.

days after the festival I will return and hide in the field. When your father sees that I am not at the festival dinner, tell him that I went to visit my family. If he gets very upset, you will know that he is trying to hurt me.”

“All right,” Jonathan answered. “Hide by the stone pile in the field. If my father really is trying to hurt you, I will tell you. Here’s my plan,” Jonathan continued. “I will shoot arrows over by the stone pile. Then I will send my servant boy to get the arrows. If I shout to the boy and say, ‘Go farther—the arrows are ahead of you,’ then you will know that my father really does want to hurt you, and you need to run away to be safe.”

When King Saul sat down for the festival dinner that day, he saw that David’s chair was empty. But he didn’t say anything. The next day at dinnertime the king saw that David’s chair was still empty. He turned to Jonathan. “Where is David?” he asked.

“David went to visit his family during the festival,” Jonathan answered.

King Saul’s face turned red with anger. “Don’t you think I know that you want to protect David? As long as he lives, you will never be king!” he screamed. “Go get David! I want to destroy him!”

Jonathan knew then that his father really wanted to hurt his friend David.

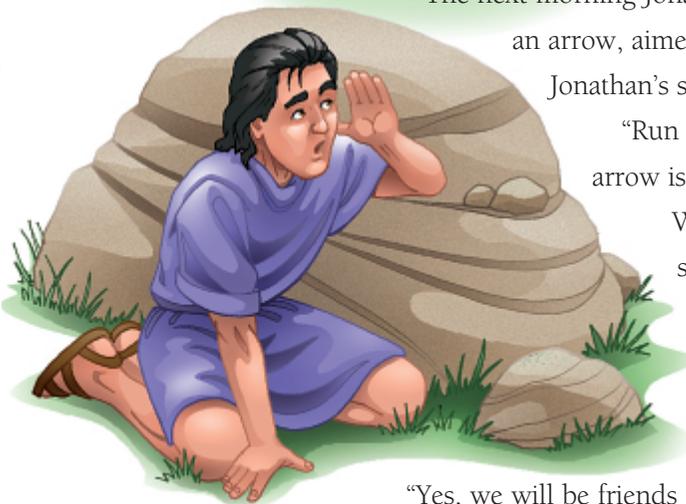
The next morning Jonathan went to the field. He took out an arrow, aimed it near the stone pile, and shot it.

Jonathan’s servant boy ran to find the arrow.

“Run farther!” Jonathan called loudly. “The arrow is ahead of you.”

When the boy came back, Jonathan sent him back to town. Then he and David said goodbye. “We may not be able to see each other for a while,” Jonathan said. “But we will still be friends,” he promised.

“Yes, we will be friends forever!” said David. And they were.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

Jonathan ...loved... . . . Cross arms over chest.

[David] Point to others.

as himself. Point to self.

1 Samuel 18:3 . . . Palms together, then open.

SUNDAY

Read portions of 1 Samuel 18:1-5 and 20:1-42. Ask: What did Jonathan give to David to show he was his friend? How did Jonathan help David? Why were they sad?

Help your child draw a picture of their best friend. If your child cannot identify a best friend, have them draw someone they love or someone they think loves them.

MONDAY

Read and explain 1 Samuel 18:1-3 to your child. Then have them give someone in your family a hug and tell them they love them.

Encourage your child to share the arrow made in Sabbath School with a friend and tell them the story of David and Jonathan. (Or help them draw an arrow shape on heavy paper and write the memory verse on it, color it, cut it out, and share it with someone.)



TUESDAY

Read 1 Samuel 18:4 together. Help your child go through their clothing and find things that can be given to Community Services. Take your child with you to deliver them.

WEDNESDAY

Have your child name and count all their friends. Ask: Do you have one very special friend? Why do you like that person so much? Remind them that Jesus wants to be their very best friend.



THURSDAY

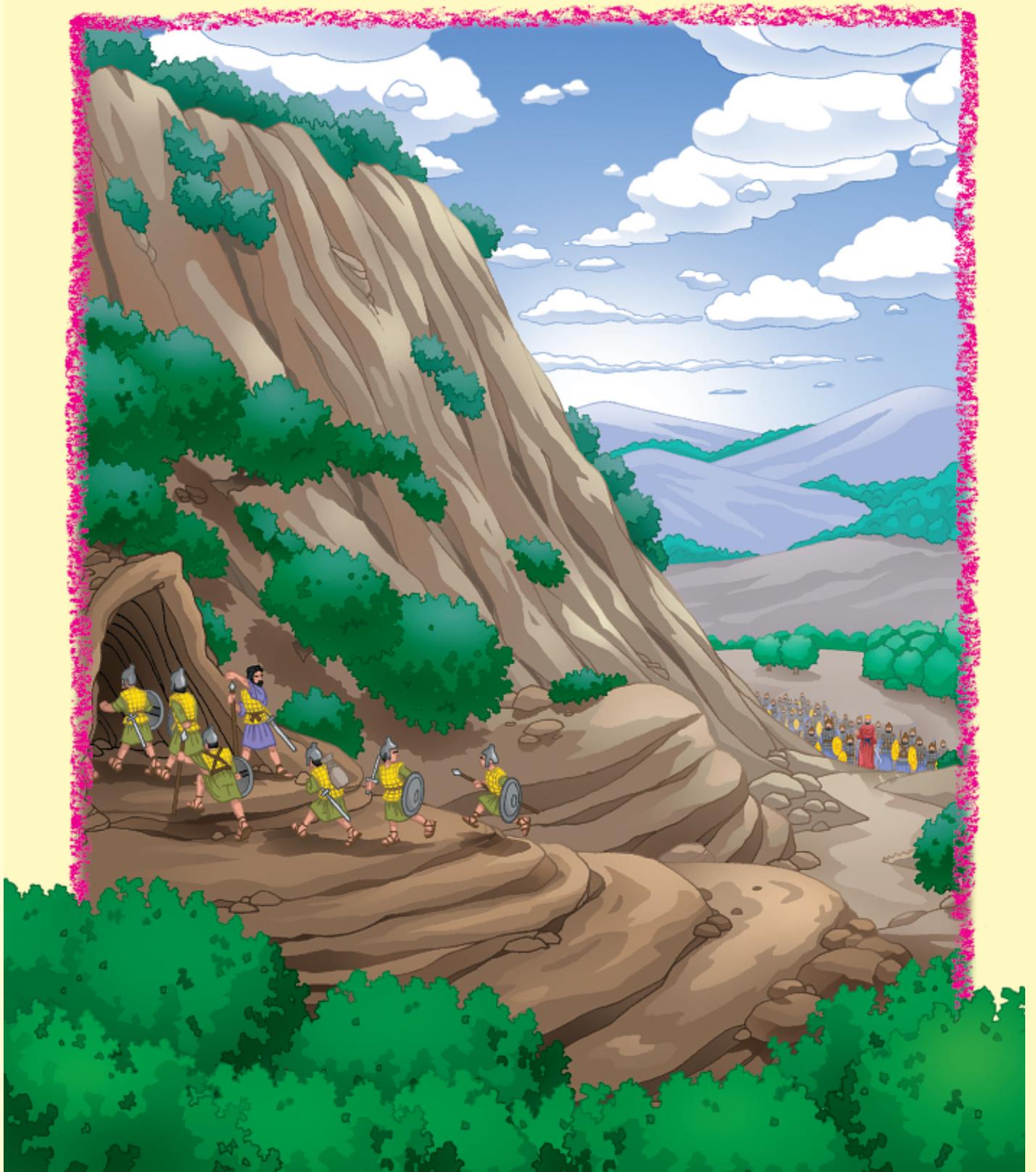
Ask your child to name a special friend and talk about something they might like to do for their friend, then help them do it. Or let your child invite a special friend to dinner and worship Friday evening.

Help your child thank Jesus for special friends. Ask Him to help your child be a good friend too.

FRIDAY

For family worship, have everyone participate in acting out the David and Jonathan story. Help your child make a bow and arrow from dowels or sticks and twine. Ask: How can you show your friends that you love them?

Before prayer, sing songs about friendship. Thank Jesus for your family's friends.



LESSON 3

REFERENCES: 1 SAMUEL 18:5-9; 19:1, 2, 11, 12; 24:1-22; PATRIARCHS AND PROPHETS, PP. 649-663.

Caught in a Cave

Has anyone done something unkind to you? What did you do? David shows us how to do good to someone who is mean to us.

T

he soldier scrambled down the mountainside. He might have slipped

on some gravel, then got his balance and ran on. "Saul and his soldiers are coming!" he may have

gasped to David. "King Saul is coming with thousands of soldiers!" (See 1 Samuel 24:2.)

No longer a boy, David and his 600 men quickly climbed up to a big cave where they could hide. The cave was very dark and still. David and his men crouched behind big boulders. They barely breathed.

David and his men had been running away from King Saul and his soldiers for months. King Saul had made it known he wanted to hurt David. Why? Because King Saul was jealous of

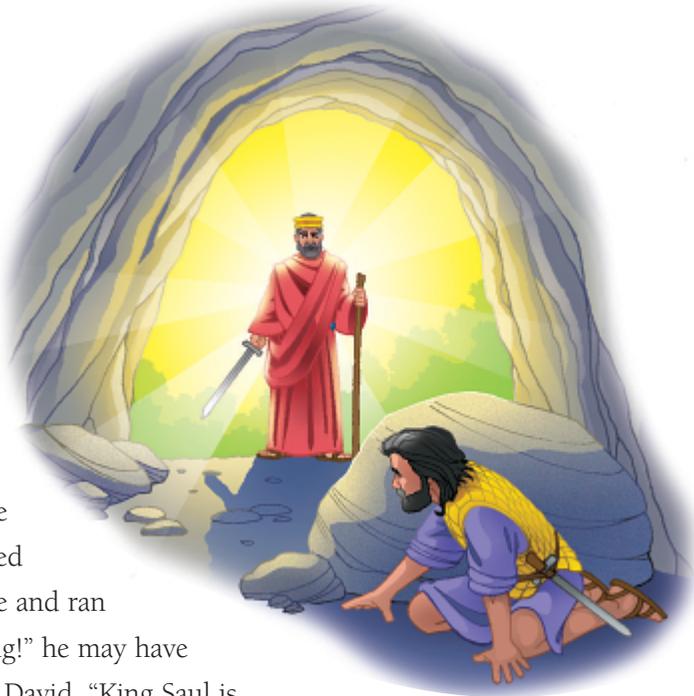
Memory Verse

"Let us not become weary in doing good."

GALATIANS 6:9, NIV.

The Message

We can do good even when others aren't nice to us.



David's victories in battle. The people loved David. They even made up a song about him, comparing him to King Saul. King Saul didn't like that at all!

Suddenly a man walked into the cave. A very tall, big man. Saul! The king turned and faced the entrance of the cave. He squatted down and pushed his robe out behind him.

"Look!" one of the hiding men whispered into David's ear. "God is giving you a chance to do whatever you want to King Saul."

"I cannot," David replied. "God has made him king. I cannot harm him."

Then David took his sharp knife out of his belt. He crept slowly and noiselessly toward King Saul, then reached out and cut off a piece of the king's robe.

David crept soundlessly back to his men. But he began to feel bad about cutting the king's robe.

When Saul stood up and left the cave, David followed him. "King Saul!" he shouted.

Saul turned around quickly and saw David standing at the entrance of the cave.

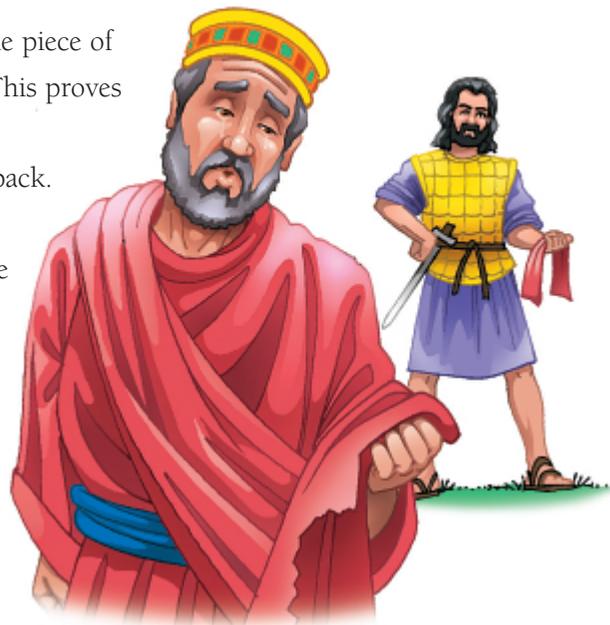
"My men and I could have killed you," David said. "But I will never hurt you because you were chosen by God.

"Look!" David shouted as he held up the piece of material he had cut from the king's robe. "This proves that I could have hurt you."

"Is that really you, David?" Saul called back. "You are a better man than I am," he said with tears running down his face. "You have been merciful. I know that you will surely be the king of Israel after me. Just promise me that you will not hurt my family."

So King Saul and his 3,000 soldiers began the long trip back home.

God was happy with the way David treated Saul that day.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

Let us Point to others, then to self.

not become Shake head, side to side.

weary Hands on chest, move them forward to waist while slumping shoulders.

in doing good. . . Palms open, arms wide.

Galatians 6:9 . . Palms together, then open.

SUNDAY

Read together parts of 1 Samuel 18:5-9; 19:1, 2, 11, 12; 24:1-22. Ask: Why was King Saul angry at David? What did he want to do? Where did David hide? What did David do to King Saul? How did King Saul react?

MONDAY

Use chairs and blankets to make a “cave.” Let your child retell the story while in the “cave.”

Talk about a time someone was nice to you and you didn’t deserve it, or you were nice to someone after they had treated you unkindly.

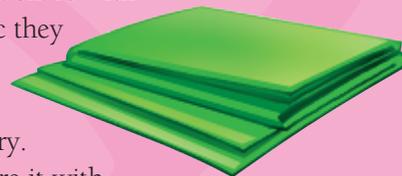
TUESDAY

With your child, complete the following sentence: “Jesus, it’s hard to be nice when . . .”

Write down two or three instances. Ask Jesus to help your child show kindness when others are not kind.

Help your child share with someone the fabric they cut in Sabbath School and tell them the Bible story.

If appropriate, share it with someone who hasn’t been nice to them.



WEDNESDAY

Ask: Is it easy to be nice to someone who is mean to you? Who helped David to be nice? Who can help you to be nice?

If there is a mean child or adult in the neighborhood, plan with your child to do something nice for them and do it today.

THURSDAY

Help your child draw a picture of two children being nice to each other.

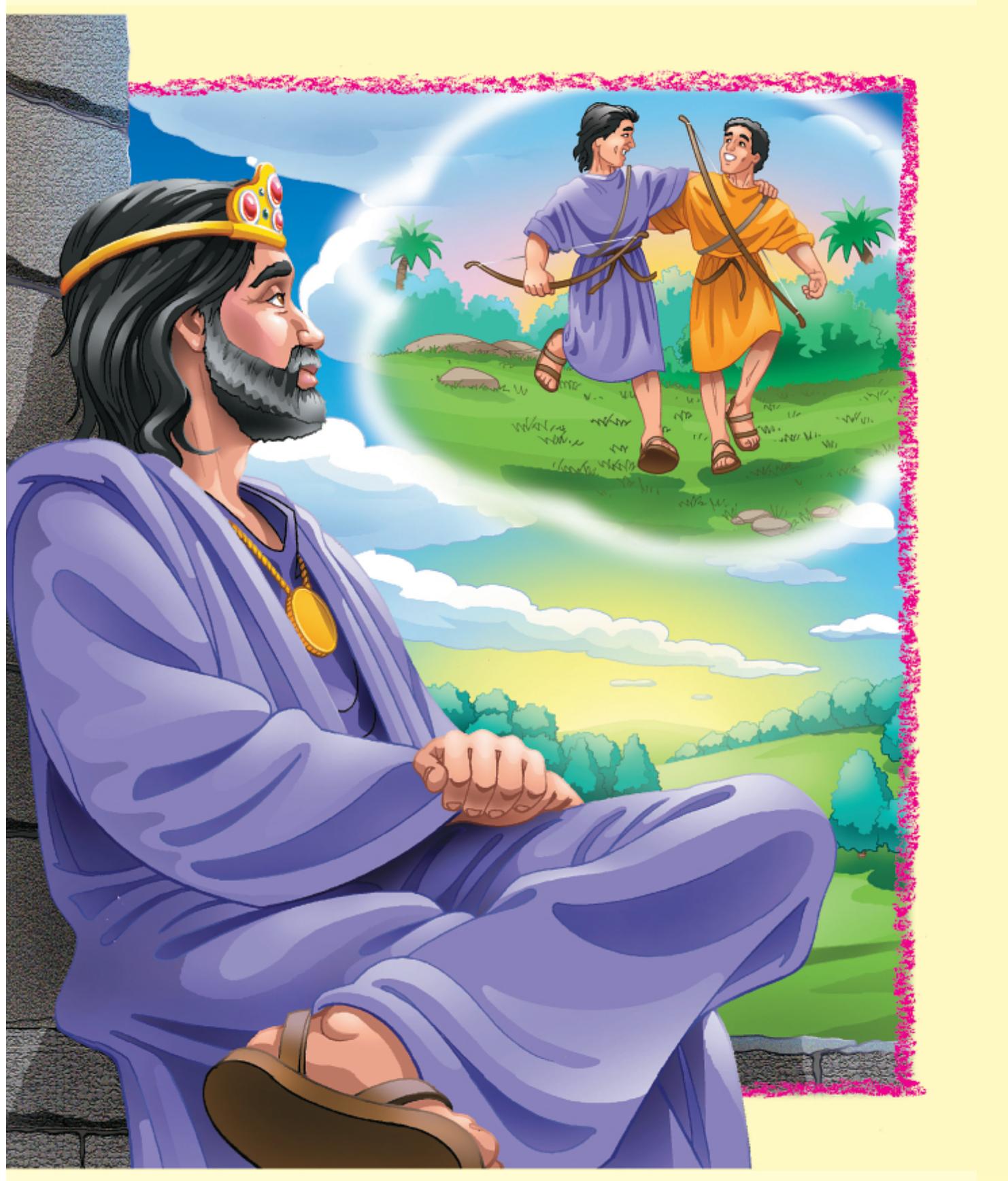
Before prayer, sing a song about doing good.

