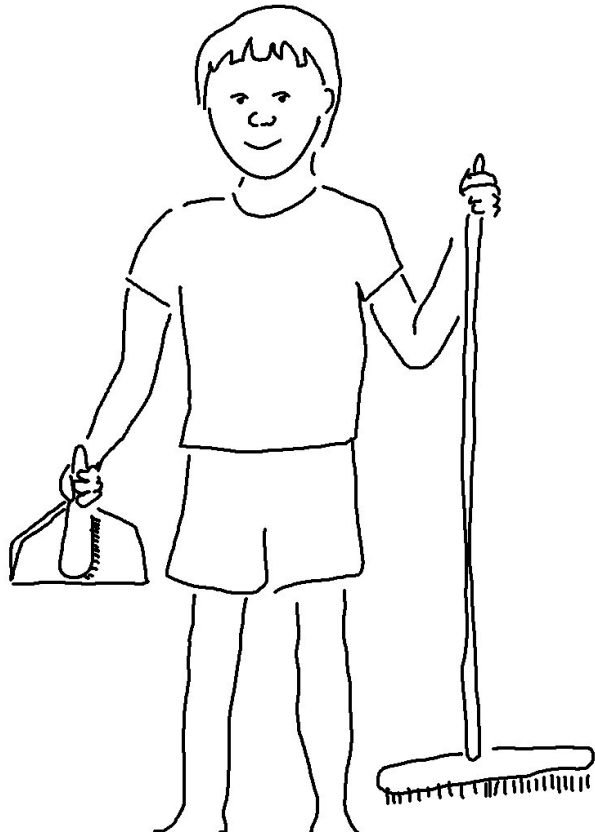


Are you struggling with self-motivation or trying to make some new habits?

- Have you asked God to help you?
- Take notice of your thoughts. Are you thinking negative thoughts?
- Whenever you think a negative thought, change it to a positive one: instead of "My room is going to take way to long..." tell yourself, "Look how much better it already looks," or "doesn't my floor look so much better..."
- Think of things to be thankful for like your room, toys, friends, family, heaven...



But He knows where I am going. And when He tests me,  
I will come out as pure as gold. Job 23:10<sub>NLT</sub>

# Slave in Egypt

## Sabbath

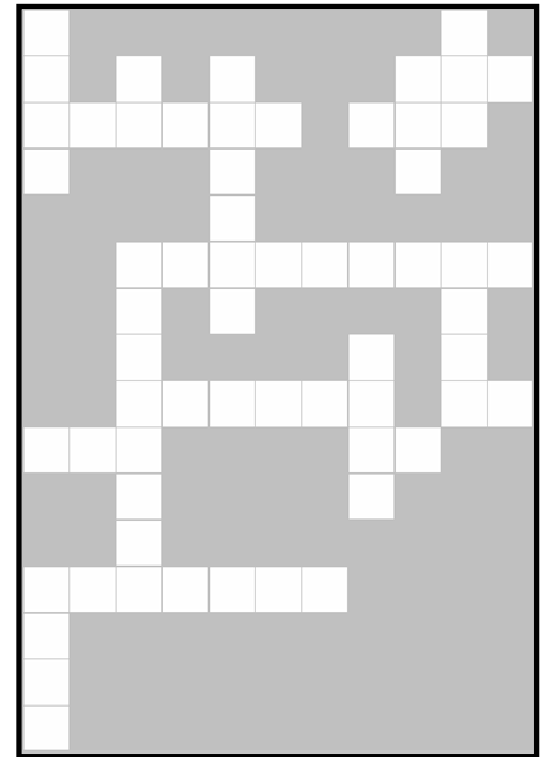
Remember how Joseph was taken as a slave to Egypt? He was sold to Potiphar, the captain of the king's guard. What could Joseph do now? He could have:

- Refused to work
- Begged to be released to return to his family
- Cried, yelled, complained...
- Bargained with God, "Save me and I will..."

Instead he did his work as if he was working for the Lord, and as a result, God blessed Joseph and all he did.'

What about you? Do you work as if you are working for God? Do you do your best even when no one is looking? Fit the words from Colossians 3:23<sub>NLT</sub> into the grid below.

