


# LESSON 9: GOD'S COMMANDMENTS: JEALOUSY

Leader Guide for One Room

Classroom: My One Room Classroom

 Exodus 20:17; Genesis 37:1-11

08/30/2020

## Teachers Dig In

### Dig In to the Bible

- Read: Exodus 20:17; Genesis 37:1-11
- In This Passage: God commands his people not to want other people's stuff. Joseph's brothers are jealous because their dad likes Joseph best and gives Joseph a fancy coat. Plus, Joseph brags about dreams in which his brothers bow to him.
- Bible Point: We're not jealous.
- Summary Verse: "Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind' " (Matthew 22:37).

### Dig Deeper

- You'll Be Teaching: *We're not jealous*. Of all the Ten Commandments, this one describes what feels most like a harmless, inward emotion...not a sin. And yet God gave this commandment because he knew the harm that can come in our own hearts when we're jealous. Plus, as in the case of Joseph's brothers, jealousy can lead to breaking other commandments, like lying or hurting others. Use this lesson to show kids the dangers of jealousy.
- Think About: When have you been really, *really* jealous? What damage did it cause to your heart? your relationships?

### Dig In to Prayer

- Ask God to help kids be content with what they have.

### Quick Tip

- Be careful not to foster a culture of jealousy in your ministry. Statements like "Why can't you pay attention like Jayden?" or "Why didn't you bring your Bible like Cade?" promote the comparison game. When you hear kids making their own comparisons to others ("I wish I could draw as well as you..."), help kids pause and thank God for what they have.

## This Lesson at a Glance



### OPENING

Kids share about a topic related to the lesson.

#### Supplies

- Bible
- green construction paper
- black construction paper
- scissors
- tape

#### Easy Prep

- Use a half-sheet of green construction paper to make a street sign that says “Attitude Avenue.” Hang it on the wall several feet from your Truth Turnpike sign.



### CORE BIBLE DISCOVERY

Kids experience seeing some favored like Joseph.

#### Supplies

- Bible
- tasty snacks (enough for about ¼ of the kids)
- fun game or YouTube video
- crumpled paper and scraps of paper
- colorful crepe paper
- tape
- pool noodles (1 per child for about ¾ of the kids)
- star stickers

#### Easy Prep

- Litter your room with crumpled paper and scraps of paper. You might also flip over some chairs, mess up a supply shelf, or find other things you can get out of order.
- Place the snacks in a corner of your room.



### DEEPER BIBLE

Kids grapple with how jealousy impacts themselves and others.

#### Supplies

- Bibles
- paper
- crayons or markers
- sticky notes



### OBJECT LESSON

Kids turn milk sour.

#### Supplies

- 1 cup of milk
- bottled lemon juice
- well-insulated travel mug
- liquid measuring cup
- tablespoon measuring spoon
- tall, clear cup
- 3-ounce disposable cups (1 per child)

#### Easy Prep

- Warm the milk to nearly boiling, and then pour the milk into a travel mug to keep it warm.



### LOW-ENERGY GAME

Kids play a game where they try to make each other smile.

#### Supplies

- timer or stopwatch



## HIGH-ENERGY GAME

Kids compete against each other in track and field activities.

### Supplies

- timer or stopwatch
- several jump-ropes
- masking tape
- pool noodle\*
- upbeat music (optional)
- music player (optional)

### Easy Prep

- Set up track and field activities around your room.
  - Set up a jump-rope-a-thon in 1 corner, placing several jump-ropes on the floor.
  - Make a standing long jump in another corner. Place tape on the floor, marking an X for the starting spot and then placing pieces of tape 2 feet, 3 feet, and 4 feet away from the starting spot.
  - Set a pool noodle in another corner for limbo.
  - Clear the center of your space for a sprint race.



## LIFE APPLICATION WRAP-UP

Kids thank God for what he's given other people.

*\*Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



### Supplies

- Bible
- green construction paper
- black construction paper
- scissors
- tape

### Easy Prep

- Use a half-sheet of green construction paper to make a street sign that says “Attitude Avenue.” Hang it on the wall several feet from your Truth Turnpike sign.

### Welcome

- Thank kids for coming.
- Make announcements.
- Introduce new kids.
- Collect the offering.