FRIDAY

Review the “it’s hard to be nice when” list you made on Tuesday. Talk about your child’s reactions this week. Thank Jesus for His help.

For family worship, read and discuss portions of *Patriarchs and Prophets*, pages 660-662.





LESSON 4

REFERENCES: 1 SAMUEL 20:14, 15, 42; 2 SAMUEL 4:4; 9:1-13; PATRIARCHS AND PROPHETS, P. 713.

Promises Are for Keeping

King David looked up at the blue, blue sky. The king was remembering his youth. He thought about all the days he had spent taking care of his father's sheep. He remembered the special day when the prophet Samuel had come and had poured olive oil on his head and told him that God had chosen him to be the next king.

David remembered the days he had lived in the palace with King Saul. Then David thought about King Saul's son Jonathan. Jonathan had been his best friend.

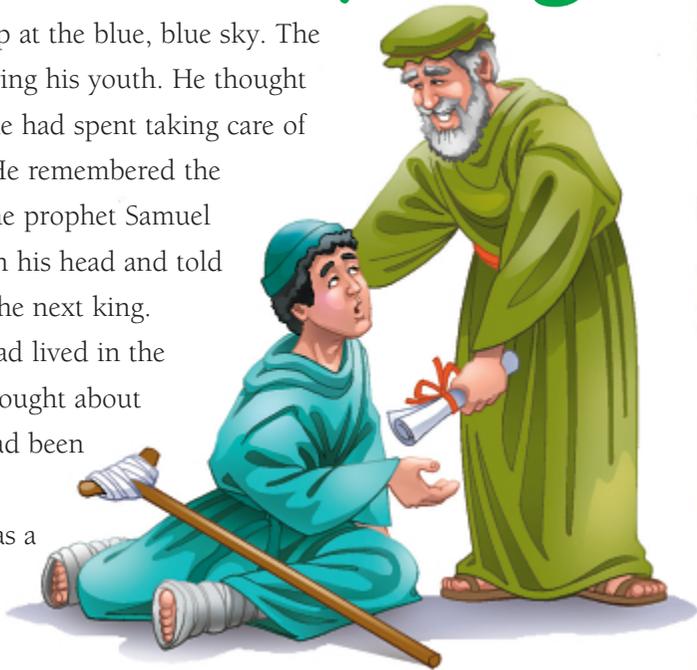
David sighed. Jonathan had died as a

soldier in
a battle.

David

missed him. He remembered how they used to gallop their horses. How they used to shoot their arrows. How they had promised to be friends forever. Then he remembered that he had promised to be kind to Jonathan's family.

Suddenly David had a new thought: *Is anybody from Jonathan's family still alive?* King David sent for Ziba, who had been a servant



Memory Verse

“We have promised
by the Lord that we
will be friends.”

1 SAMUEL 20:42, ICB.

The Message

People who love God
keep their promises.

in Saul's house. Ziba ran to the palace and bowed before the king. "Is anyone from Saul's family still alive?" King David asked Ziba. "If there is, I want to show them God's kindness."

"Yes," Ziba answered. "One of Jonathan's sons is alive. Mephibosheth, a crippled lad. He was hurt as a child and is crippled in both feet."

King David smiled. "I want to see him," he said. So the king sent servants to bring Mephibosheth to the palace.

Mephibosheth's stomach began to hurt when he heard King David's message. He knew that his grandfather, King Saul, had treated David badly. Why did King David want *him* to go to the palace? Was the king going to hurt him? He knew he couldn't say no, but he really didn't want to see King David.

When Mephibosheth arrived at the palace, he bowed very low before King David. "I am your servant," he said.

"Don't be afraid!" David said kindly. "Your father, Jonathan, was my best friend. That's the reason I wanted you to come here. I am giving you all the land that once belonged to your grandfather Saul. And I want you to live here with me at the palace."

Mephibosheth's mouth dropped open with surprise. "Why do you want to do such nice things for me?"

"Because I loved your father very much," the king answered, "and I promised him I would take care of his family."



So it was that Mephibosheth moved into the palace. David always treated Mephibosheth as if he were his own son. And David and Mephibosheth soon became good friends too.

Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

- We** Point to self, then to others.
- have promised . .** Put hand over heart.
- by the Lord** Point upward.
- that we** Point to self, then to others.
- will be friends. .** Hook index fingers.
- 1 Samuel 20:42 .** Palms together, then open.

SUNDAY

Together, read 1 Samuel 20:14, 15, 42; 2 Samuel 4:4; 9:1-13. Ask: Did David keep the promise he made to Jonathan?

Encourage your child to share the rainbow they made in Sabbath School with someone this week and tell them the Bible story. (Or use colored yarn to make a rainbow on a piece of paper, or draw a picture of a rainbow.)

MONDAY

Discuss the promise your child made in Sabbath School. Has the promise been kept? Why?

If appropriate, show your child pictures of your wedding. Talk about the promises people make when they get married.

TUESDAY

Use differently weighted

objects to show your child how gravity works. Ask: Why do these things always fall? Does God keep His promise about gravity? What if gravity didn't always work?

WEDNESDAY

Go for a nature walk and look for God's promises (sun and rain for everyone, growing plants, rainbow, etc.). Make a collection or draw pictures of some things that remind us of God's promises.



THURSDAY

Promise something to your child and keep your promise.

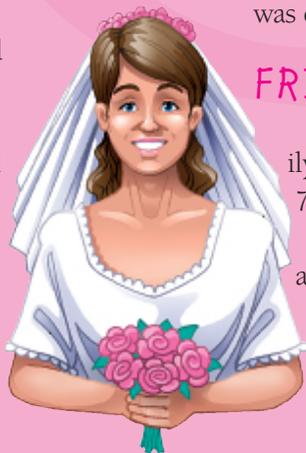
Read together Matthew 5:45. Did God keep this promise today? Remind your child that even if it was cloudy, the sun was shining behind the clouds.

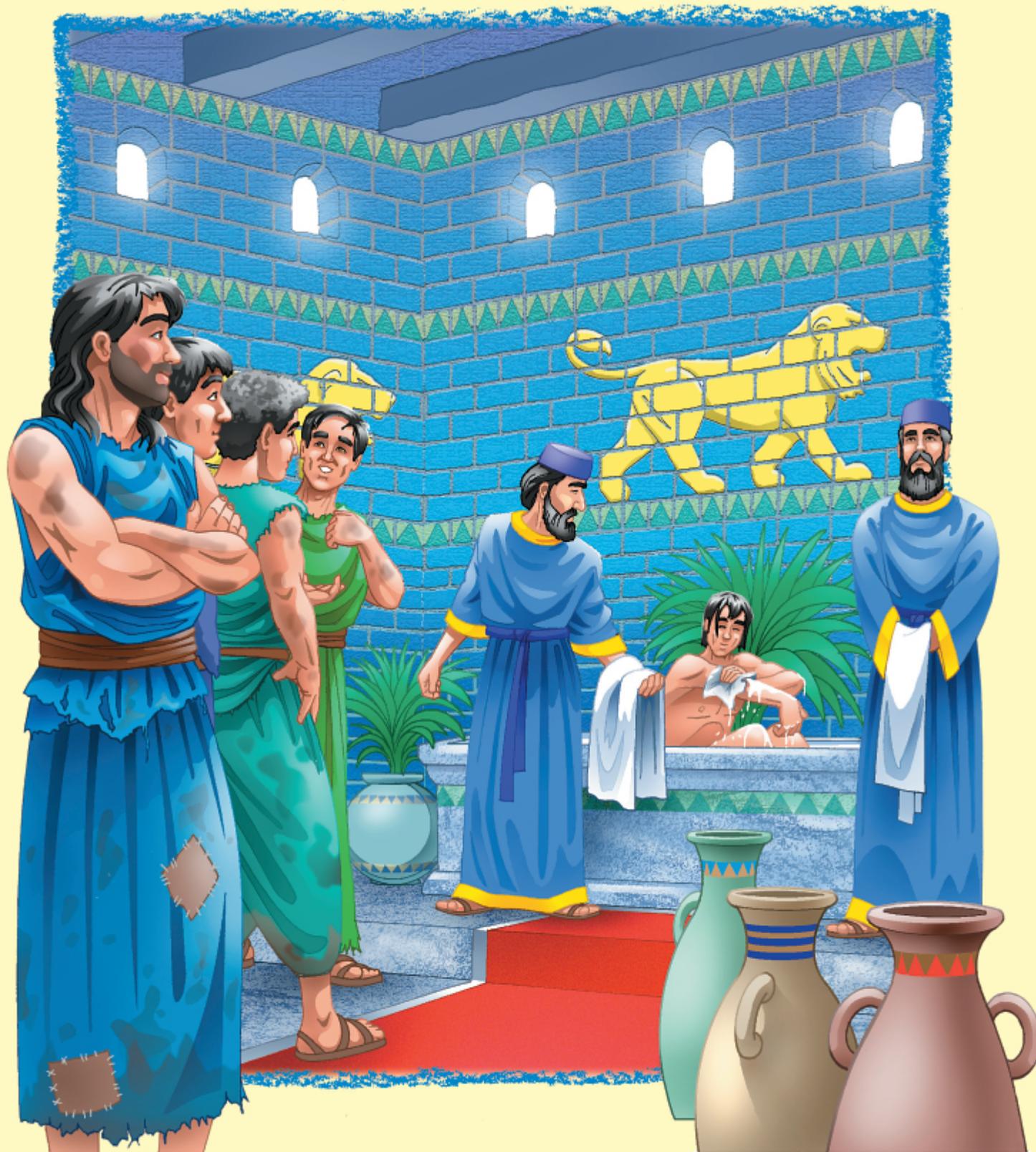
FRIDAY

Have your child tell the lesson story for family worship. Read *Patriarchs and Prophets*, page 713, together. How is your family like David's?

Talk about Jesus' promises to come back and take us to heaven. Sing songs about His promises.

Thank Jesus for keeping His promises. Ask Him to help you keep your promises.





REFERENCES: DANIEL 1; PROPHETS AND KINGS, PP. 479-490.

Passing the Test

What is your favorite food? How about your favorite song? Are all of these the best choices for you? Daniel and his friends made a good choice.



Daniel and three of his friends stopped and stared up at the huge, beautiful palace. They were very tired, and very sad. Strangers in a strange country, they were captives of the king of Babylon.

Once inside the palace, servants took the boys to big bathtubs. After their baths a servant handed each one fancy new clothes and showed them their new rooms. “Supper will be ready soon,” the servant said.

Daniel and his friends knelt beside their new beds. They prayed that God would help them be strong and choose good things in this strange country where people didn’t worship Him.

Soon the servant called the new captives to supper. Daniel and his friends followed him into the dining room. Delicious-looking food covered the tables, food that came from the king’s table and had been offered to idols. Daniel and his friends looked at one

Memory Verse

“Reject the wrong and choose the right.”

ISAIAH 7:15, NIV.

The Message

We worship God when we choose good things.

another with wide eyes. What should they do? This was the kind of food they knew God didn't want them to eat.

Daniel went to the chief official in charge of all the captives. "May my friends and I eat the kind of food our God has told us to eat?" he asked politely.

The official was afraid of Daniel's idea. "The king ordered you to eat his food and drink his wine," he answered. "If you get pale and sick-looking, the king will get rid of me for not doing my job."

Daniel thought about the problem. He spoke to Melzar, the guard appointed to care for Daniel and his friends. "Will you test us for 10 days?" he asked Melzar. "Please give us only simple food to eat and water instead of wine. You can see how we look after 10 days."

Melzar agreed to the test. For 10 days he gave the boys simple food to eat and water to drink.

When the 10 testing days were up, Daniel and his friends looked healthier than the boys who had been eating the king's food and drinking the king's wine. Melzar decided Daniel and his friends had made a good choice. He let them continue to eat the simple food.

God blessed Daniel and his friends because of their obedience to Him. He helped them learn all the things they studied in King Nebuchadnezzar's school. Three years later when the king tested them, he discovered that Daniel and his three friends had learned more and were wiser than all the other wise men in his kingdom.

Daniel and his friends had chosen good things for their bodies. They had worshipped God by their choices. You can do the same.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

Reject the Shake head no and frown.
wrong
and choose Nod head yes and smile.
the right.

Isaiah 7:15 Palms together, then open.

SUNDAY

Talk about good food choices when you are at the grocery store. Look in your refrigerator or cupboards. Help your



child point out fruit, grains, nuts, and vegetables.

MONDAY

Encourage your child to share the “Ask me about good choices” badge they made in Sabbath School with someone while they tell them about Daniel and his choices. Or help them make a badge by drawing a circle, writing the quote in it, and stringing ribbon through a small hole so they can wear it around their neck. Or attach tape or velcro so they can wear it as a badge.

TUESDAY

Look in magazines or books for people choosing good things. Ask: What choices do you have

every day? (To obey/disobey, to be kind/unkind, what to watch on TV, etc.) Do you make good choices? Thank Jesus for choices.



WEDNESDAY

Help your child think about the food they ate yesterday. Help them count how many fruits and vegetables they ate, how many grain products, dairy, etc. Talk about good food choices your family made. Let your child help choose a healthful menu for tomorrow’s dinner.

THURSDAY

Name something for which your child has a choice (food for breakfast, books to read, TV programs, etc.). Let them know that sometimes we have two good choices, but one would be better for us.

FRIDAY

Help your child shop for a special Sabbath meal and help prepare and serve the meal.

Act out the Bible story with your family. Read Daniel 1 together. Ask: What did Daniel and his friends choose to eat? How did they look at the end of 10 days? Did God help them? Is it always easy to make good choices? What should you do if your friend makes a bad choice?



REFERENCES: DANIEL 2:1-28, 46-49; PROPHETS AND KINGS, PP. 491-502.

The King's Dream

Have you ever had a dream? Was it fun remembering it when you woke up? A long time ago a king had a strange dream.

K

ing Nebuchadnezzar groaned and rolled over in his bed. He opened his eyes and looked around. It was still very dark. The king thought about the strange dream he had just had. He tried to go back to sleep. But it was no use. "Bring the wise men!" he called to his guards.



Memory Verse

"I want to . . . tell people the Good News about God's grace."

ACTS 20:24, ICB.

The Message

We worship God when we tell others about Him.

Quickly the guards woke up some of the wise men and rushed them to the king. King Nebuchadnezzar frowned at the men. "I had a dream that troubles me," he said.

"O king," replied the men, "live forever! Please tell us your dream. Then we will tell you what it means."

"No!" King Nebuchadnezzar shouted. "You must tell me the dream. And then you must tell me what it means."

The wise men looked at each other. They did not smile. "No one can do what the king asks," they whispered.

King Nebuchadnezzar became angry. "Take them away! Take all the wise men away!" he ordered.

Daniel, one of the wise men, had not been awakened. He learned of the trouble when the guards came to take him away with the others. "What is troubling the king?" Daniel asked.

