

An illustration of an elderly man with a long white beard and hair (Jacob) on the left, wearing a grey robe, and a younger man with brown hair (Joseph) on the right, shirtless with his arms crossed. They are in a dark, rocky setting. The text 'OLD TESTAMENT 2022' is at the top center, and 'Come, Follow Me with Living Scriptures STREAMING' is in the center.

OLD TESTAMENT 2022

Come, Follow Me with *Living Scriptures* STREAMING

The Lord is With Us

Genesis 37-41

Objectives:

- Learn about Joseph who was sold into Egypt and how the Lord supported him in his trials.

Reinforces Principles of:

- Faith in trials

Reverence Time

Song:

I Will Follow God's Plan, Children's Songbook page 164

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-will-follow-gods-plan>

Scripture: Genesis 39:3

"And his master saw that the Lord was with him, and that the Lord made all that he did to prosper in his hand."

Video:

Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-withus>

Lesson Time

The Lord is With Us

Lesson

Summary:

Jacob (now Israel) and Rachel had a son named Joseph. Because Joseph was the son of his favorite wife, he was Israel's favorite son and his brothers were jealous. Joseph had dreams about his brothers bowing down to him and that made his brothers more angry. They decided to get rid of Joseph. Instead of killing him they decided to throw him in a pit in the wilderness. As they were about to throw him in the pit some Ishmaelite merchants came by. Joseph's brothers sold him to the Ishmaelites as a slave.

Joseph was taken to Egypt and sold to Potiphar, the captain of Pharaoh's army. The Lord was with Joseph and soon Potiphar saw that Joseph was a good man. He put him in charge of his household. Potiphar's wife tried to tempt Joseph, but Joseph refused. She accused Joseph of attacking her and Joseph was put in prison.

While in prison Pharaoh's baker and butler had dreams and wondered what they meant. Joseph had a gift from God to interpret dreams. He correctly interpreted the dreams of the baker and the butler. Later when Pharaoh had a dream to be interpreted the butler remembered Joseph.

Joseph interpreted Pharaoh's dream, telling him that there would be seven years of plenty in Egypt and then seven years of famine. Pharaoh saw that Joseph was wise and put him in charge of preparing Egypt for the coming famine. Because Joseph was faithful, the Lord blessed him through his trials. Joseph was able to help Egypt and his family be prepared for the famine.

Quote:

"As we look for humor, seek for the eternal perspective, understand the principle of compensation, and draw near to our Heavenly Father, we can endure hardship and trial. We can say, as did my mother, 'Come what may, and love it.'" Joseph B. Wirthlin

Questions:

What kinds of trials did Joseph face?

What kinds of trials do you face?

Why does a loving Heavenly Father want us to experience trials and hardship?

How can we learn lessons from our trials?

How can the things we learn help us to be happier?

Activity Time

Turn That Frown Upside Down

Description: We can be happy knowing the Lord is with us even when times are tough. Learn to find happiness in hard situations and blessings in trials.

What you need: ■ A copy of the “Turn That Frown Upside Down” activity (artwork included with this lesson) scissors, glue and cardstock

Preparation:

1. Print out the artwork.
2. Glue artwork onto cardstock.
3. Cut out

Activity: (Younger children will need help from an older sibling or parent.)

1. Explain: When Elder Joseph B. Wirthlin was a young boy his mother taught him to endure adversity well. “Joseph,” she said, “come what may, and love it.”

2. Explain: Elder Wirthlin’s mother was not trying to teach him to suppress his sorrow or to hide his pain, but to handle adversity without anger or resentment.

3. Explain: Those who learn from difficult times become stronger, wiser and happier.

Elder Wirthlin taught us four things in October 2008 conference that can help us through difficult times:

a. Learn to Laugh. Instead of getting angry or depressed, look for the humor in the situation.

b. Seek for the Eternal. Ask yourself: What is Heavenly Father trying to teach me from this experience?

c. The Principle of Compensation. Remember that the Lord compensates the faithful for every loss.

d. Trust in the Father and the Son. Handle your burden the best you can and then leave the rest to them.

4. Sing Children’s Songbook #267, “Smiles.”

5. Ask: How can smiling make the world a better place and make difficult times better? (Discuss ideas.)

6. Play the “Turn That Frown Upside Down” activity

Turn That Frown Upside Down

One person is chosen to be the orator. The first player holds the smiling/frowning face with the frown showing. The orator reads one of the adverse situations in the list or make up your own that can make you feel sad, mad, angry, etc. Example: Someone tripped you in the hall.

The player then turns the frown upside down and gives a positive reaction to the situation that will bring them happiness. Example: I can be happy because I didn't knock out a tooth when I fell.

Then give an example of what Heavenly Father is teaching you. Example: I am learning how not to treat others.

There is an example for each incident in parenthesis if you need help.

1. You were playing a game with friend and you lost. (I can be happy because I know I didn't cheat. I am learning how to be happy for others when they win.)

2. Your Grandma broke her hip and now she can't take you to the zoo.
(I can be happy spending time with Grandma and doing things for her that she can't do while she's recuperating. I am learning to serve others.)

3. A group of kids have been teasing you because you're a member of the church.
(I can be happy that I'm living my religion. I am learning to not persecute others for their religion.)

4. You can't go to the movies with my friends because you have to baby sit your sister.
(I can be happy because I am helping my parents. I am learning to honor my parents.)

5. The boy who sits behind you in class is always pulling your hair.
(I can be happy because I have hair. I am learning to treat others the way I would want to be treated.)