***"Work willingly at whatever you do, as though you were working for the Lord rather than for people."***



Year 1, Quarter 2, Week 5, Level: "Teens"

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Time Magazine article, Eric Barker, June 30, 2014

Poem on Wednesday quoted from "Sandy" by Eggers, Ellquist, Wheeler, Review and Herald, original unknown  
Refer: Gen 39; 40; 41:1-36 NLT; *Patriarchs and Prophets* p213-223; *The Bible Story* vol2 p51-60

## Sunday

Now Joseph was careful to do a good job and God was with him; it wasn't long before Potiphar put Joseph in charge of everything he owned.



Then Potiphar's wife had Joseph sent to prison!

But even in prison, Joseph did his best, and soon he was put in charge of all the prisoners.

Some time later, the Pharaoh sent his chief cup-bearer and chief baker to prison, and one night they both had dreams.

The chief cup-bearer told Joseph, "I dreamed of a grapevine with three branches and bunches of ripe grapes. I squeezed juice into the Pharaoh's cup and gave it to the Pharaoh."

Joseph said, "The dream means that in three days Pharaoh will give you back your position as his chief cup-bearer. Please remember me and do me a favour and mention me to the Pharaoh."

Then the chief baker said, "In my dream I had three baskets of pastries on my head, and the birds came and ate them."

Joseph told him, "The dream means that in three days the Pharaoh will order your death."

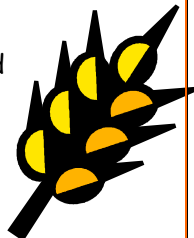
And that is exactly what happened. But when he was released the chief cup-bearer, forgot all about Joseph.

Two years later, the Pharaoh had a dream about seven fat, healthy cows that come out of the river Nile. Then seven thin and scrawny cows came and ate the fat cows!

Pharaoh had a second dream; he saw seven beautiful heads of grain growing on a single stalk. Then seven shrivelled heads of grain appeared and swallowed up the well-formed heads!



The next morning Pharaoh called his wise men, but they couldn't tell him what his dream meant. Then the chief cup-bearer remembered Joseph.

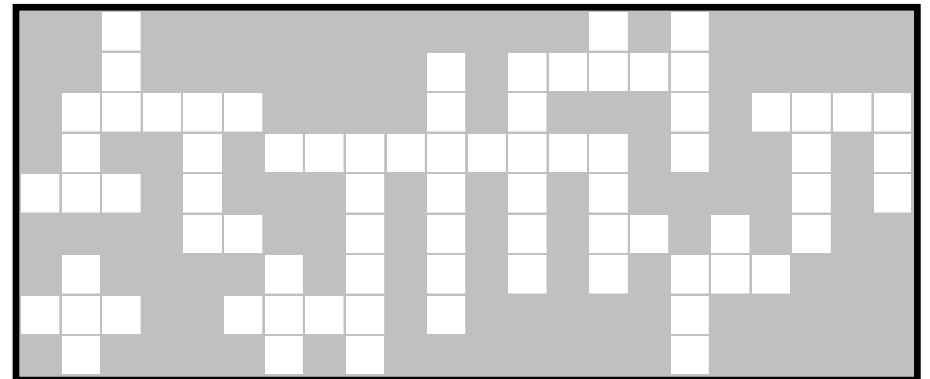


## Friday

God has a plan for your life too. Bad things may happen because of your bad choices, or other people's bad choices. But if you trust and obey God you can be sure that He is with you and that He has good plans for you.