The guard explained, "The king has had a troubling dream. And the wise men couldn't tell him what it was."

"Please," Daniel said, "let me talk to the king."

Daniel bowed before the king. "Please give me some time," he asked politely. "I want to pray to my God and ask Him to tell me your dream and what it means."

King Nebuchadnezzar frowned, but he agreed.

Daniel hurried to his three best friends. Together they prayed that God would show Daniel this secret. That night God did tell Daniel the king's dream.

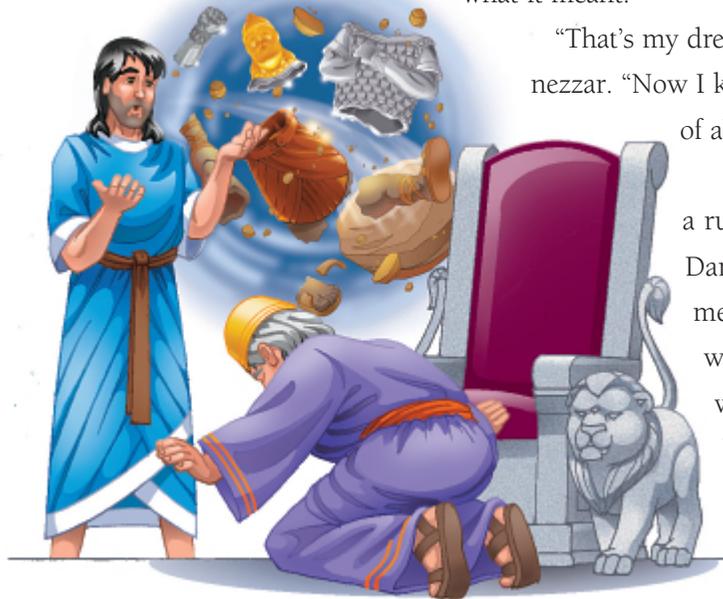
In the morning Daniel went back to King Nebuchadnezzar. "Can you tell me what I dreamed and what it means?" the king demanded.

"No," Daniel answered. "I can't. But there is a God in heaven who explains secret things."

And Daniel told the king exactly what he had dreamed, and what it meant.

"That's my dream!" shouted King Nebuchadnezzar. "Now I know that your God is the greatest of all!" he exclaimed.

Nebuchadnezzar made Daniel a ruler in the kingdom. And he put Daniel in charge of the other wise men. Daniel was happy to help. He was happy about helping the other wise men get out of trouble. But Daniel was happiest because the king now knew that the God of heaven is the true God.



Do and Say

SABBATH

Each day this week, read the lesson story together* and review the memory verse.

- I want** Point to self.
- to ... tell people** . . Touch finger to mouth.
- the Good News** . . Arms open wide.
- about God's** Point upward.
- grace**.
- Acts 20:24** Palms together, then open.

SUNDAY

Encourage your child to share the door picture they made in Sabbath School. (Or help them draw and color a picture of your front door with Revelation 3:20 written on it: "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me [NIV]."

MONDAY

Help your child bake cookies, draw a picture, or cut some flowers for a friend or neighbor and tell them that Jesus loves them.

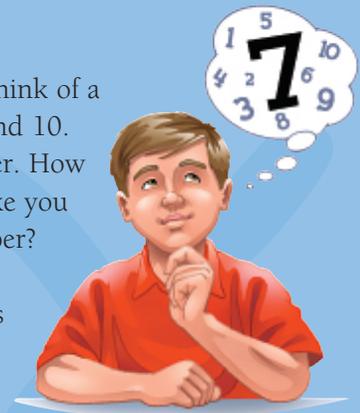
Pray with your child that all their friends will learn to love Jesus.

TUESDAY

Look at magazines or books to find ways people could tell others about Jesus (helping, listening, talking, etc.). Have your child act out ways they can share Jesus with others.

WEDNESDAY

Have your child think of a number between 1 and 10. You guess the number. How many tries does it take you to get the right number? Reverse. Talk about how only God knows our thoughts and dreams.



THURSDAY

Read Daniel 2:1-28 and 46-49 together. Ask: What did the king want his wise men to do? Why couldn't they? What did King Nebuchadnezzar learn about God? What can other people learn about God from you?

Help your child draw a picture of a dream they have had and tell about it. Tell your child about a happy dream you've had. Thank Jesus for happy dreams.

FRIDAY

Act out the Bible story with your family for worship.

Play "God's Messenger" with your family. Think of good things to tell others about God and whisper them to each other around a circle.



* You may want to read *Prophets and Kings*, pp. 491-502, for your personal devotions this week.



REFERENCES: DANIEL 3; PROPHETS AND KINGS, PP. 503-513.

The Fiery Furnace

Has anyone ever wanted you to do something wrong? What did you do? Shadrach, Meshach, and Abednego were asked to do something wrong too.

It was finished at last. The gigantic golden statue King Nebuchadnezzar had ordered to be made stood tall—as tall as an eight-story building! The next day many rulers who served Nebuchadnezzar gathered in the valley. They stared up at the huge golden statue.

The rulers also stared at a large furnace near

the statue. Soldiers

were building

a big fire in

it. “Why are

they doing

that?” people

may have

whispered.

Finally

a man stood

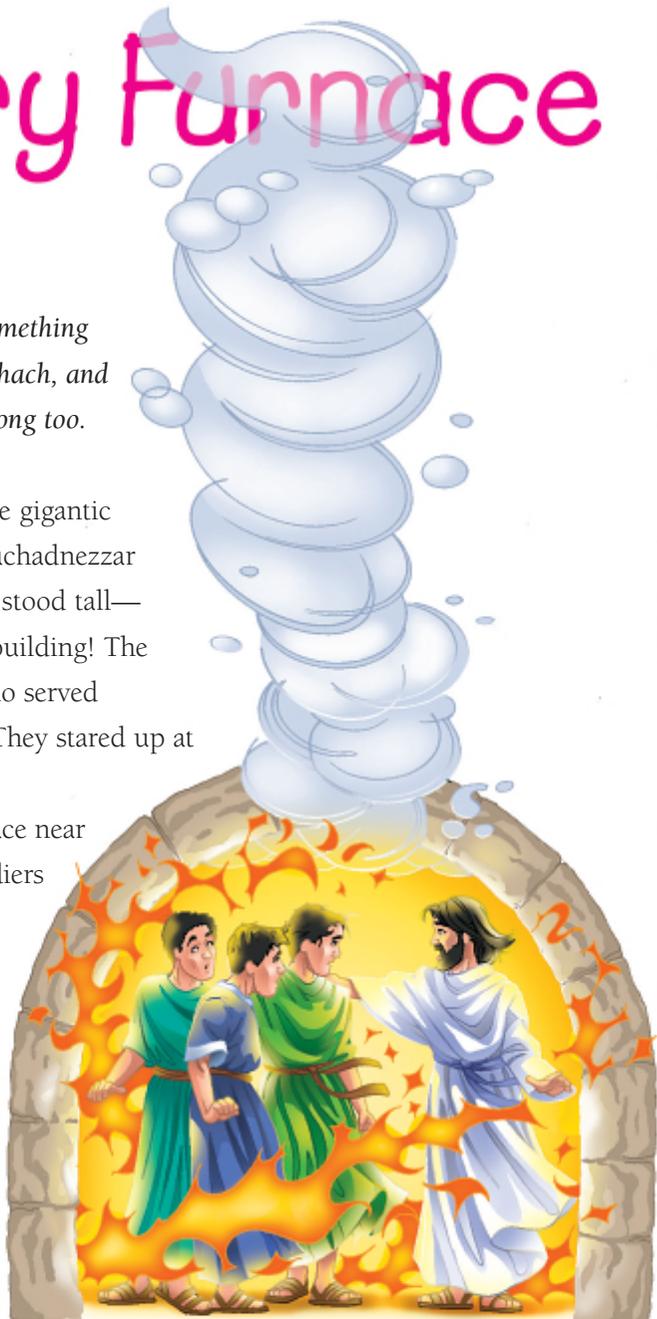
Memory Verse

“We will serve
the LORD.”

JOSHUA 24:15, NIV.

The Message

We worship God
when we refuse to
do wrong things.



before the crowd. "People!" he shouted. "Listen to the king's command! When the musicians play, you must bow down and worship the king's golden statue. Anyone who doesn't obey will be thrown into this blazing furnace!"

Suddenly the music burst forth. Everyone fell down. Everyone except Daniel's three friends, Shadrach, Meshach, and Abednego. They couldn't worship a statue! Some men saw them and hurried to the king. "Look!" they exclaimed. "Those three Hebrews did not bow down!"

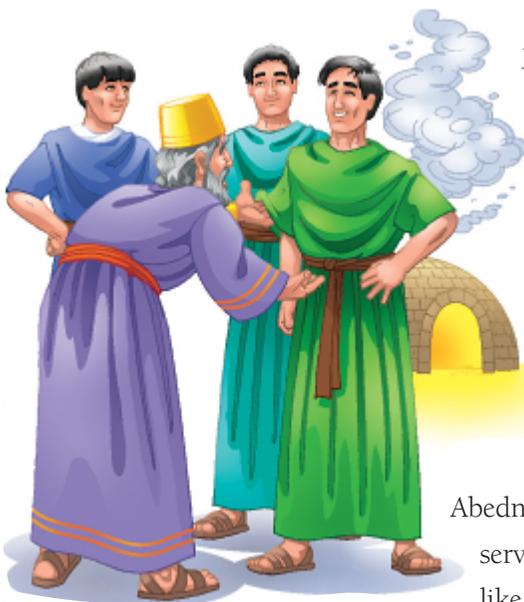
King Nebuchadnezzar's face turned red with anger. "Bring them here!" he ordered.

The guards rushed to obey. "So you did not bow down to worship the golden statue!" the king shouted at the three Hebrews. "I will give you one more chance. But if you don't bow down and worship the statue, you will be thrown into the blazing fire! Who will help you then?"

Shadrach, Meshach, and Abednego stood straight and tall. "O king," they said, "our God is able to save us. But even if He decides not to, we will never worship your gods or the golden statue!"

"Make the fire seven times hotter!" King Nebuchadnezzar shouted angrily to the soldiers. "Tie up these men and throw them into the furnace!"

So the guards threw Shadrach, Meshach, and Abednego into the roaring fire.



King Nebuchadnezzar watched the fire. He soon jumped up and shouted, "Didn't we put three men into the furnace? I see four! And the fourth looks like the Son of God!"

"Shadrach! Meshach! Abednego! Come out!" the king called.

The young Hebrews stepped out of the fire. The rulers crowded around. They couldn't believe it! Shadrach, Meshach, and Abednego were not burned. They didn't even smell like smoke!

"Praise the God of Shadrach, Meshach, and Abednego!" the king exclaimed. "Their God saved His servants from the fire. No other God can save people like this!"

Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

We Point to self, then to others.

will serve Move hands away from body, palms up.

the LORD. Point upward.

Joshua 24:15 . . . Palms together, then open.

SUNDAY

Encourage your child to share the “fiery furnace” they made in Sabbath School (or help draw and color an outline of a furnace with four men in it) and tell the Bible story as they share the “fiery furnace” with someone.



MONDAY

With your child, take an empty egg carton outside and fill it with things God made (one item per cup).

Talk about how only God can make these things, so only He deserves our worship.

TUESDAY

Talk to your child about fire safety. Say: If a friend wants to play with fire, it is dangerous

and wrong. (Discuss why.) Say: We worship God by refusing to do wrong things. Ask: Do you want to be brave for Jesus as the three Hebrews were?

WEDNESDAY

Light a candle. Explain that the flame colors change as the heat of the flame changes. Discuss safety in using matches and candles. Visit a fire station or read a book about fires to help your child understand what the Hebrews escaped from.