### Introduce the Lesson

Say: **We’re learning about God’s Commandments. Now you might think that sounds like a bunch of rules, but God’s Commandments are like street signs, showing us the best way to go. Today we’re going to learn that we’re not jealous. Instead, we can have a good attitude. The street sign for Attitude Avenue can remind us of that!**

- Distribute a sheet of black construction paper to each child.
- Have kids cut straight or curvy strips and connect them to make a road leading from the Truth Turnpike sign to the Attitude Avenue sign.
- This is the last week you’ll be adding to the road, so you can take down the signs and road when kids leave.

### Share

- Tell kids about a time a friend or sibling got to do something *you* wanted to do.
- Have kids form pairs. Ask kids to share about when a friend or sibling got to do something *they* wanted to do.
- After partners have shared, ask two or three kids to share with the whole group.

### Summarize

Open a Bible to Exodus 20 and say: **When other people get what we want, it’s easy to feel jealous. But God’s Commandments tell us we’re not jealous. Let’s take a closer look in the Bible to explore why. We know everything in the Bible is true and is from God, so let’s take a moment to talk with God as we get started.**

Pray, asking for God’s help not to be jealous.



## Supplies

- Bible
- tasty snacks (enough for about ¼ of the kids)
- fun game or YouTube video
- crumpled paper and scraps of paper
- colorful crepe paper
- tape
- pool noodles (1 per child for about ¾ of the kids)
- star stickers

## Easy Prep

- Litter your room with crumpled paper and scraps of paper. You might also flip over some chairs, mess up a supply shelf, or find other things you can get out of order.
- Place the snacks in a corner of your room.

## Pick Favorites

Say: **I'm so glad to see you all today! But I'm especially glad to see my *favorite* kids. I have a special surprise, just for my favorites.**

Choose about a quarter of the kids as your "favorites," and have them gather in the corner of the room where you have the snacks stored. (To avoid having kids think you genuinely don't like them as much, ham it up and be obviously random. You might choose your favorites by drawing an imaginary line across the room or having kids count off.)

Say: **Everyone else, this room is a mess! I'm going to spend time over here with my favorites while you clean up. Make sure you get every scrap of paper and throw it in the trash.** If you made additional messes, tell kids what to clean up.

Then gather with your favorites and eat snacks with them while you watch a fun video or play a game together. Occasionally "nag" the other kids to keep cleaning. Make sure there's a lot of laughter in the "favorites" group!

When the room is clean, gather everyone back together.

Ask: • **How did you feel about being, or not being, one of my favorites?**

• **Tell about a time you felt like a teacher or parent was playing favorites.** Share your own story first.

Say: **When people play favorites, our natural reaction is to be jealous. But listen to today's commandment from God.**

Read Exodus 20:17.

Say: **Covet might be a word you aren't familiar with, and it means to be jealous. So according to this commandment, we're not jealous. Let's see how some brothers reacted when their dad played favorites like I just did.**

## Act Out the Bible Story

Read Genesis 37:2-3.

Say: **What a great idea! I'm going to make colorful coats for my favorites!**

Have the "non-favorite" kids help you tear long strips of colorful crepe paper and tape them to the favorite kids' shoulders to make colorful "coats."

Ask: • **Tell about a cool gift you've gotten from your parents.** Share your own example first.

Say: **Joseph's brothers weren't so happy about Joseph's present. God's commandment says we're not jealous, but we can understand why they were!**

Read Genesis 37:4.

Say: **After that, Joseph had a dream, and their jealousy got worse.**

Read Genesis 37:5-7.

Have the non-favorite kids wave pool noodles before the favorites, pretending the noodles are stalks of grain.

Say: **When Joseph's brothers heard about that dream, they were even more jealous. Their jealousy led them to hate Joseph!**

Read Genesis 37:8.

Say: **And then Joseph had another dream.**

Read Genesis 37:9. Give the non-favorite kids star stickers, and have them stick them all over the favorites.

Say: **God commands us not to be jealous, but it was a tough situation not to envy Joseph. He was the clear favorite, *and* God gave him dreams about his brothers bowing to him! They didn't like that.**

Read Genesis 37:10-11.

### **Be Grateful**

Say: **Today's commandment sounds like a negative one...what *not* to do. And we can understand how Joseph's brothers failed miserably. So let's flip it.**

Ask: • **Call out some words that are the *opposite* of jealousy.** Welcome kids' responses.

Say: **One word that's the opposite of jealousy is *gratitude*. When we're grateful for what we have, we're not jealous of what *other* people have.**

Ask: • **What could Joseph's brothers have been grateful for in this story?**

Say: **Joseph's brothers had a big, wealthy family and animals to provide food and clothing. Now, let's make it personal.**

**Close your eyes and think of a situation where you've been jealous. Pause. Now replay that situation, and think of all the things you could've been grateful for. Call out your ideas as they come to you.** Allow time for kids to think and call out ideas.