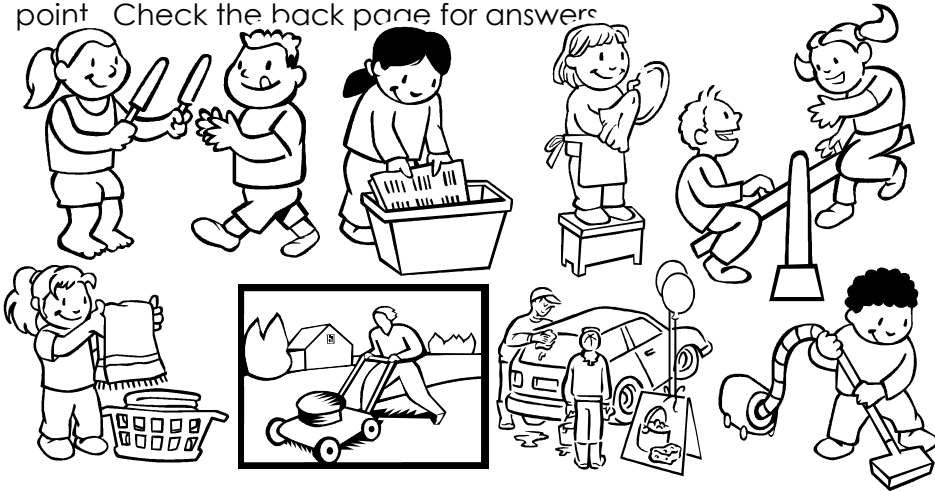
Write out the words from Romans 8:28<sup>NIV</sup> and then fit them into the grid below:

B	E	C	A	U	S	E	G	T	R	U	S	T	U	I
D	A	H	E	N	C	E	G	H	U	I	D	H	A	N
C	H	O	I	C	E	S	B	A	D	C	M	A	Y	E
G	U	I	F	I	D	A	N	T	C	W	I	T	H	E
G	U	C	G	I	D	B	U	T	Y	O	U	A	N	C
E	P	E	O	P	L	E	S	G	O	T	H	E	R	U
I	Y	S	D	D	A	C	N	C	U	B	A	D	E	G
T	O	O	U	P	L	A	N	I	H	A	S	D	G	A
N	U	C	E	G	U	U	I	D	E	N	A	N	O	F
C	T	H	I	N	G	S	E	G	U	D	O	I	O	D
A	B	A	D	N	O	E	C	Y	O	U	R	E	D	G
U	I	P	D	A	D	N	C	O	E	G	U	I	D	A
N	C	P	L	A	N	S	E	U	G	L	I	F	E	U
I	D	E	A	N	C	U	E	R	G	U	S	O	I	D
C	A	N	A	F	N	R	C	E	G	U	I	R	D	A
N	N	C	E	O	B	E	Y	O	U	G	U	I	D	A
N	D	C	E	R	G	U	I	D	A	N	C	E	G	U



## Thursday

When you do your chores at home do you do them as if you are doing them for God? Draw lines from the picture to each point. Check the back page for answers.



- Smile like your sharing with Jesus
- Smooth out all the wrinkles; don't grumble, do it as if Jesus is going to use them.
- Don't forget the corners; do it as if Jesus is coming to visit.
- Don't forget under your bed, and don't leave it until Mum has to ask – Jesus knows what is under your bed.
- Don't forget the tyres; do it as if it was Jesus car.
- Make sure they're dry all over and then put them away, don't complain, your parents do so many things for you; wouldn't you be happy to do this for Jesus?
- Don't forget around the trees, do it as if Jesus is coming to visit.
- Play nicely, treat them like you like to be treated, the same way you would treat Jesus.

## Monday

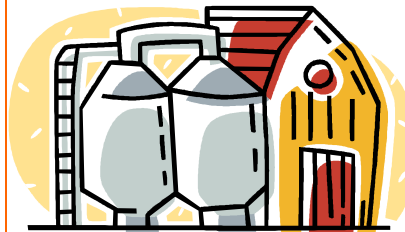
Pharaoh sent for Joseph at once and told him his dreams.

Joseph said, "Both of your dreams mean the same thing; God is telling you what He is about to do. The seven healthy cows and the seven healthy heads of grain both represent seven good years. The seven thin, scrawny cows and the seven thin heads of grain represent seven years of famine.

"The next seven years will be good years but afterward there will be seven years of famine."



Joseph suggested that Pharaoh should appoint someone to store food during the years of plenty so they would have food during the famine. Pharaoh liked the plan and said, "Where can we find anyone like this man?" So Pharaoh put Joseph in charge of the land of Egypt, giving him many presents including a chariot and a wife.



Then Joseph built ware-houses and stored up vast quantities of grain during the seven good years.

I don't think anyone could call Joseph's life an easy one, it was certainly filled with ups and downs and I'm sure there were times when Joseph felt discouraged. During the seven good years, two sons were born to Joseph and when Manasseh was born Joseph said, "God has made me forget my troubles and the family I lost." When Ephraim was born Joseph said, "God has made me fruitful in the land of my suffering."