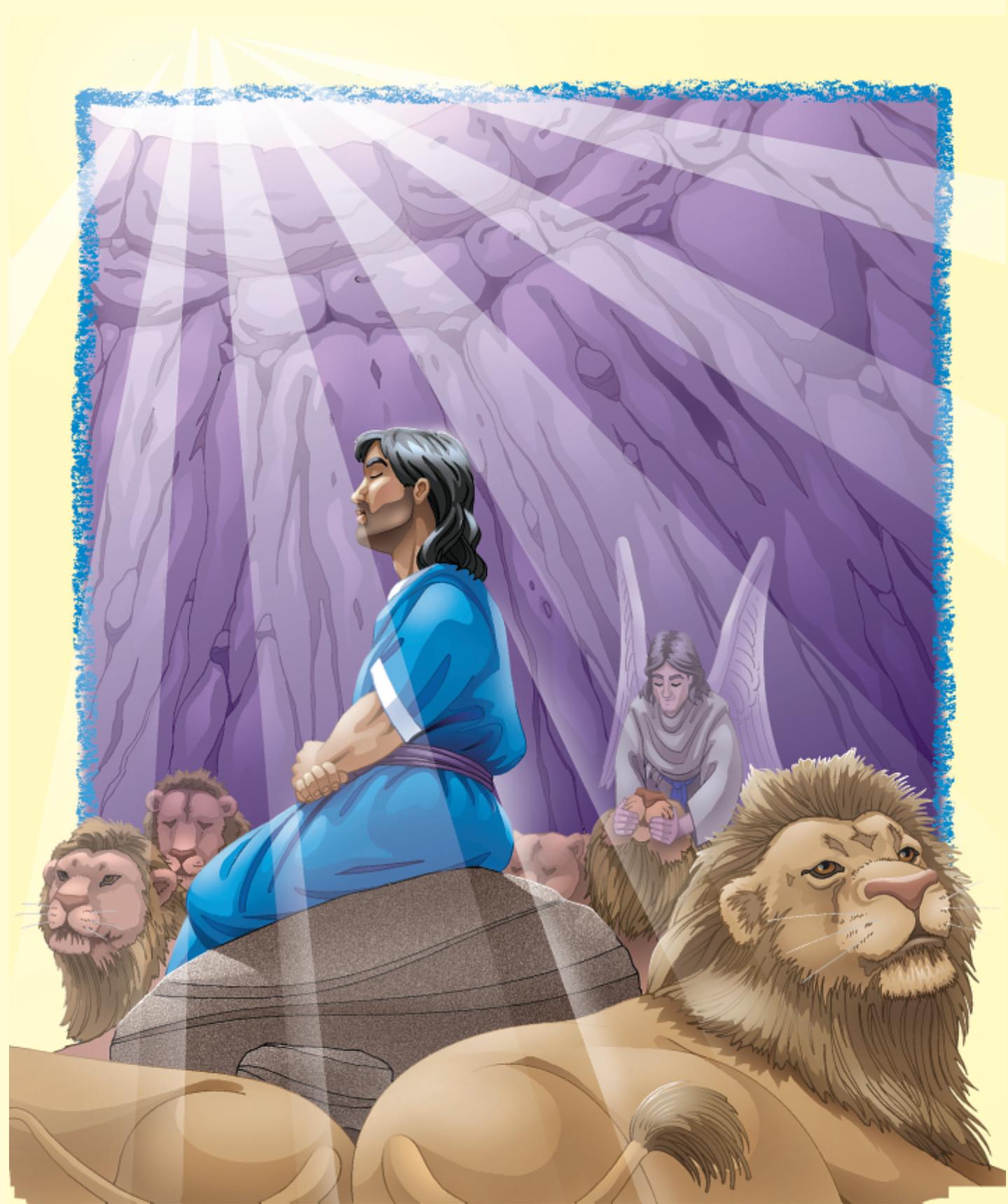
THURSDAY

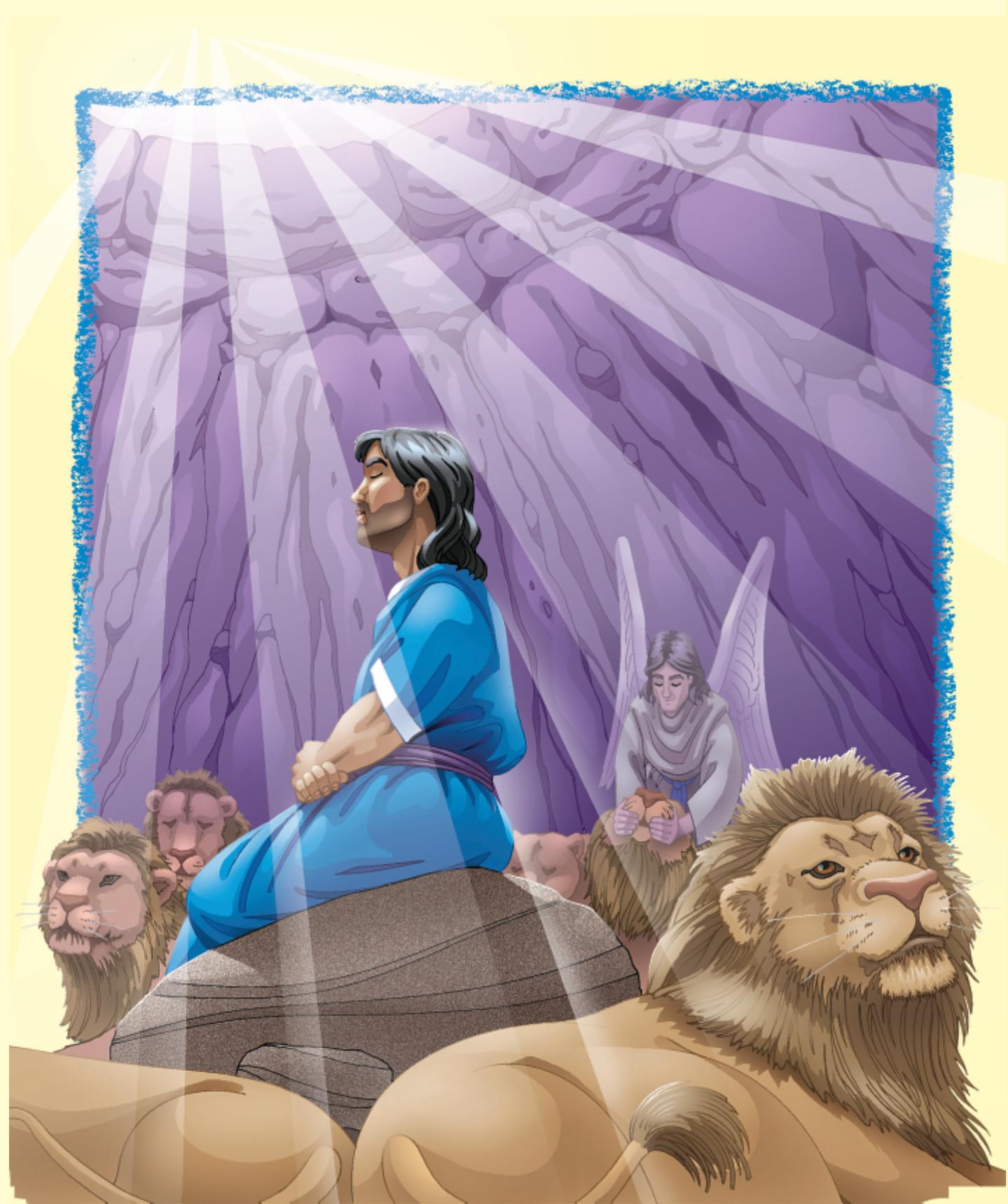
March around your house to marching music and have your child “freeze” when you stop the music; then begin marching when you start the music again. Remind your child that Shadrach, Meshach, and Abednego were asked to bow down to worship the statue when they heard the music.

Tell your child about a time you refused to do something wrong. What happened? Pray that your child will say “No” to doing wrong.

FRIDAY

Have your child tell the Bible story for worship. Sing praise songs using musical instruments or pots and pans for “accompaniment.” Pray that your family members will serve only God.



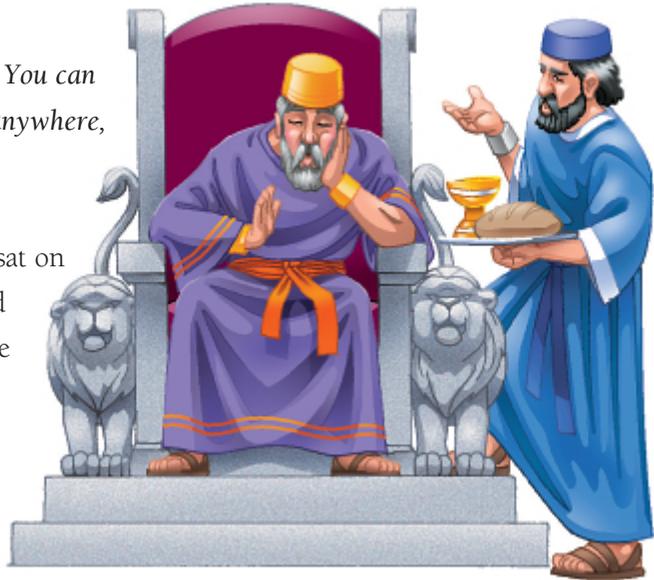


REFERENCES: DANIEL 6; PROPHETS AND KINGS, PP. 539-548.

Three Times a Day

Do you like talking to your friends? You can talk to Jesus just like a friend anytime, anywhere, about anything, just as Daniel did.

The new king, Darius, sat on his throne surrounded by servants. “These are my orders,” he began. “I am going to divide my kingdom into 120 parts. Each part will have a prince to help me rule over it. And there will be three men in charge of the princes. Daniel will be one of them.” Daniel did his job very well, so



the king planned to put him in charge of the entire kingdom.

When the other princes heard about this, they did not like it. “Let’s get Daniel in trouble,” they whispered together secretly. “We’ll catch him doing something wrong, and we’ll tell the king.”

But although they watched Daniel carefully every day, they could not find him doing anything wrong.

“I have a new plan!” one prince announced. He huddled together with the other jealous men, and then they went to the king.

“Long live King Darius!” the princes said, bowing low. “We

Memory Verse

“[Daniel] prayed, giving thanks to his God.”

DANIEL 6:10, NIV.

The Message

We worship God when we pray.

think you should make a new law that for the next 30 days the people can pray only to you. And if anyone disobeys, they should be thrown into the lions' den."

King Darius liked to have people bow down before him. And if the king made a law, it could not be changed. So he agreed.

The princes smiled as they left the king. "Now we can catch Daniel! Everybody knows that Daniel prays three times a day with the window wide open."

The princes watched. Soon they saw Daniel praying, not to the king, but to his God. They hurried to the king. "Daniel is still praying to his God," they reported.

King Darius now realized that the princes had asked him to make the law so they could get rid of Daniel. King Darius liked Daniel. But the king had made the law. He had to keep it. Daniel had to go into the lions' den. "May the God whom you serve save you!" the king exclaimed to Daniel as the soldiers took him away.

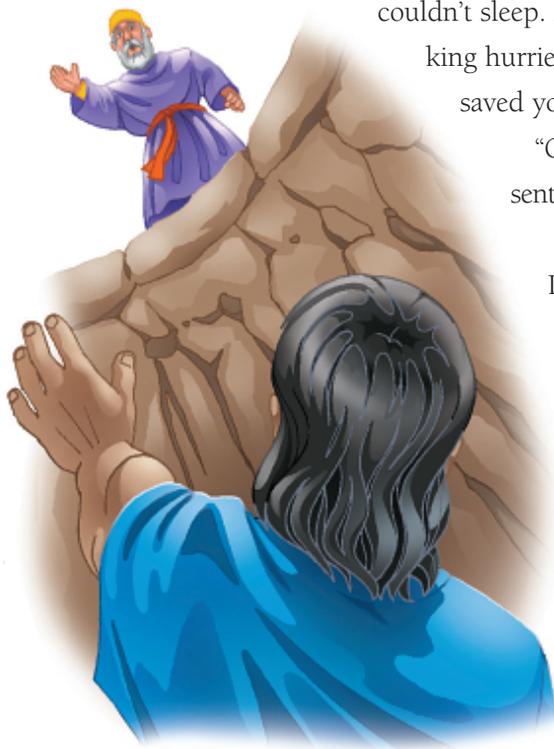
All that evening King Darius worried about Daniel. And when he went to bed, he

couldn't sleep. As soon as the sun peeked over the land, the king hurried to the lions' den. "Daniel! Has your God saved you from the lions?" he shouted.

"O king, live forever!" Daniel called back. "My God sent His angel to shut the lions' mouths!"

King Darius smiled as the soldiers lifted Daniel out of the lions' den. He hurried back to his palace and wrote a letter to be read to everyone in his kingdom. "Daniel's God is the living God," the king wrote. "His God can rescue and save people. His God saved Daniel from the lions!"

King Darius' law couldn't stop Daniel from praying. The lions couldn't stop Daniel from praying. God heard Daniel's prayers. God hears your prayers too.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

[Daniel] prayed, Put hands together and bow head.

giving thanks . . . Look up; extend arms wide to his God. . . . Point upward.

Daniel 6:10 Palms together, then open.

SUNDAY

Together, read Daniel 6. Ask: How did the princes trick King Darius? Where did Daniel go to pray? How did God save Daniel? Then what did King Darius say about God?

Help your child find a special prayer place.

MONDAY

Encourage your child to share the Fragrance Jar made in Sabbath School with someone you've helped them choose as they tell them the Bible story. Your child should remind them that their prayers are like a sweet-smelling fragrance ascending to God (Revelation 5:8).

Help your child start a list of things to thank God for. Add a new item each day before prayer.



TUESDAY

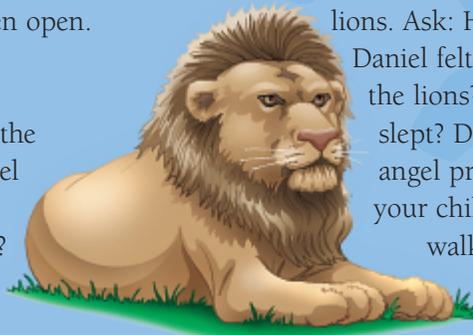
Talk about Daniel praying in the lions' den. Ask: How would you feel if there was a law saying you couldn't pray to God? What would you do?

Help your child name three places where they can pray, and four things they can talk to Jesus about. Thank Jesus that you can talk to Him anytime.

WEDNESDAY

Together, look at a book about lions. Ask: How do you think Daniel felt staying all night with the lions? Do you think he slept? Do you think he saw the angel protecting him? Blindfold your child, and lead them on a walk around your house.

Afterward, ask: Was it easy or hard to trust that I wouldn't let you get hurt? Was it easy or hard for Daniel to trust God?



THURSDAY

Tell your child about an answer to prayer you've had. Have them tell you one or remind them of one. Start a prayer journal and keep note of how and when your child's prayers are answered.

FRIDAY

Help your child act out the story with your family. Make a lions' den with a blanket draped over chairs or a table.

Have everyone kneel in a circle, hold hands, and tell Jesus one thing for which they are thankful.

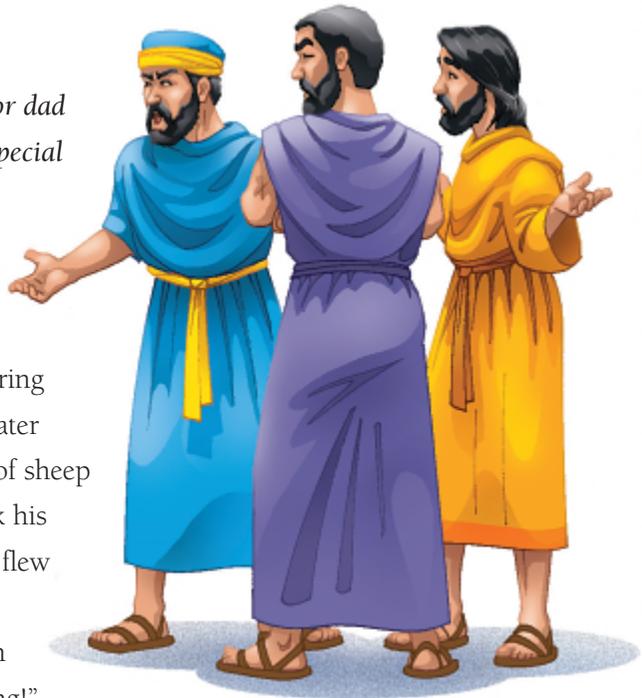


REFERENCES: GENESIS 37:1-11; PATRIARCHS AND PROPHETS, PP. 208-210.

A Special Coat

Think about a favorite gift your mom or dad has given you. Joseph's father gave him a special gift. And so did God.

Joseph stuck his whole head down into the water. He came up sputtering and laughing. The cool water felt so good! Taking care of sheep all day was a dusty business. Joseph shook his head back and forth. Little drops of water flew everywhere.



“Hey! Watch what you’re doing!” his brother Reuben yelled at him.

“Is that Joseph?” their father called. “Where is my son Joseph?” Jacob had many sons, but he loved his son Joseph most. Father Jacob was old and his young son gave him a lot of happiness. Joseph wasn’t like his 10 older brothers. They quarreled, and sometimes caused their father problems. Joseph was gentle, and he always told the truth. He was full of joy, and he made his father smile.

Joseph hurried to see what his father wanted. Jacob had a

Memory Verse

“Your heavenly Father will give good things to those who ask him.”

MATTHEW 7:11, ICB.

The Message

God gives us good gifts because He loves us.

special gift for Joseph, a beautiful new coat. Made from many different colors, it was the kind a ruler or other special person would wear. Joseph slipped his arms into the coat. He ran his hand over the soft fabric. "Thank you, Father," he whispered. He especially liked the bright colors.

Joseph's big brothers may have frowned at him. Why was *he* so special? Why did *he* always get presents from their father? The jealous brothers grumbled among themselves.

One night Joseph had an unusual dream. The next day he told it to his brothers. "We were in the field tying bundles of wheat together. My bundle stood up, and your bundles of wheat bowed down to mine."

"Do you really think we would ever bow down to you?" the brothers scowled. Again they grumbled among themselves.

Later Joseph had another dream. He told his brothers and his father about this dream too. "I saw the sun, moon, and 11 stars bow down to me," he said.

Jacob gently scolded Joseph. "Do you really think that your mother and your brothers and I will bow down to you?" he asked. No one understood what Joseph's dreams meant. But Jacob did not forget. Years later he would remember and understand.

Joseph was blessed to receive many gifts from God. God blessed Joseph with the gift of dreams that he would one day understand.

God loves you and blesses you with many gifts too. He gives you good thoughts. He will always help you do the right things.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

Your heavenly . . . Point upward.

Father

will give good . . . Hands together, palms up;

things then move away from body.

to those who . . . Palms together as if praying.

ask

him. Point upward.

Matthew 7:11. . . Palms together, then open.

SUNDAY

Read Genesis 37:1-11 together. Ask: How old was Joseph? Practice counting to 17. How did Joseph's brothers feel about him? Why?

Have your child color a coloring book page but use only one color. Afterward, ask: How does your picture look? Aren't you glad God made different colors?

Take a walk outside and have your child point out colorful gifts from God in nature.

MONDAY

Name a color and have your child find three things of that color. Repeat several times, naming different colors.



TUESDAY

Sing thank-you songs and help your child name things for which they are thankful.

Let your child tell about a favorite gift God

has given him or her. Give your child a hug as you thank God for them.

WEDNESDAY

Draw Joseph's dreams: one sheaf of grain straight, 11 sheaves bowing to it; the sun, moon, and 11 stars bowing to Joseph.

At night, look at the moon and stars. Talk about how far away they are, how hot the sun is, and how the moon doesn't make its own light but gets light from the sun. Thank God for them.