6. You don't want to wear your new glasses because you think they make you look nerdy.
(I can be happy because I will now be able to see the questions on the board. I am learning to not be vain.)

7. You ran a marathon race and came in last.
(I can be happy because I finished the race. I am learning humility.)

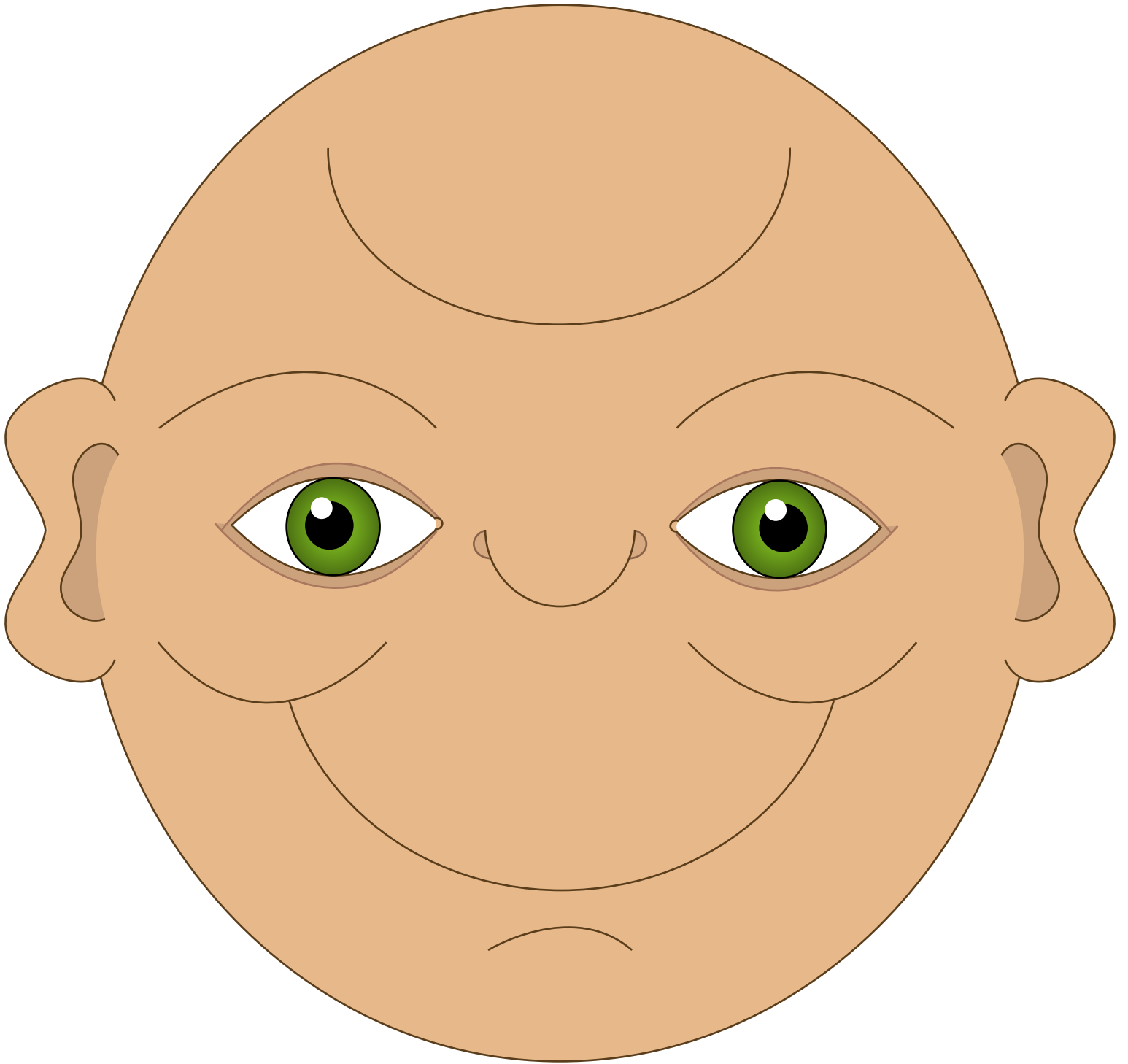
8. You were late to your recital because your mom followed the wrong directions.
(I can be happy because I still got to perform my number and we aren't lost any more. I am learning patience.)

9. Someone you love passed away.
(I can be happy [after I am done mourning] because I know families can be together forever. I am learning to live worthy so that I can live with them and Heavenly Father again someday.)

10. You hit your head on the cupboard door that you left open.
(I can be happy because I controlled my tongue. I am learning to not leave the cupboard door open.)

11. We missed our exit because another car cut us off.
(I can be happy we didn't get in a wreck. I am learning to be understanding when others make mistakes.)

12. Your Dad lost his job because the company he worked for went out of business.
(I can be happy because my parents listened to the prophets and although we will have to make sacrifices we are prepared for hard times. I am learning to listen to the prophet.)



Treat Time

Peanut Butter Smiles

Prep Time: 5 minutes
Cook Time: 8 minutes

Ingredients: 1 cup peanut butter
1 cup white sugar
1 egg



Instructions: Preheat oven to 350 degrees F. Combine ingredients until smooth.

Treat Time: Let children roll dough into 1 inch balls and put on ungreased baking sheets. Lightly flatten each ball with the bottom of a glass. Use a toothpick or skewer to draw a smiley face on each cookie. Bake for 8 minutes.