Say: **When we focus on what everyone else has, it's only natural to be jealous. But when we focus on God's blessings to us, we're not jealous. Instead we're focused on being thankful for everything God has given *us*. There's always something to be thankful for!**

**One last thing: I don't really have favorites! I'm equally thankful for each of you. You're all my favorites! Give each child a high-five and say: [Name], you're my favorite!**



## Supplies

- Bibles
- paper
- crayons or markers
- sticky notes

## Set It Up

Say: **For the past couple of months, we've been learning about God's Commandments. Most of them are about things we would *do* that would be wrong, like disobeying our parents, killing, or disrespecting God's name.**

**But jealousy is a little different. Jealousy is more of a feeling. Does it really hurt anybody if we're jealous? Let's dig in to that.**

## Color and Cover

Say: **As we've started thinking about jealousy, we've also talked about being thankful instead.**

**So draw something you're thankful for.**

Set out paper and crayons or markers, and allow time for kids to draw. As kids draw, have them share about who gave them what they're drawing. It might be God, or it might be a person.

Say: **Now let's think about stuff we *don't* have but we want.**

Set out sticky notes. Have kids each write on a sticky note one thing they want and stick it on top of their pictures. Allow a couple of minutes, and encourage kids to fill out as many sticky notes as they can, using one sticky note for each thing. Younger kids who can't write can simply name things as they put blank sticky notes on their pictures.

Ask: • **What happened to your picture as you thought of more and more stuff you wanted?**

• **How does this look in real life? Think about times you *were* happy but then jealousy made you ungrateful.**

• **If you lost sight of being thankful for something someone gave you, how could that hurt the person who gave it to you?**

Say: **Jealousy is all about focusing on what other people have. And gratitude is about focusing on what God has already given us! When we focus on what other people have, we lose the focus on what we have. Eventually, we don't see anything to be thankful for...only things to be jealous of.**

**And when that happens, it hurts *us*. Jealousy hurts *our* hearts because it makes us unhappy. Plus, it can lead to more sins. Listen to this.**

## Dig Deeper

Read James 4:1-2.

Ask: • **Tell about a time jealousy led to a fight for you.** Share your own story first.

• **What else can jealousy lead to?**

Say: **Let's check out some other verses about how jealousy can grow into other sins.**

Read James 3:15-16.

Say: **Yikes! These verses say that where there is jealousy there's evil of every kind! Jealousy does some *serious* damage to our hearts and our relationships.**

Read Proverbs 27:4.

Ask: • **Why do you think God says jealousy is more dangerous than anger?** As kids answer, continue asking "why" to keep drilling down and get to the heart of jealousy.

Say: **It's clear why God has a command against jealousy. Jealousy destroys our hearts and leads us to more and more sin. Just listen to where it led Joseph's brothers! In today's story, they were jealous. But the next thing that happened was they decided to kill him! That's against another one of God's Commandments. In the end, they didn't kill him, but they sold him into slavery and then lied**

about it to their dad. Not lying is another one of God's commandments. Plus, they weren't putting God first; they were putting their own interests first. Their jealousy did just what the verses we read said would happen—it led to evil of every kind.

**When we're not jealous, it can look like this!**

Tell kids to tear the sticky notes off their papers and throw them away as they listen to you read. Then read 1 Thessalonians 5:18.



**Supplies**

- 1 cup of milk
- bottled lemon juice
- well-insulated travel mug
- liquid measuring cup
- tablespoon measuring spoon
- tall, clear cup
- 3-ounce disposable cups (1 per child)

**Easy Prep**

- Warm the milk to nearly boiling, and then pour the milk into a travel mug to keep it warm.

**Make Milk Sour**

Say: **In today's Bible story, we saw how Joseph's brothers' jealousy made their relationships with Joseph turn sour. Jealousy can make friendships go sour, kind of how milk can turn sour.**

- Give each person a disposable cup. Pour a tiny bit of milk into each child's cup, and let kids drink it. (Younger kids may not be aware of dairy allergies, so be sure to consult your records.)
- Place the tall cup where everyone can see it, and pour the remaining milk from the travel mug into the cup.
- Say: **Right now this fresh milk is like a good, joyful friendship. But then one of the friends starts to feel jealous toward the other.**
- Add a tablespoon of lemon juice to the milk and stir it a bit.
- Then pour a little bit of lemon juice into each person's cup, and allow kids to dip a finger in the lemon juice and taste it.
- Kids can call out words to describe the flavor.