THURSDAY

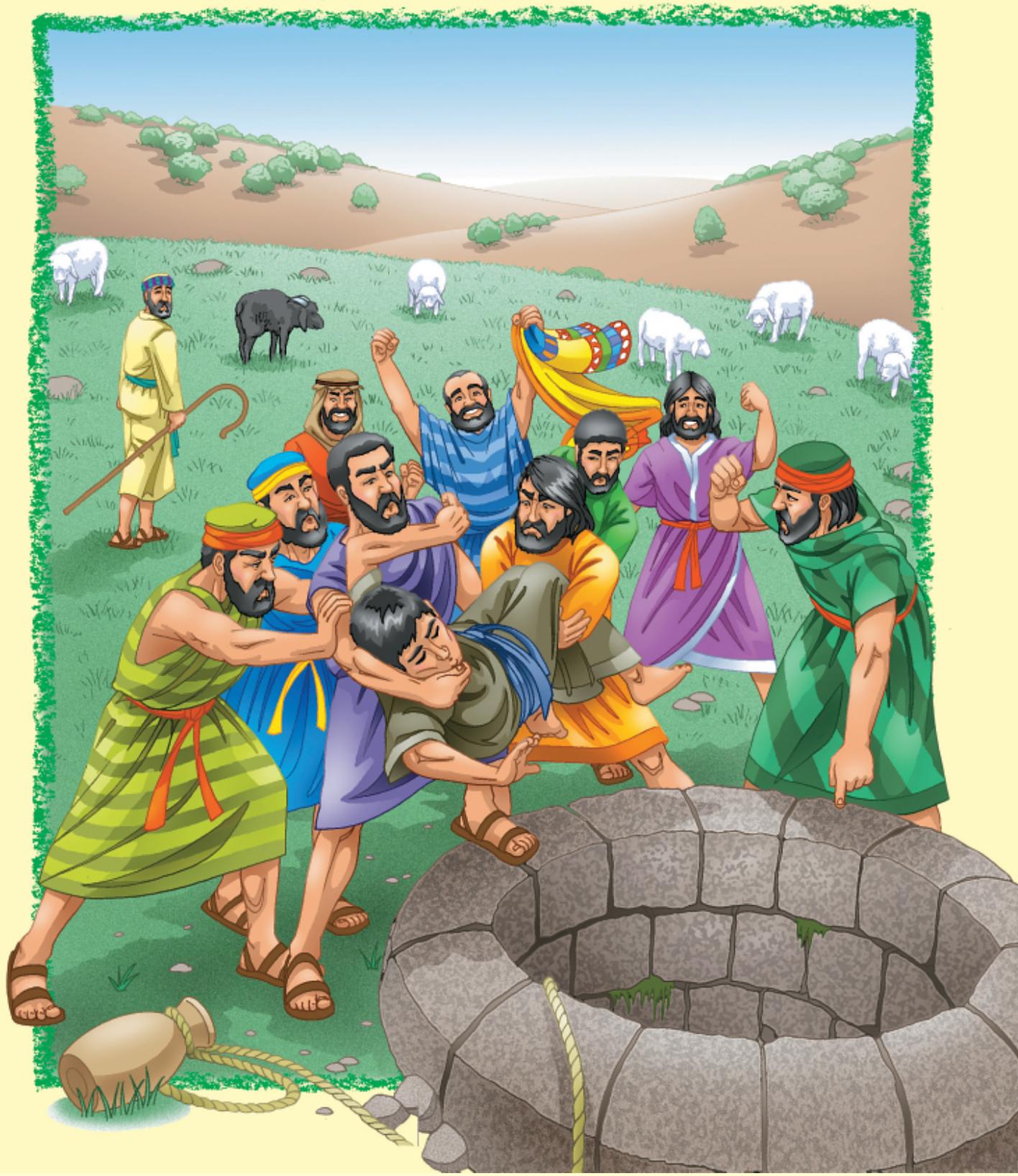
Encourage your child to share their "Fancy Coat" made in Sabbath School with someone as they tell them the lesson story. Their favorite gift from God is written on the back. Ask what it is.

Name and count some colors. What colors do you think were in Joseph's coat?

FRIDAY

Help your child act out the Bible story with your family for evening worship.

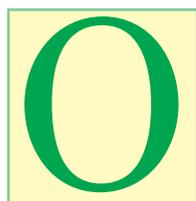
Sing songs of praise for God's gifts. Thank God for His love and the gifts He gives us. Have each family member name a specific gift.



REFERENCES: GENESIS 37:12-28; PATRIARCHS AND PROPHETS, PP. 208-212.

Who Cares?

Is there anything you are afraid of? Joseph was afraid, but he decided to trust in God.



One day Joseph's older brothers took the family's great flocks of sheep far away from home. The sheep had

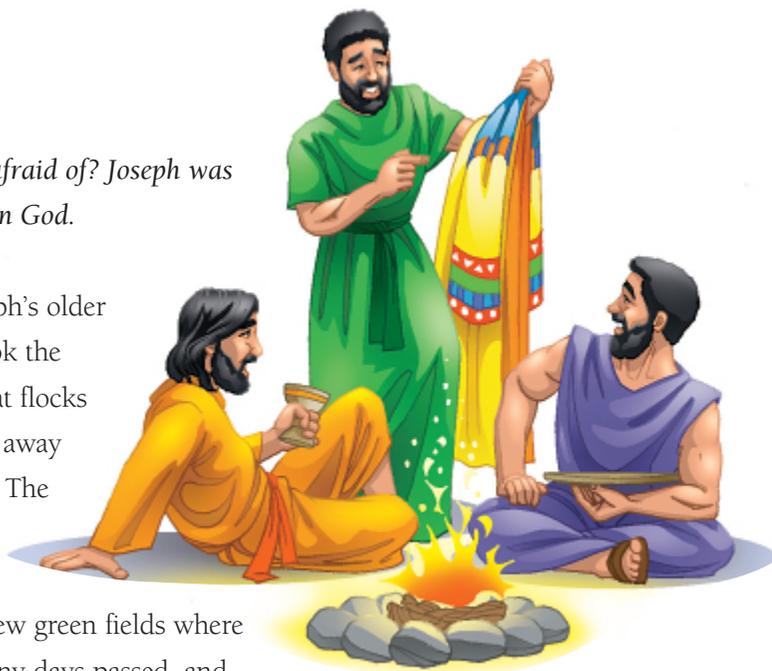
stripped the nearby fields, and the brothers had to find new green fields where the sheep could eat. Many, many days passed, and

the brothers had not returned.

"I want you to go find your brothers," Jacob said to Joseph. "See if they need anything, then come back and tell me if they are all right."

"Yes, Father, I'll go at once," Joseph said. He packed some food for the long trip. Finally ready, he put on his beautiful coat and started out. He walked and walked. It took several days to find his brothers.

One morning his brothers looked across the fields and saw



Memory Verse

"When I am afraid, I put my trust in you."

PSALM 56:3, NIV.

The Message

When we are afraid, we can trust in God.

Joseph coming toward them. “Here comes that dreamer!” one brother hissed.

“Why is *he* here?” asked another. Then they talked about bad things they could do to Joseph, and they made plans—terrible plans.

“Here you are!” Joseph called, running up to his brothers. But his smile slid right off his face as they grabbed him roughly. First the brothers pulled off Joseph’s beautiful coat. Then they pushed him into a big hole in the ground, a hole so deep he couldn’t climb out!

The brothers returned to their campfire and sat down to eat. But Joseph’s brother Reuben didn’t feel right about what they had done. He secretly planned to pull Joseph out of the deep hole later and send him home. Reuben thought about it as he went to the fields to care for the sheep.

While Reuben was gone, another brother, Judah, looked out across the valley. “Here come some traders!” he exclaimed. “Here’s a way to get rid of that dreamer. Let’s sell Joseph to them. He can be their slave.”

So that is what the brothers did. They sold Joseph to the traders for 20 pieces of silver.



At first Joseph was frightened. He shivered and shook, and he cried. Then he thought of his father and of the many stories his father had told him about how God had always cared for him. Joseph decided to trust God to take care of him, too. He didn’t understand why this bad thing was happening to him, but he trusted God to be with him wherever he went.

You can trust God to be with you too. He will be with you wherever you go, whatever you do. He loves you and wants you to trust Him.

Do and Say

SABBATH

Read the lesson story together every day this week and review the memory verse.

- When I** Point to self.
am afraid, Look scared.
I Point to self.
put my trust. Wrap arms around self and sway from side to side.
in you. Point upward.
Psalm 56:3 Palms together, then open.

SUNDAY

Together, find and read Genesis 37:12-28, paraphrasing as necessary. Ask: Why were Joseph's brothers jealous? Why was Joseph going to visit them? What two things did Joseph's brothers do to Joseph? How did Joseph feel?

Help your child count how many older brothers Joseph had, then count the children in your family.

MONDAY

Encourage your child to share the "God's Hands" they made in Sabbath School with someone this week as they tell them about Joseph. Remind your child that God is bigger than they are, so whatever they are afraid of is in His hands.

TUESDAY

Take your child on a trust walk by blind-folding them and leading them over, under, and around things. Then have your child take you on

a trust walk. Compare notes about how you felt. Remind your child that they can always trust God to lead them.

The next time your child is frightened, pray with them and discuss their memory verse.

WEDNESDAY

Let your child play in a sandbox while you talk about how much of Egypt is a sandy desert. Make a road in the sand like Joseph would have traveled on to Egypt.



THURSDAY

Have your child stand on a chair or a tall stool and jump into your arms. (Explain to your child that they should only do this when you are watching and are ready to catch them.) Talk about trust and ask: Can you always trust God to help you?

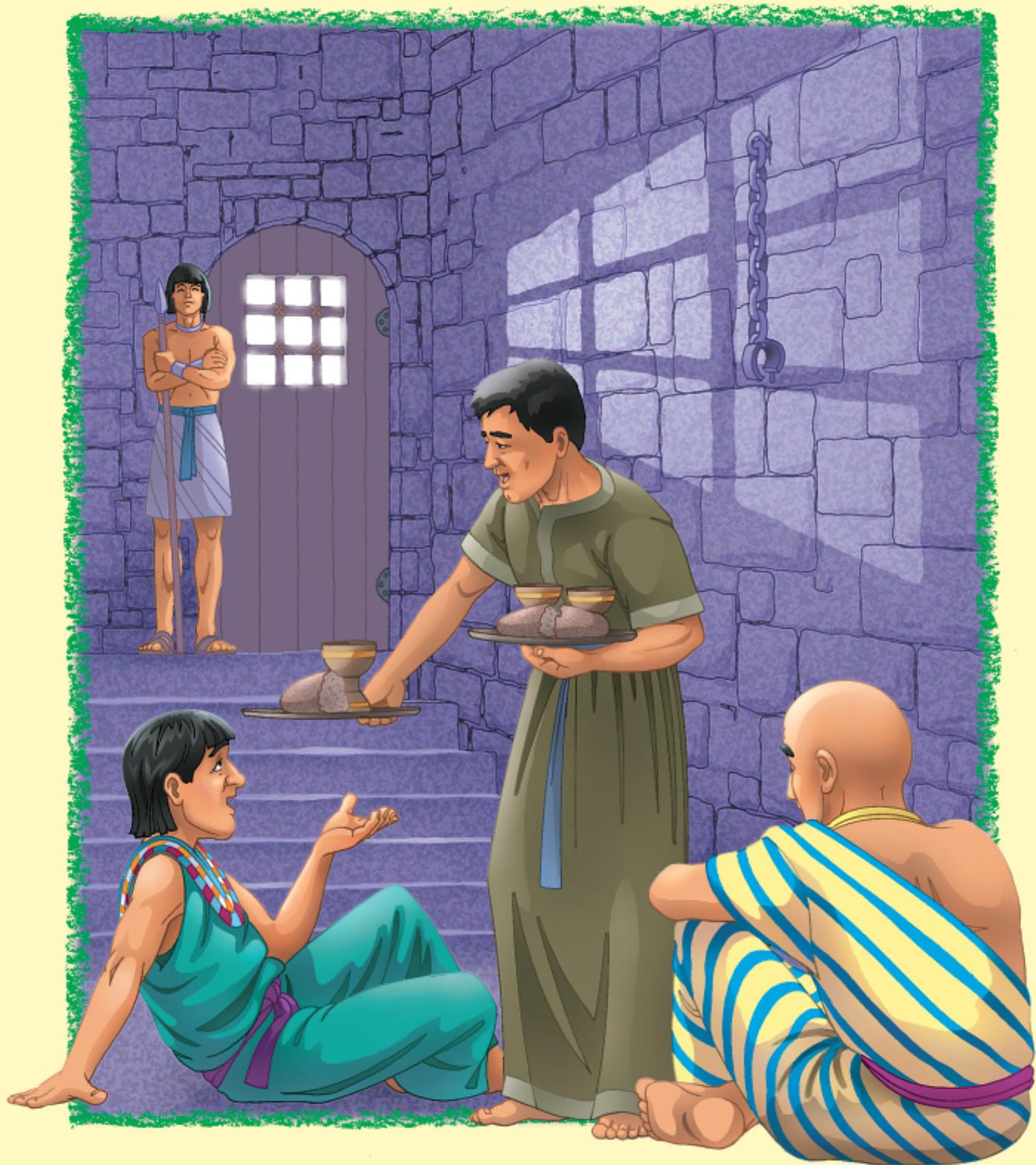
Ask: Are there any people you shouldn't trust? Talk about personal safety issues with strangers.

FRIDAY

Help your child act out the Bible story with your family. Joseph can wear a colorful robe or shirt.

Talk about fear. Are there times when children should be afraid? When? Why? Sing about trusting God. Thank God for always being with us.





REFERENCES: GENESIS 39:1-6, 17-23; 40:1-23; PATRIARCHS AND PROPHETS, PP. 213-219.

Joseph Goes to Jail

Can you think of the best thing that's ever happened to you? What about the worst thing? Did you know God was with you both times, just as He was with Joseph?

J

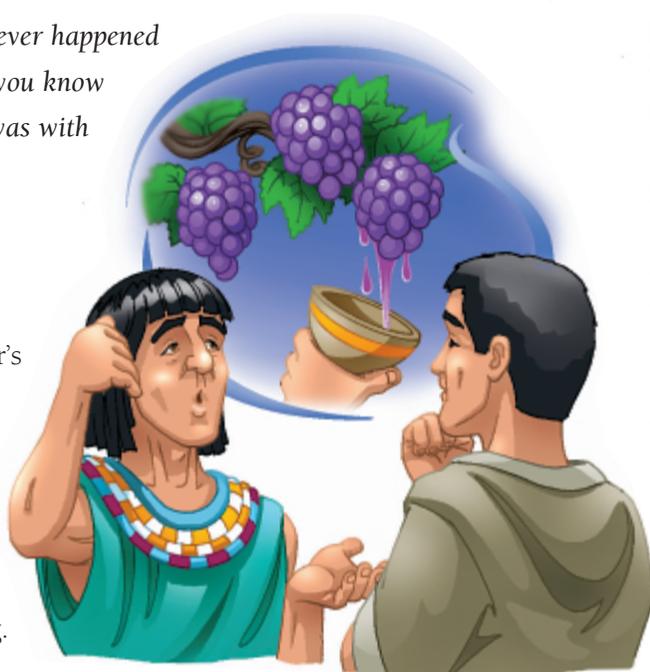
oseph couldn't believe it! Yesterday he had been in charge of all of his master's house. Today his master had thrown him in jail!

Joseph knew he hadn't done anything wrong. And he knew one

more very important thing. He knew that God was with him and would take care of him—no matter where he was.

The chief jailer gave Joseph work to do. Joseph worked without complaining. And every day the chief jailer saw that Joseph did things right. Before long, he put Joseph in charge of all the other prisoners.

One morning Joseph noticed that two of the prisoners looked



Memory Verse

“Nothing can separate us from the love God has for us.”

ROMANS 8:38, 39, ICB.

The Message

God is with us
in good times
and in bad times.

worried. One had been the king's cupbearer. The other had been the king's baker. But the king had become angry and had them both put in prison.

"What's the matter?" Joseph asked.

"We had strange dreams last night," the cupbearer answered, scratching his head. "And we don't know what they mean."

"God is the only one who can explain dreams," Joseph said. "Tell me your dreams."

"I dreamed I saw a vine with three branches," the cupbearer replied. "There were grapes on the vines, and I squeezed the grape juice into the king's special cup and gave it to him."

Joseph said, "God will help me explain the dream to you. In three days the king will set you free, and you will go back to work in the palace. When you see the king, please tell him about me," Joseph begged. "I have done nothing wrong. I shouldn't be in this prison."

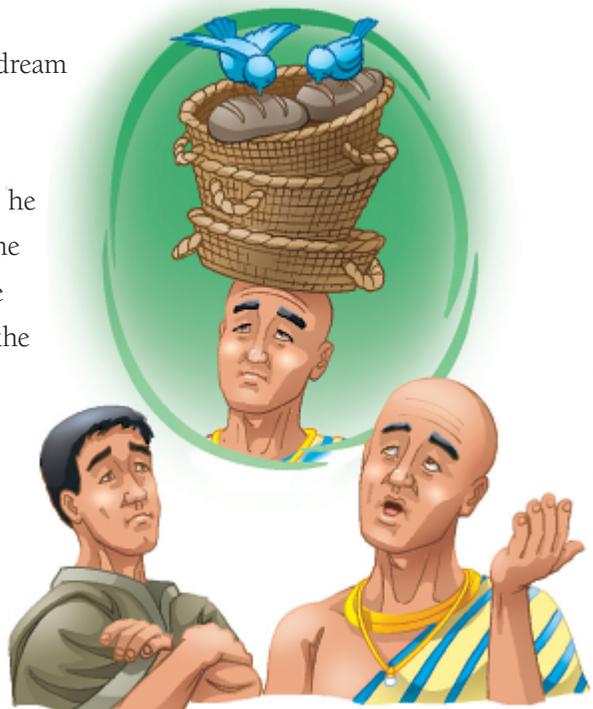
Then the baker said, "I dreamed there were three bread baskets on my head," he began. "There were fancy breads and cakes for the king in the top basket. But birds were eating the food."

