

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 2 • Unit 6 • Week 4

JOSEPH AS A RULER IN EGYPT

OBJECTIVE:

To teach forgiveness based on Joseph's example from the Old Testament and Jesus' teaching in the New Testament.

ATTENTION GETTER:

Prepare: Before class prepare a paper sack to slip over a chilled 2-liter bottle of soda or similar-sized plastic bottle of juice. With a marker make a large ugly face on it with a big nose, bulging eyes with bushy brows, frown, scraggly hair, etc. Secure the sack to the bottle. Print "A GRUDGE" in a rectangle at the bottom. Have cups handy for later in the lesson.

Do: Hold the GRUDGE as the children enter the classroom. Then introduce them to it.

Say: I am holding A GRUDGE today. Who would like to hold it for a while?

Do: Let the children take turns holding it until they get tired from the weight of it. To illustrate the fact that this GRUDGE is a burden, have the child that is holding it stand during their turn.

After most of them have had a turn...

Ask: Did you like holding the GRUDGE? Would you like to carry it around with you all day long?

Say: It would get very heavy after a while, wouldn't it. I made this ugly little character to represent something that people do when they stay angry with someone. There really is such a thing as a grudge. A grudge is a bad feeling that people have when they don't forgive someone that has done something they don't like.

Ask: Have you ever held a grudge against someone who hurt your feelings or did something you didn't like?

Say: Most of us have. It comes naturally when we are “mad” at someone. But, just like the GRUDGE you took turns holding, it gets tiring to hold it for very long. A grudge is a burden.

Ask: So what should we do instead of holding a grudge, instead of staying angry?

Say: We should forgive!

BIBLE LESSON:

Say: We have recently learned about Joseph and his brothers.

Ask: Do you remember that Joseph’s brothers put him in a deep hole and he was later taken out and sold as a slave?

Say: God was on his side and after many years he was given an important position in the land of Egypt. He was in charge of passing out food to people who needed it because of the famine in the land. His brothers came to him for food.

Ask: Did Joseph hold a grudge against them for mistreating him? Did he say, “NO WAY will I forgive you! Go eat sand!” to them?

Say: No. Joseph’s love for his family was so strong that he did not hold a grudge about the past. He comforted them and told them not to feel badly about what they did to him years before. He believed that everything worked out for the best—that it was God who sent him there to protect them from the great famine.

Not only did he give them grain, he also lavished them with gifts and invited all their households to come live in Egypt so that he could take care of them. His forgiving attitude brought about a joyful family reunion that would not have been possible if he had held a grudge.

Ask: How about you? Are you able to overlook some of the bad things that people have done to you and have a friendly, forgiving attitude?

LESSON APPLICATION

Say: Let’s talk about some things that people may have done to us and discuss whether they should be forgiven. After I say each statement, give me a thumbs-up sign if they should be forgiven or give a thumbs-down sign if they shouldn’t be forgiven:

1. A classmate spilled some grape soda on your new white outfit. The stain never came out.
2. Your teacher gave you an F on a test because she thought you cheated when you didn’t.
3. A classmate jumped off the seesaw while you were up in the air and you fell to the ground with a painful thump.
4. Your dad has said he would come to your weekly ball game all season long. The final game is over and he never made it!

5. Your friend told your deepest secret that she promised not to tell.

Say: It's really hard not to stay angry with some of the things we just talked about. One way to make it easier is to think about some of the stupid things that we may have done to other people at times. We may have thought, "Why on earth did I do that?" and felt badly about it later. We should each realize that other people are human too. They deserve to be forgiven like we do.

God wants us to forgive when any of these things happen. That doesn't mean that we can't let the person know in a proper way that there was a problem. Sometimes that means telling them calmly, "That really upset me when you _____." When we forget about bad things that others do to us, a special blessing comes: We become happier and others are more likely to forgive us when we do something that bothers them.

Let's get rid of our GRUDGE today. Would someone like to help me pour this soda/juice into cups and pass them around. (Remove the bag from the bottle and give each child a cup to drink.) I think this is much better than holding A GRUDGE. Isn't forgiveness better?

Ask: Did Jesus teach anything about forgiveness?

Say: Yes. When He was teaching His followers how to pray, in what is sometimes called "The Lord's Prayer," He said, "And forgive us our debts, as we forgive our debtors" (Matthew 6:12).

Ask: Can you think of a time when Jesus practiced forgiveness?

Say: When He was being put to death on the cross, Jesus said, "Father, forgive them, for they do not know what they do" (Luke 23:34). It takes a very special person to have that kind of forgiveness.

Music:

Sing the following words to the tune of "Are You Sleeping?"

I forgive you—
You forgive me.
Let's forgive,
Let's forgive.

Let's forgive the pain from
Everyone who hurts us.
We forgive,
We forgive.

MEMORY VERSE:

Matthew 6:12 "And forgive us our debts, as we forgive our debtors."

family activity

THE POINT:

We should forgive as Joseph did (in the Old Testament) and Jesus taught and did (in the New Testament).

FAMILY TOGETHER TIME:

Discuss the importance of forgiving and apologizing. Talk about how an apology can make it easier to forgive someone, but you can forgive even without an apology.

Have the family do a role-playing exercise. Practice approaching each other in a friendly way and being approachable when there is a problem. This helps to “clear the air” and makes it easier to forgive. Example to act out: Dad missed every game of the ball season, even though he promised to go to at least one game.

Read aloud these tips on avoiding angry confrontations before acting out the situation:

- Give yourself time to cool your anger down a bit. Then look at the situation from the other person’s perspective to help understand why he might have done what he did.
- Use good timing. When Dad first walks through the door exhausted from a long day is not usually a good time to bring up a problem.
- Start off with “I” instead of “you” to sound less accusing. Example: “I was really sad when I didn’t see you in the stands today, Dad.”
- Don’t expect too much. Some things take time to be resolved. But friendly communication about a bad situation may help to keep it from happening again.

MEMORY VERSE:

Matthew 6:12 “And forgive us our debts as we forgive our debtors.”