



LESSON 14

Joseph’s Brothers Get Jealous

Genesis 37:1-35

(KBC Study Bible, pages 45-47)

Character Word

Self-Control – doing something even when I don’t feel like it

Today’s Bible story is about a series of conflicts and problems that happened because several people failed to have self-control.

With God’s help, I can have self-control by doing the right thing even when I don’t feel like it.

Memory Link

“I can do all things through Christ who strengthens me.”

Philippians 4:13 (KBC Study Bible, page 1298)

Weekly Challenge

Share with an adult in your home when you have an opportunity to show self-control.

DAY 1 READ: Proverbs 29:11 (KBC Study Bible, page 700)

THINK: Do you have a bad temper? When you are angry, do you shout and complain? If you do, try to think of this verse and next time, hold back your first reaction to what makes you mad.

PRAY: Jesus, I want to be wise and hold my bad feelings back, but I need Your help! Please help me respond kindly when I get mad. In Jesus’ name, Amen.



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DAY 2 **READ: Galatians 5:22-23** (KBC Study Bible, page 1283)

DO: This verse talks about the fruit of the Spirit. Go pick out a piece of fruit to eat! It is good for your body. While you eat it, think about the list of the fruit of the Spirit from these verses and how you can show them more in your life.

PRAY: Jesus, Your word says I can do all things through You who gives me strength! I'm asking You to help me to have all the fruit of the Spirit in my life. Thank You. In Jesus' name, Amen.

DAY 3 **READ: Isaiah 53:7** (KBC Study Bible, page 784)

THINK: This verse talks about Jesus. He died for our sins. Think about how hard it was for Him to be silent when He was innocent but lots of people accused Him of things. He did this so He could be your forever friend. If you have not asked Him yet, think about who to talk to about wanting to know more.

PRAY: Jesus, thank You for going through what You did on earth, for dying for me, for coming back to life... all so I can have You as my forever friend. I love You. In Jesus' name, Amen.

DAY 4 **READ: Proverbs 16:32** (KBC Study Bible, page 684)

SHARE: Pick a friend and share this verse with them. Talk about what it means to be slow to anger and how to have more patience.

PRAY: Lord, help me have patience with my family, friends and teachers. In Jesus' name, Amen.

DAY 5 **READ: Digging In** (KBC Study Bible, page 681)

DO: When someone disagrees with you, the first thing to do is to listen carefully to what they say. Sometimes you are right and sometimes you are wrong. Next time you find yourself in a disagreement, have self-control and be calm.

PRAY: Lord, please help me have self-control so that I can remain calm in difficult situations. In Jesus' name, Amen.

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