Joseph prayed silently. "I will explain the dream to you," Joseph said quietly. "In three days the king will punish you, and you will die."

In three days the king had a birthday, and he gave a big party. During the party he sent to the jail for his cupbearer and baker. The king gave the cupbearer his old job back, but punished the baker, just as Joseph had said.

Joseph waited and waited to hear that the cupbearer had told the king about him. But the cupbearer forgot about Joseph.

Joseph was sorry that the cupbearer had forgotten him. But he knew that God loved him. Joseph trusted God to take care of him even in jail.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

- Nothing can** Wave index finger back and forth to say no.
- separate** Palms together, then pull them apart.
- us** Point to self, then others.
- from the love** Cross arms over chest.
- God** Point upward.
- has for us.** Point to self, then others.
- Romans 8:38, 39** . Palms together, then open.

SUNDAY

Make bread or cookies with your child. Talk about the need to trust people who make food or juice for others.

For the evening meal, have your child play the roles of cupbearer and baker and serve drink and bread.

MONDAY

Encourage your child to share the “Happy/Sad Hearts Stick” made in Sabbath School with someone as they tell them about Joseph in jail.

Have your child try walking around the room with a book balanced on their head. How long before it falls off? Ask: Was it easy or hard? Remember that God is with you whether things are easy or hard.



TUESDAY

Help your child decorate a paper or Styrofoam cup with uncooked noodles, yarn, rice, beans, glitter, etc. Your child can keep it as a reminder of the fancy cup that the cupbearer probably used. He or she may use it to store small items. They shouldn't drink from it.



WEDNESDAY

Think of some things that your child doesn't enjoy but are important (shots, removing splinters, going to the dentist, etc.). Take turns in acting them out and letting each other guess. Thank God that He loves us in good times and in bad.

THURSDAY

Together with your child, clap the following rhyme: *God loves me when I'm happy, He loves me when I'm sad. He loves me when all things are good, and also when they're bad.*

Sing “God Is So Good.”

Thank God for caring for you and your child and for being with you all the time.

FRIDAY

Have your child act out the Bible story with your family. Ask: How do you know Joseph was a good person?

Talk about good times and bad times. Thank Jesus for being with you in both.

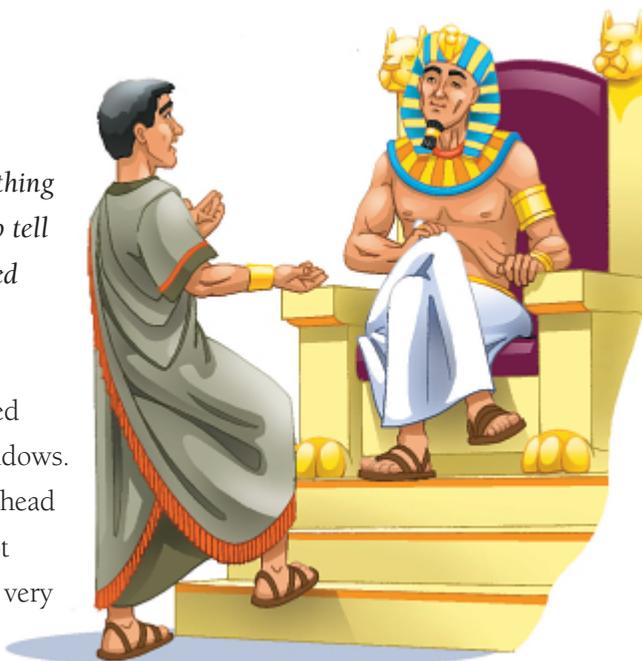


REFERENCES: GENESIS 41; PATRIARCHS AND PROPHETS, PP. 219-223.

A Wise Choice

Have you ever been asked to do something that was really hard? Joseph was asked to tell Pharaoh about some dreams, but he needed God's help to do it.

The morning light poured through the palace windows. Pharaoh woke up. His head ached. He had not slept well at all. He had had very strange dreams. "Bring the wise men to me!" he called to his servants.



Memory Verse

"I cannot do it, . . .
but God will."

GENESIS 41:16, NIV.

The Message

God can help us do anything.

The wise men listened carefully as the king told them about his strange dreams. They whispered together and shook their heads. "We don't know what the dreams mean," they admitted.

Suddenly Pharaoh's cupbearer stepped forward. "When I was in prison," the cupbearer began, "I had a strange dream too. A young man named Joseph told me what my dream meant. And everything happened exactly as he said it would."

Pharaoh pointed toward the door. "Bring this Joseph to me!"

The guards rushed to the jail and brought Joseph out. He

shaved and put on clean clothes. Then the guards hurried him to the king.

“I had a dream,” Pharaoh told Joseph. “No one here can tell me what it means. I hear that you can explain dreams. Tell me what my dream means.”

Joseph answered truthfully, “I cannot explain the meaning of dreams. But God will tell me, and I will tell you.”

“I dreamed I was standing on a riverbank,” Pharaoh began. “I saw seven beautiful, fat cows come out of the river and begin to eat grass. Then seven skinny cows came out! And the seven skinny cows ate up the seven fat cows!”

“And then I had another dream,” Pharaoh continued. “I saw seven plump heads of grain growing out of a stalk. Then seven more thin, ugly heads of grain grew out of the same stalk. And the thin heads of grain swallowed up the plump, full heads!”

“Both the dreams mean the same thing,” Joseph began. “God is telling you what He is going to do. There will be seven good years for growing food. And then there will be seven years of hunger because food will not grow.

“You need to choose a man who is wise,” Joseph said. “Let him store the extra food that grows in the seven good years, so there will be food during the seven years of famine, and the people will not die of hunger.”

Pharaoh was pleased to hear Joseph’s ideas. He took his own ring off his finger and put it on Joseph. He put a gold chain around Joseph’s neck. “You are in charge of all the land of Egypt,” Pharaoh proclaimed. “You are second in command under me.”

So Joseph began his new work. He rode around the land and arranged to store all the extra food that grew in the seven good years.

Joseph was not in jail anymore. He was working for the king. But Joseph knew one thing was the same. God would take care of him in the palace, just as He had in the jail.



Do and Say

SABBATH

Read the lesson story together every day this week and review the memory verse.

- I Point to self.
- cannot do it, Wag finger back and forth no.
- but God will. Point upward, then nod head yes.
- Genesis 41:16 . . . Palms together, then open.

SUNDAY

Together, read Genesis 41, paraphrasing as necessary. Ask: How long was Joseph in jail after the cupbearer was set free? How do you think Joseph felt when he was called to see Pharaoh? What did Pharaoh ask Joseph to do? Could he do it?

MONDAY

Ask your child to do a few things (such as hop up and down three times, touch their toes, pat their tummy, turn around, blink their eyes five times, yawn, etc.). Then ask them to lick their elbow. Ask: Why can't you do it? There are other things we may have to do that are hard but who can help us do hard things?

Sing "My God Is So Great" before prayer.

TUESDAY

Encourage your child to share the Joseph's

Chain made in Sabbath School with someone as they share the memory verse and story. (Or cut eight strips of paper and write one word of the memory verse on each strip. Help your child tape them together to make a paper chain.)

WEDNESDAY

Ask your child: What are some things that are easy for you to do? (Run; sing; count to 10; hop; etc.) What things are hard now but will be easy to do when you are bigger? (Tie shoes; reach a high shelf; read; count to 1,000; etc.) Help your child do some of these things. Remind them that God can help them do hard things.



THURSDAY

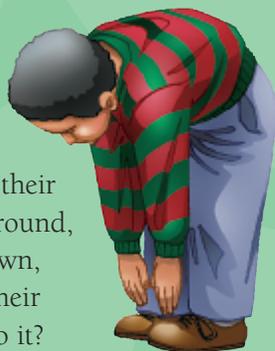
Let your child ask a family member about a time God helped them when they couldn't help themselves.

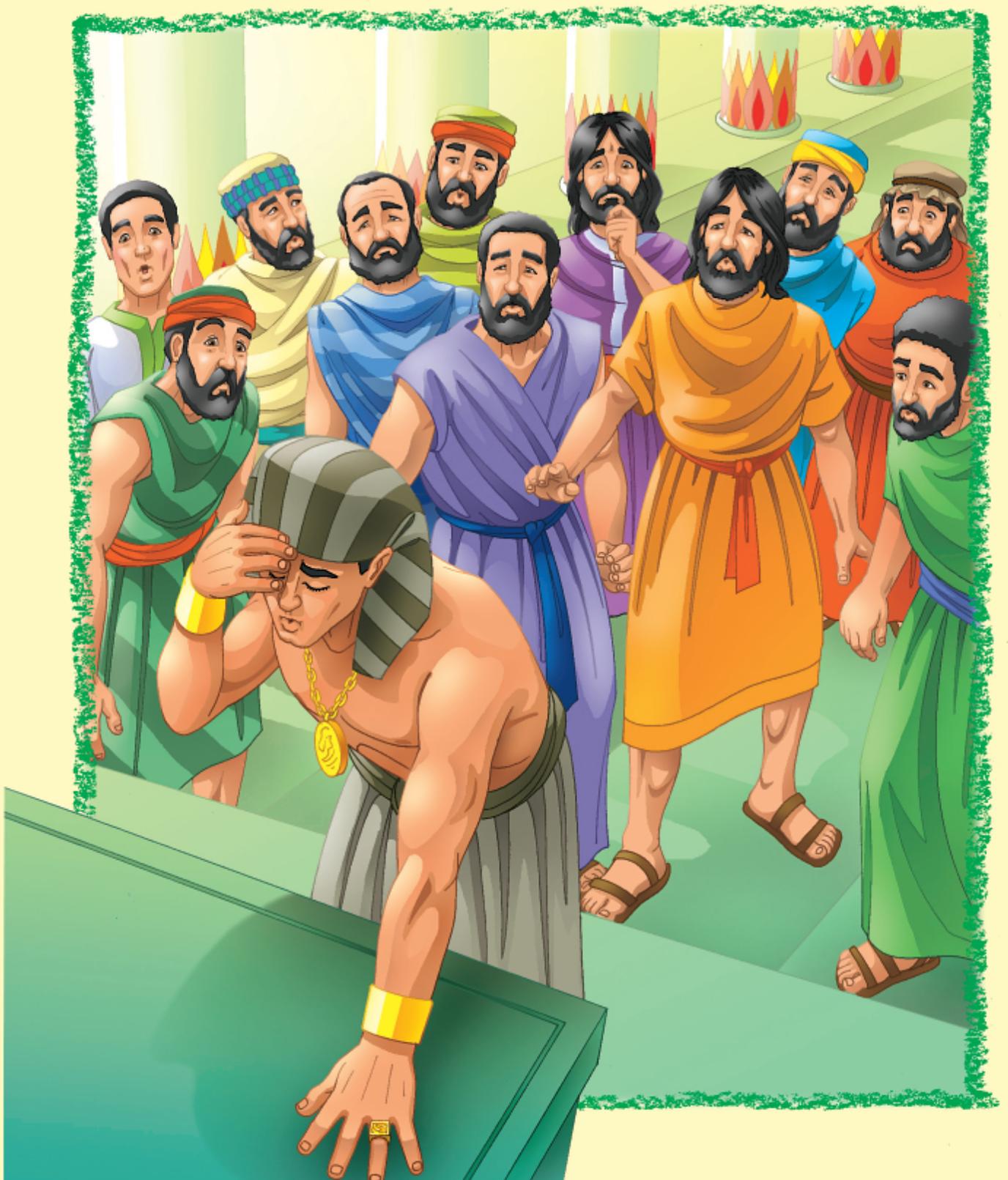
Sing "Jesus Loves Me," then pray, thanking God for helping us when things are hard for us.

FRIDAY

With your child, make a pretend "jail" out of chairs and blankets. Act out the story. Let your child pretend to be Joseph and "burst" out of jail when called for by Pharaoh. Talk about how God cares for us.

Sing "He's Able," then thank God for helping us grow to do bigger and better things.





REFERENCES: GENESIS 42:1-9; 45:1-15; PATRIARCHS AND PROPHETS, PP. 224-240.

Joseph Forgives His Brothers

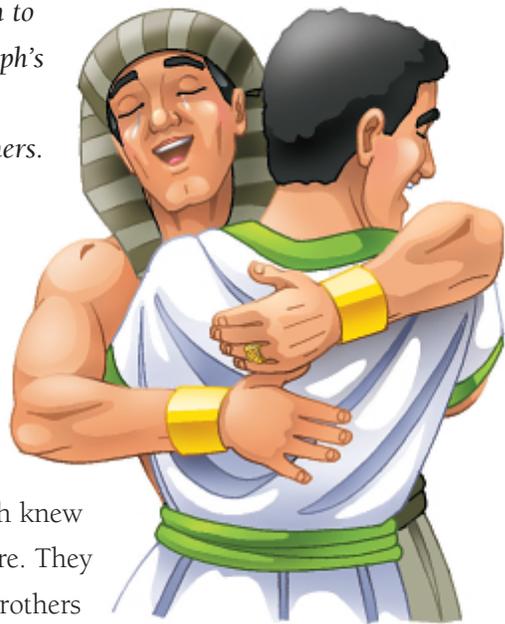
Has anyone done something really, really mean to you? Did you forgive them? Was it easy to do? Joseph's brothers had done something really, really mean to him. God helped Joseph not to be angry at his brothers. God helped Joseph to forgive them.

Joseph looked at the 11 men standing uncomfortably before him. The men were strangers to the other people in the palace. Just strangers who had journeyed to Egypt to buy food during the famine. But Joseph knew

exactly who the men were. They were his brothers! The brothers he had thought he would never see again.

Joseph's mind flooded with memories. He remembered how his 10 older brothers had treated him. He remembered the horrible day they had pushed him into the big hole in the ground—and then pulled him out and sold him to be a slave in Egypt.

It was time to tell his brothers that the man they were standing in front of—the man who looked like an Egyptian prince and ruled



Memory Verse

“Forgive as the Lord forgave you.”

COLOSSIANS 3:13, NIV.

The Message

We can forgive others because God forgives us.

all of Egypt, second only to the king—was really their very own brother Joseph.

“Go!” Joseph said to his servants. “Wait outside.”

Soon only his brothers were left in the room with Joseph. Tears began to stream down Joseph’s face. “I am Joseph!” he exclaimed. “I am your brother! Is my father still alive?” he cried.

The brothers’ mouths dropped open. Could this very important ruler of Egypt *really* be their *brother*? Suddenly they were afraid! What would Joseph do to them? They had been so mean to him! They had sold him to be a slave!

“Come closer to me,” Joseph said. He knew his brothers were frightened.

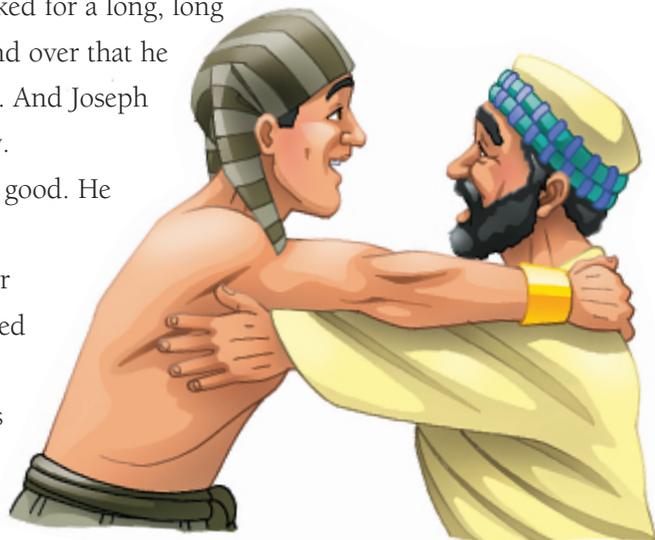
“I *am* your brother Joseph. You sold me to be a slave in Egypt. But don’t be worried,” he said kindly. “God is really the one who sent me here. He sent me here to save *your* lives during this famine.”

“Go home quickly!” he said. “Tell my father that I am ruler over all Egypt—second only to the king. Bring him here. And your children and your grandchildren. You will live near me, and I will take care of you during the years of hunger.”

Then Joseph and his brothers talked for a long, long time. Joseph told his brothers over and over that he forgave them for what they had done. And Joseph had lots of questions about his family.

Reuben sighed a big sigh. He felt good. He felt forgiven.

Reuben looked around at his other brothers. He listened as they interrupted each other to tell Joseph happy stories about their children. Reuben knew his brothers felt forgiven too. They would bring their father and their families to Egypt. And Joseph would finally see his father again.



Do and Say

SABBATH

Each day this week, read the lesson story together and review the memory verse.