But no matter what happened, Joseph determined to follow God, and do the work given him - and even more - to the best of his ability. God does not always stop bad things from happening to those who love Him, instead, He has promised to always be there and to use, even the bad things that happen, for good.

## Tuesday

Joseph was now a slave, but he did not grumble or complain, instead, he worked as if he was working for God. Use the code to see what 1 Corinthians 10:31<sup>CEV</sup> says about this.

Joseph trusted that God would look after him; he knew that God knew something very important that Joseph didn't. God knew what would happen in... Colour the areas with a red dot.

↓	δ	↶	☞	🚲	↷	≡	☞	👁	🕒	◆	📺	↗
A	B	C	D	E	F	G	H	I	J	K	L	M

→	☞	🕒	→	📺	*	→	x	☑	↶	①	●	★
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

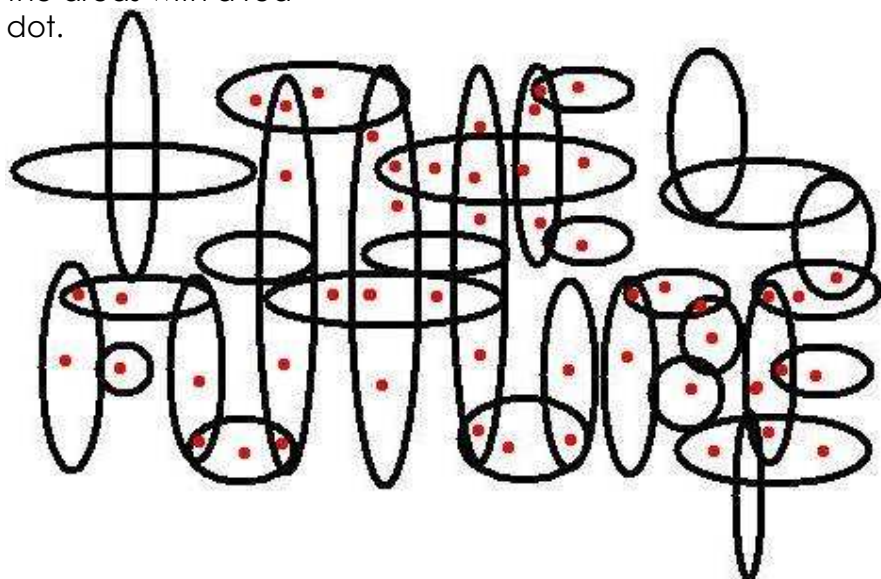
↶☞🚲→      ●☞x      🚲↓→

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## Wednesday

Why do some people need to be reminded or supervised and others don't? We call a person who gets things done without being reminded, self-motivated. Joseph was self-motivated.

Are you self-motivated? ☐ YES ☐ NO

Do you want to know how to become more self-motivated?

Time Magazine article, "How to Motivate Yourself: 3 Steps Backed by Science" says, "When thought and feelings compete, feelings almost always win. And we can't fight our feelings." Yet this is only half of the story; the truth is that you can use your thoughts to gradually change your feelings. There is an old poem that goes something like this:

**Plant a thought, reap a feeling.**

**Plant a feeling, reap an act.**

**Plant an act, reap a habit.**

**Plant a habit, reap a character.**

**Plant a character, reap a destiny.**

You might be telling yourself, "Yes! I am going to keep my room clean." But at other times you are thinking things like, "This takes so much time..." Your one positive thought is overwhelmed by negative ones!

Use the NIV Bible and the following verses to solve the crossword.

Philippians 4:6-7<sup>NIV</sup> says, "Do not be anxious (worry) about anything, but in every situation, by \_\_\_\_\_ (4d) and petition (asking), with \_\_\_\_\_ (7d), present your requests to God. And the \_\_\_\_\_ (10a) of God... will guard your \_\_\_\_\_ (12a) and your \_\_\_\_\_ (11a) in Christ Jesus."

What does Jesus say to do in Matthew 26:41<sup>(9d, 1d)</sup>

What sort of things does Philippians 4:8<sup>NIV</sup> say we should think about? Fit them in the remaining spaces.