Forgive Open right hand with palm facing up. Place left fingers over right hand and move outward as if wiping palm.

as the Lord Point upward.

forgave Same motion for *forgive*.

you. Point to other person.

Colossians 3:13 . Palms together, then open.



made in Sabbath School that represents the gift of forgiveness that God gives us. Have them tell how Joseph forgave his brothers.

Tell your child about a time that you had to ask for forgiveness.

SUNDAY

Have your child find a big rock and pick it up. Ask: Could you carry it all day? When we don't forgive others, it's like we are carrying a big rock. Our bad feelings weigh us down. Now put the rock down. When we forgive others, it's like letting go of a heavy load.

MONDAY

Tear a piece of paper into five parts. Ask your child to tape the paper back together. Ask: Does it look exactly as it did before it was torn apart?

When a person does something wrong, they often feel bad inside. Mending is like saying, "I'm sorry."



TUESDAY

Encourage your child to share the gift box

WEDNESDAY

Ask your child: Do you think Jesus smiles when you forgive others?

Encourage your child to ask Jesus to forgive them of any naughty thing they did today and thank Him for always forgiving them.

THURSDAY

Talk to your child about the bad things that Joseph's brothers did to him. While you do this, rub your hands and your child's hands on newspaper. Look at your dirty hands. Then wash each other's hands. Explain that washing your hands is like the way God forgives us and washes our sin away.

FRIDAY

Let your child be Joseph as you act out the Bible story with your family.

Sing "God Is So Good" (*Little Voices Praise Him*, no. 88) and make the last line say: "He forgives me too."

Help your child ask Jesus to help him or her always to be willing to forgive others as Joseph did.

The memory verse activities described here are recommended as teaching and review activities. These activities were suggested for use in Sabbath School.

LESSON 1 _____

- People** Palms down, rotate hands.
- look** Put hand above eyes and “look” from side to side.
- at the outside of a person,** . . . Palms down, move hands downward from chest.
- but the Lord** . . . Point upward.
- looks** Put hand above eyes and “look” from side to side.
- at the heart.** . . . Point to your heart.
- 1 Samuel 16:7** . . Palms together, then open.

LESSON 2 _____

- Jonathan loved** Cross arms over chest.
- [David]** Point to others.
- as himself.** Point to self.
- 1 Samuel 18:3** . . Palms together, then open.

LESSON 3 _____

- Let us** Point to others, then to self.
- not become** Shake head from side to side.
- weary** Hands on chest, move them forward to rest at waist while slumping shoulders.
- in doing good.** . . Palms open, spread arms wide.
- Galatians 6:9** . . Palms together, then open.

LESSON 4 _____

- We** Point to self, then to others.
- have promised** . . Put hand over heart.
- by the Lord** Point upward.
- that we** Point to self, then others.
- will be friends.** . . Hook index fingers together.
- 1 Samuel 20:42** . Palms together, then open.

LESSON 5

Reject the wrong and choose the right. Shake head no and frown.
and choose the right. Nod head yes and smile.
Isaiah 7:15 Palms together, then open.

LESSON 6

I want to tell people the Good News about God's grace. Point to self.
. Touch finger to mouth.
. Arms open wide.
. Point upward.
Acts 20:24 Palms together, then open.

LESSON 7

We will serve the LORD. Point to self, then others.
. Move hands away from body, palms up.
. Point upward.
Joshua 24:15 Palms together, then open.

LESSON 8

[Daniel] prayed, giving thanks to his God. Put hands together and bow head.
. Look up and extend your arms wide.
. Point upward.
Daniel 6:10 Palms together, then open.

LESSON 9

Your heavenly Father will give good things to those who ask him. Point upward.
. Point upward.
. Palms together as if praying.
. Point upward.
Matthew 7:11 Palms together, then open.

LESSON 10

- When I** Point to self.
am afraid, Look scared.
I Point to self.
put my trust Wrap arms around self
and sway from side to
side
in you. Point upward.
Psalms 56:3 Palms together, then open.

LESSON 11

- Nothing can** Wave index finger back
and forth in the air to
say no.
separate Place palms together,
then pull them apart.
us Point to self, then others.
from the love Cross arms over chest.
God Point upward.
has for us. Point to self, then others.
Romans 8:38, 39 Palms together, then open.

LESSON 12

- I** Point to self.
cannot do it, Wag finger back and
forth no.
. . . but God Point upward, then nod
will. head yes.
Genesis 41:16 Palms together, then open.

LESSON 13

- Forgive** Open right hand with
palm facing up. Place left
fingers over right hand
and move outward as if
wiping palm.
as the Lord Point upward.
forgave Same motion as for *for-*
give.
you. Point to others.
Colossians 3:13 Palms together, then open.

Jesus, Jesus

Finger Play—Lesson 7

Jesus, Jesus,



Point upward.

He's my friend.



Point upward; then hook index fingers together.

I will praise Him 'til
the end.



Point to self; wave and wiggle hands in the air.

Jesus, Jesus,



Point upward.

He loves you.



Point upward; then cross hands over your chest; point to someone.

Will you be His good
friend too?



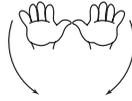
Point to someone; hook index fingers together.

—Eileen Dahl Vermeer

God Does, God Does

Finger Play—Lesson 12

Who makes the sun shine?



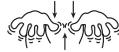
Put arms out and move in a big circle.

God does, God does.



Raise arms in the air; wiggle fingers and hands.

Who makes the rain fall?



Raise arms and lower them while wiggling fingers like rain falling.

God does, God does.



Raise arms in the air; wiggle fingers and hands.

Who makes the grass grow?



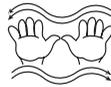
Put hands on ground; wiggle fingers while bringing them up.

God does, God does.



Raise arms in the air; wiggle fingers and hands.

Who makes the wind blow?



Move arms back and forth like wind blowing.

God does, God does.



Raise arms in the air; wiggle fingers and hands.

—Unknown

My Memory Verses

1 “People look at the outside of a person, but the Lord looks at the heart.” 1 SAMUEL 16:7, ICB.

2 “Jonathan . . . loved [David] as himself.”
1 SAMUEL 18:3, NIV.

3 “Let us not become weary in doing good.”
GALATIANS 6:9, NIV.

4 “We have promised by the Lord that we will be friends.” 1 SAMUEL 20:42, ICB.

5 “Reject the wrong and choose the right.”
ISAIAH 7:15, NIV.

6 “I want to . . . tell people the Good News about God’s grace.” ACTS 20:24, ICB.

7 “We will serve the LORD.” JOSHUA 24:15, NIV.

8 “[Daniel] prayed, giving thanks to his God.”
DANIEL 6:10, NIV.

9 “Your heavenly Father will give good things to those who ask him.” MATTHEW 7:11, ICB.

10 “When I am afraid, I put my trust in you.” PSALM 56:3,
NIV.

11 “Nothing can separate us from the love God has for us.”
ROMANS 8:38, 39, ICB.

12 “I cannot do it, . . . but God will.” GENESIS 41:16, NIV.

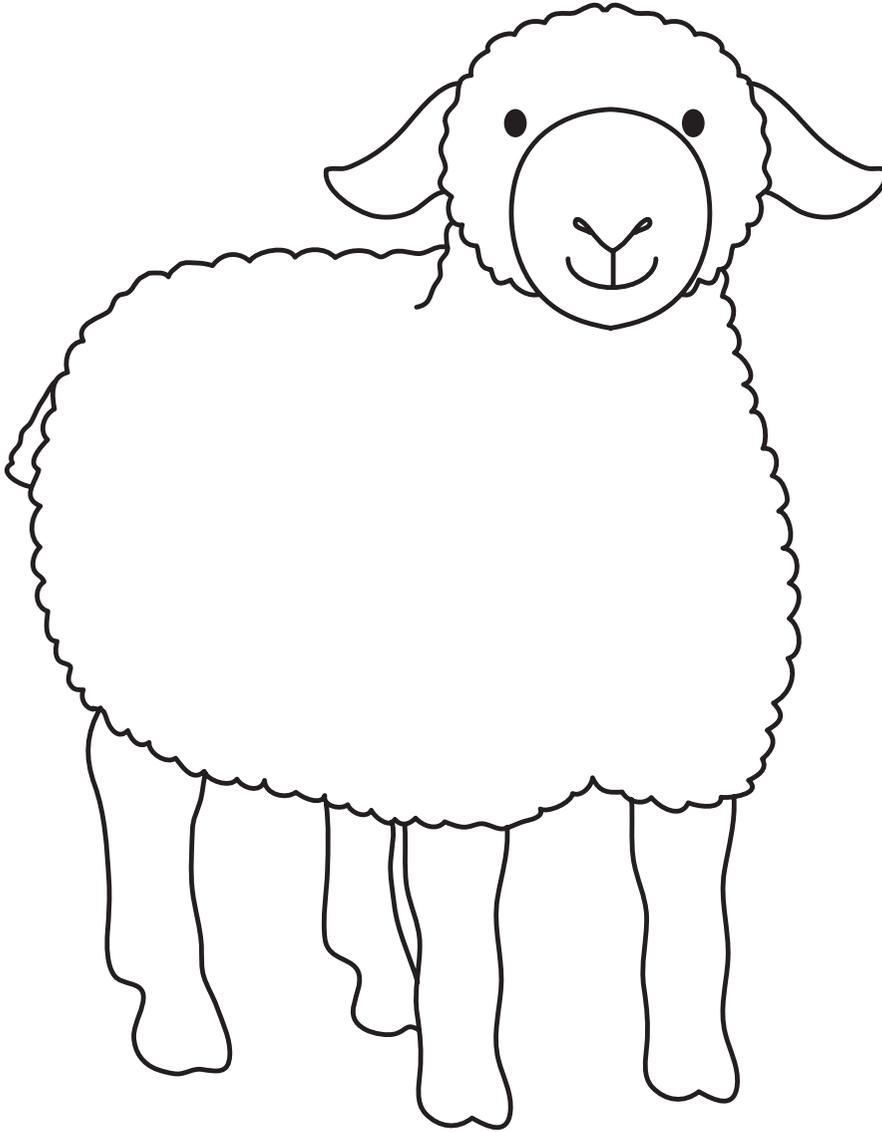
13 “Forgive as the Lord forgave you.” COLOSSIANS 3:13, NIV.



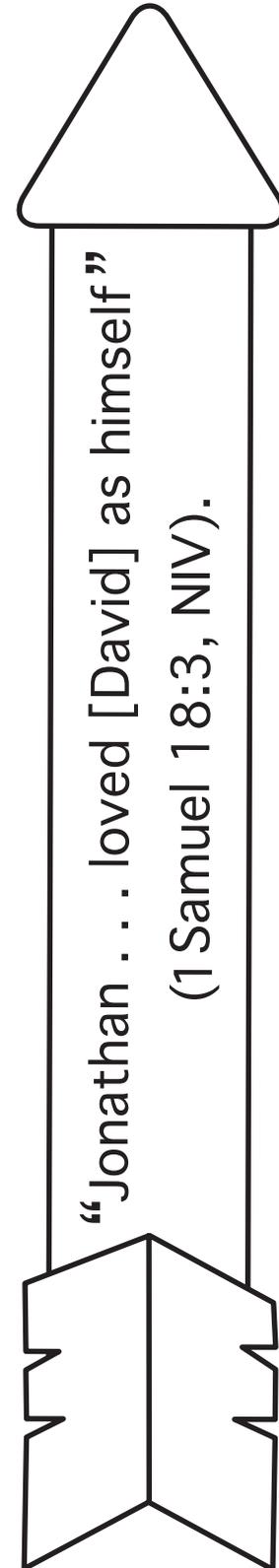
If you have a QR code reader on your smartphone or computer: load the reader, point your camera at this graphic, and visit our site.



Share the Sheep
Lesson 1 — Sharing the Lesson



Share an Arrow
Lesson 2
Sharing the Lesson



Food Plate
Lesson 5 — Readiness Activity

my Vegetarian plate

Vegetables

Proteins

Fruit

Grains

Dairy
or equivalent

Keep Moving: 10,000 steps daily for fitness; or walk 60-90 minutes for weight loss.

Think Your Drink: Give priority to water instead of soda, alcohol, or sugary fruit drinks; 5-8 glasses of water daily.

Vary the Vegetables
2 1/2 cups daily

Choose More: Vary the type, color and taste; eat a rainbow of colors such as asparagus, broccoli, kale, squash, carrots, tomato, turnip, potato, and onion.

Limit: French fries, breaded and fried vegetables.

Feature the Fruits
2 cups daily

Choose More: Add more colors to the rainbow: berries, figs, plums, grapes, citrus, melons, pomegranate, apricot, mango, pear, peach, and pineapple.

Limit: Sweetened juices, fruit pies and tarts with added sugar.

Protect with Proteins
6 1/2 ounces daily

Choose More: All types of lentils, nuts, peas, seeds, many kinds of beans and meat alternates from soy and/or grains and eggs.

Limit: High fat and salty foods like highly seasoned entrées, meat analogs and deep fried foods.

Go whole Grains
6 ounces daily

Choose More: Whole grains such as barley, brown rice, bulgur, oatmeal, millet, popcorn, quinoa, wheat, and yellow corn.

Limit: Processed grains, white pasta and rice, refined crackers, cereals and pastries.

Calcium-rich Dairy & Equivalents
3 cups daily

Choose More: Low fat milk, yogurt, ricotta cheese, and other fresh cheeses. Fortified soy or plant equivalent beverages, yogurt, and cheeses.

Limit: Whole-fat dairy such as milk, ice cream, cheese and cream.

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Good Choices Badge
Lesson 5 — Sharing the Lesson

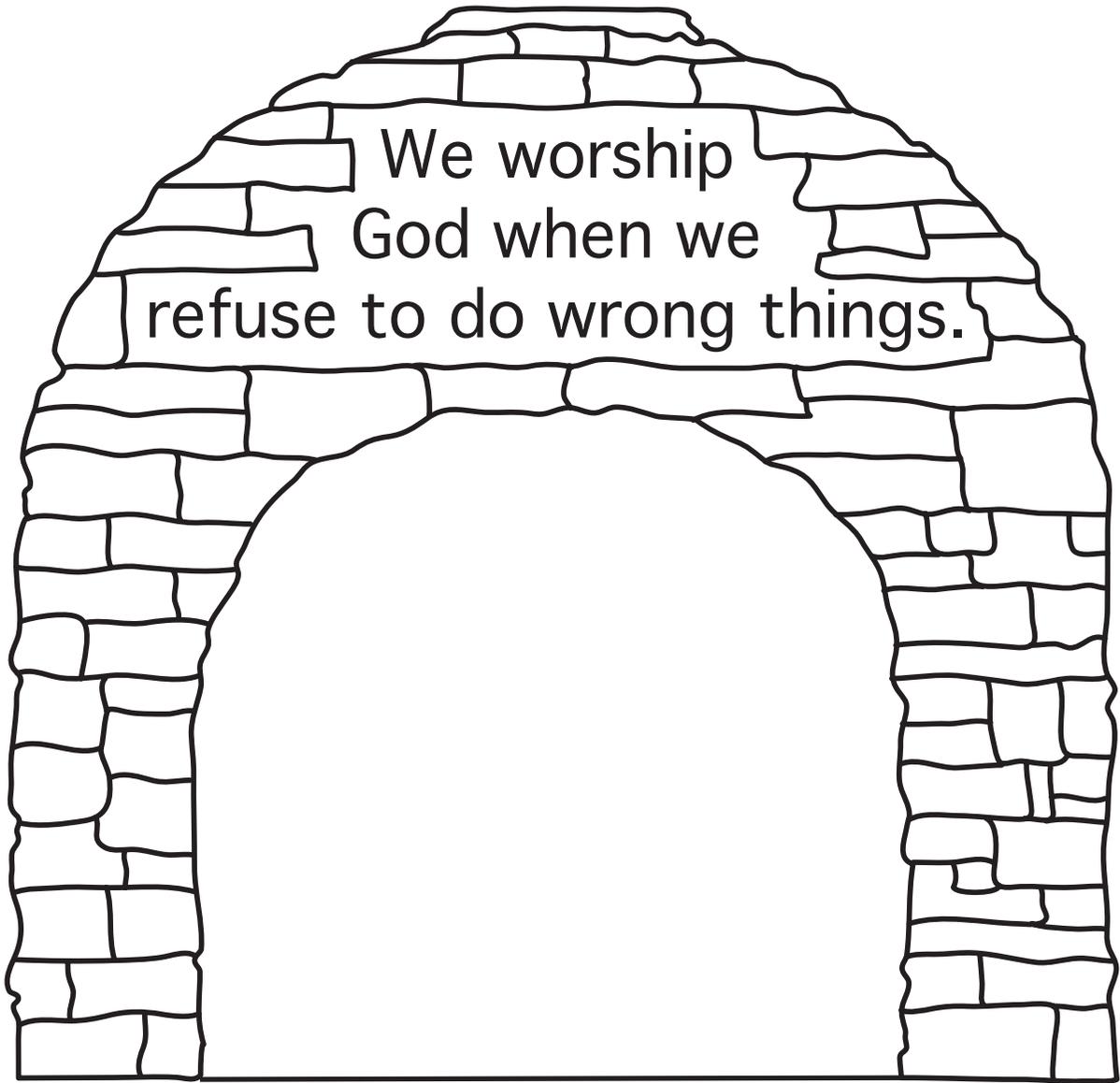


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Jesus at the Door
Lesson 6 — Sharing the Lesson



Fiery Furnace Pattern
Lesson 7 — Sharing the Lesson

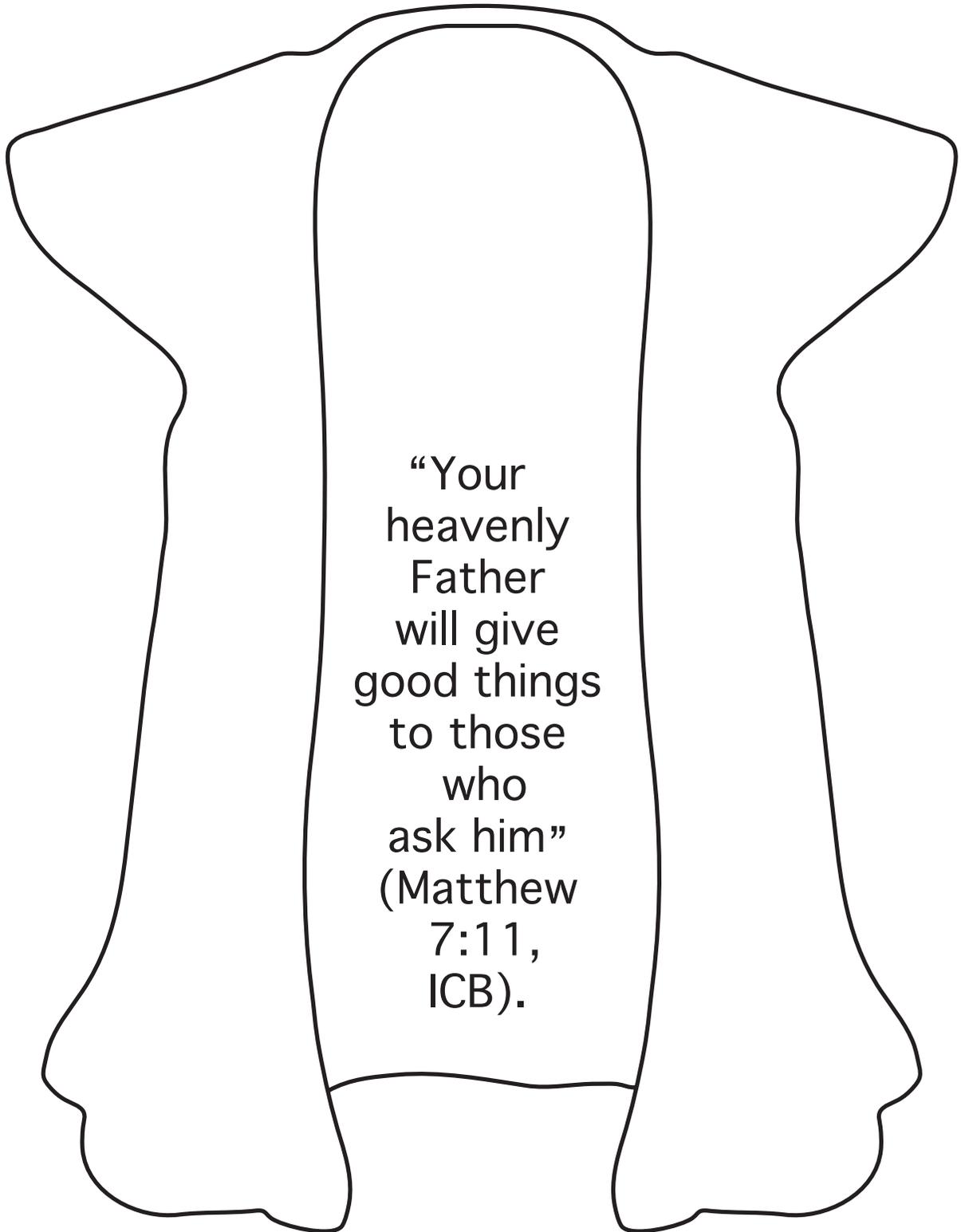


Only One Color
Lesson 9 — Readiness Activity

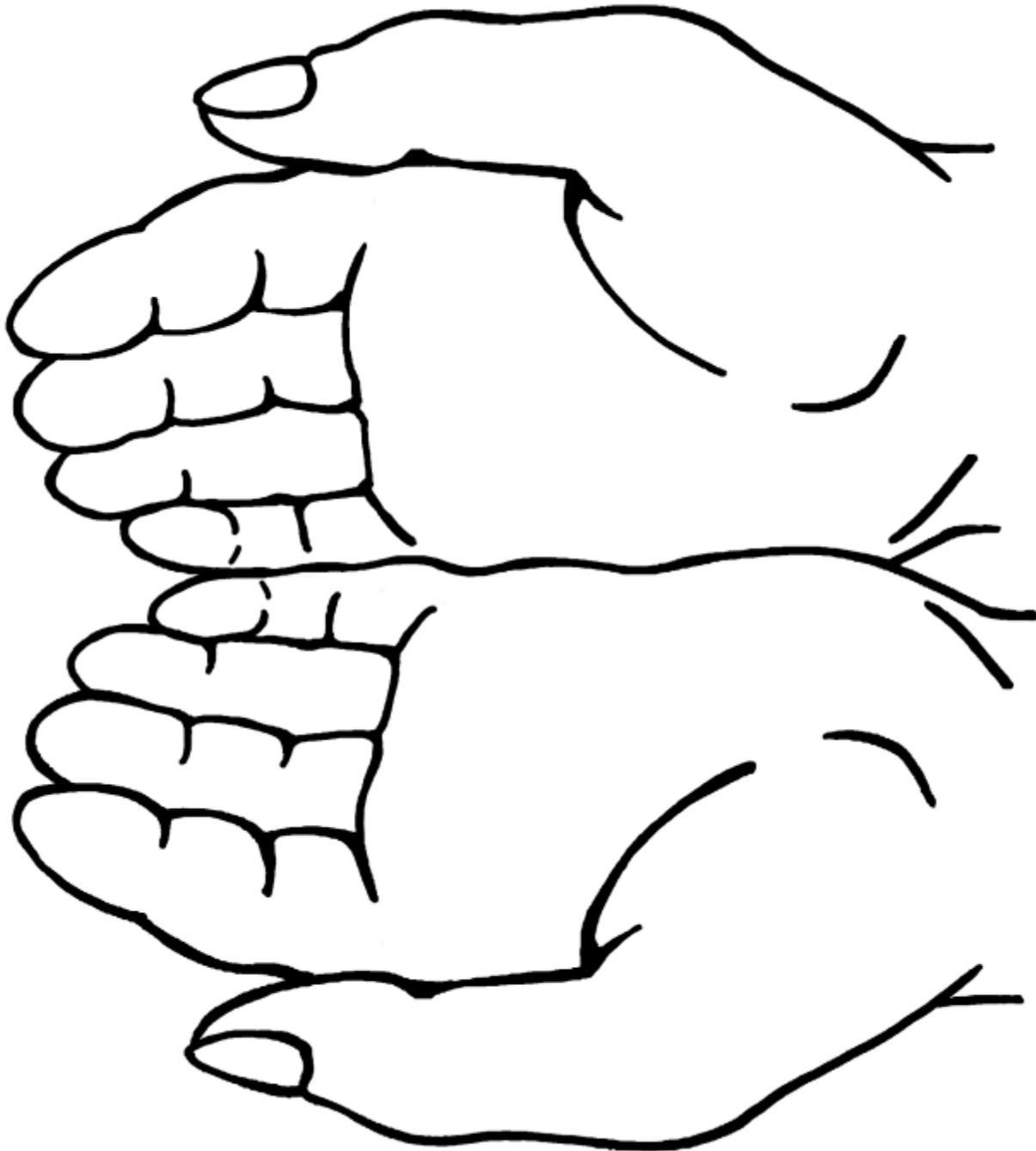


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Fancy Coat Pattern
Lesson 9 — Sharing the Lesson

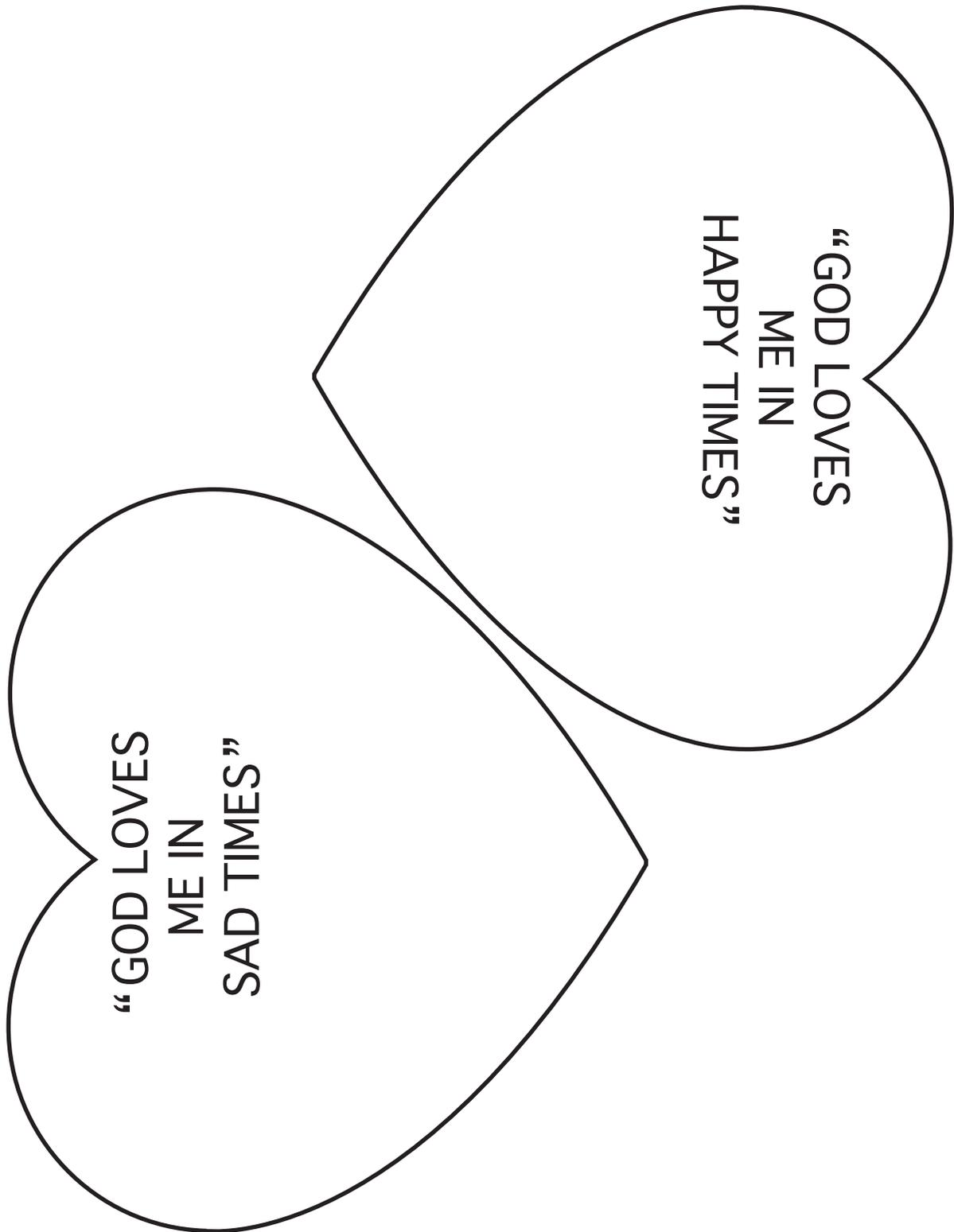


In God's Hands
Lesson 10 — Sharing the Lesson



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Happy/Sad Hearts
Lesson 11 — Sharing the Lesson



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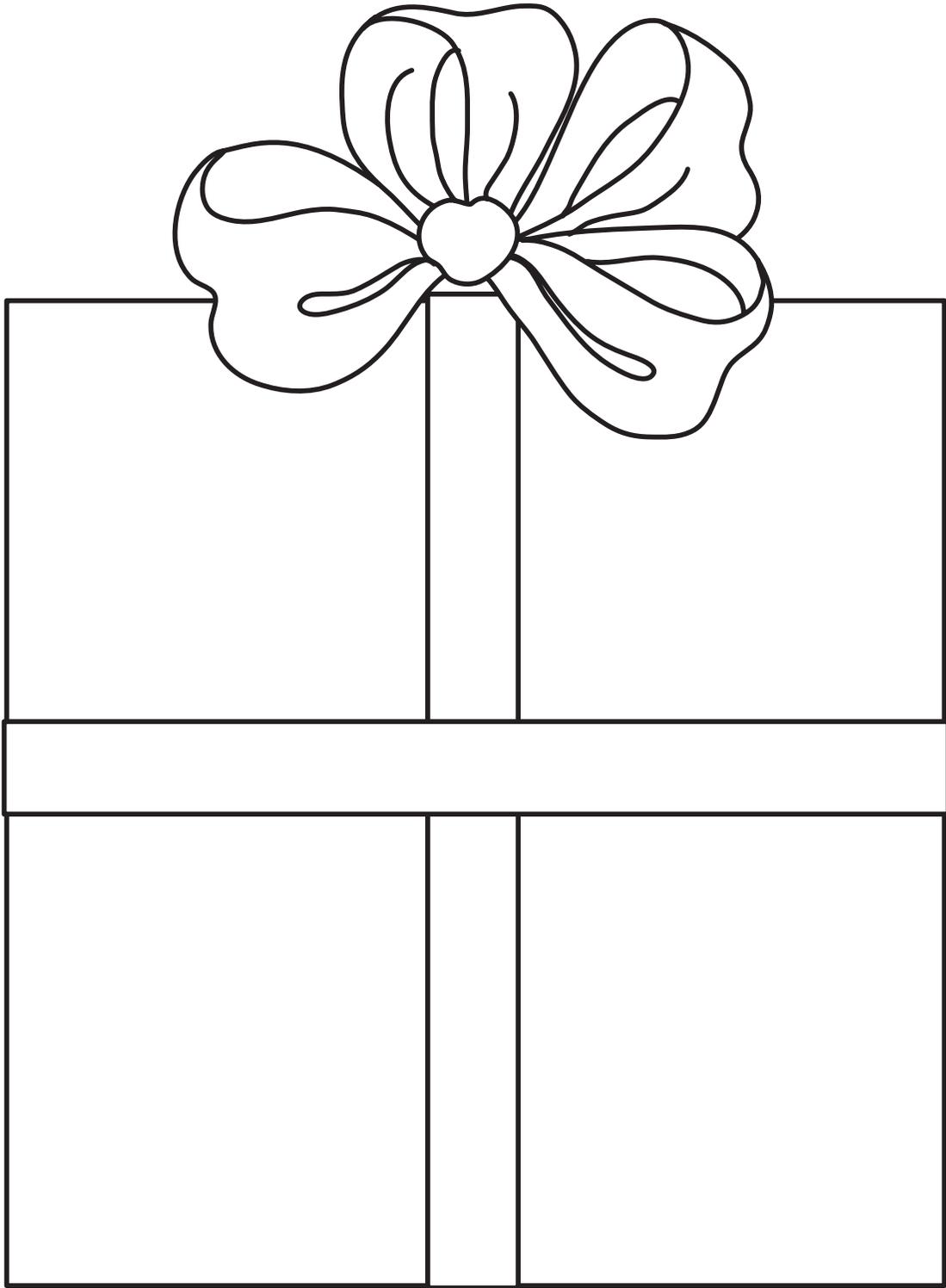
Joseph's Chain
Lesson 12 — Sharing the Lesson

“I
cannot
do
it, . . .
but
God
will.”
Genesis 41:16

God
can
help
us
do
anything.

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God's Gift to You
Lesson 13 — Sharing the Lesson



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