**Talk About It**

Ask: • **What do you think the lemon juice is going to do to the milk?**

Say: **Within just a few minutes of adding the lemon juice to this milk, it's going to make the milk taste sour. Lemon juice has a lot of acid in it, and it reacts with a protein in milk that's called *casein*. If we let it sit longer, the chemical reaction can even make the milk curdle—that means it'll form clumps that look like cottage cheese—and it'll taste even more sour. The milk will go bad, and it took only a little bit of sour lemon juice.**

Ask: • **How can even a little bit of sour jealousy make a friendship go bad?**

• **How can jealousy sour our hearts?**

Say: **We can't really stop the lemon juice from making the milk go bad now that it's in there, but we *can* stop sour jealousy from making our friendships go bad by being thankful instead of jealous. When we're thankful for our blessings *and* our friends' blessings, we're not jealous.**



## LOW-ENERGY GAME

### Keep Dreaming!

[10 min]

### Supplies

- timer or stopwatch

### Try to Make People Smile

Say: **In our Bible story, Joseph told his brothers about dreams he was having. They got jealous and hated him.**

Ask: • **What faces do you think they made?** Pause for kids to make faces.

Say: **Joseph's brothers probably made mad faces. Let's play a game where we'll make up silly dreams in order to get our friends to react with smiles.**

- Have kids stand in a circle so they're facing each other.
- Choose one child to be the "Dreamer," while everyone else is a "Brother." The Dreamer's goal is to make a Brother smile or laugh by describing silly, made-up dreams. The Brothers will try to keep frowning as they listen.
- After 30 seconds, if no Brothers have smiled, let another person try being the Dreamer.
- If a Brother smiles or laughs, that Brother becomes the Dreamer for the next round.
- The game ends when time runs out or everyone has had a turn to be the Dreamer.

### Talk About It

Ask: • **Let's vote. Who do you think told the funniest dream?**

• **How did you feel hearing people do a great job telling about dreams?**

• **How did you feel if you couldn't make someone laugh but another person could?**

Say: **Maybe you thought this game was really funny. Maybe you started to compare *your* dream-telling skills with other people's. When we compare ourselves with others, it leads to jealousy. But we're not jealous. Even when we think people are funnier or have things better than we do, we can celebrate and appreciate the good things about them rather than comparing them to ourselves.**



## HIGH-ENERGY GAME

[10 min]

And the Winner Is...

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### Supplies

- timer or stopwatch
- several jump-ropes
- masking tape
- pool noodle\*
- upbeat music (optional)
- music player (optional)

### Easy Prep

- Set up track and field activities around your room.
  - Set up a jump-rope-a-thon in 1 corner, placing several jump-ropes on the floor.
  - Make a standing long jump in another corner. Place tape on the floor, marking an X for the starting spot and then placing pieces of tape 2 feet, 3 feet, and 4 feet away from the starting spot.
  - Set a pool noodle in another corner for limbo.
  - Clear the center of your space for a sprint race.

### Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

### Compete in Track and Field Activities

Say: **Have you ever had track and field day at school? Well, today we'll have our own speed version of a track and field meet, and you'll all compete in different events.**

- Quickly explain each event and where it's located in the room. On "go," allow kids to choose and move through the activities for about six minutes, giving a two-minute warning. Since it will be difficult for preschoolers to remember all the options and rules, keep them together and lead them to the stations that are appropriate for them, coaching them on what to do at each one. (It's okay if kids don't get through all the activities.) Then gather kids together to debrief.
  - For the jump-rope-a-thon, kids will count jumps and see who can jump the most times.
  - For the standing long jump, kids will see who can jump the farthest. (This one is great for preschool.)
  - In the limbo corner, kids will move under the pool noodle to see who can go the lowest. Have an adult or teen helper hold the pool noodle. (This one is great for preschool.)
  - For the sprint race, three or four kids will run from one end of the room to the other. You can be the referee for this one. (This one is great for preschool.)

### Talk About It

Ask: • **What was it like to win competitions?** Cheer for those kids who won.

• **Now, for those of you who lost, what's it like to watch other people win?**

Say: **It's no fun to lose a competition, and it's easy to be jealous of people who do really well. But when we're friends with God, he'll help us so we're not jealous. He'll help us celebrate *with* people rather than root against them.**



**Thank You, God**

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**Thank God**

Say: **We've been learning that we're not jealous and that we can be thankful instead. Let's try an exercise in thankfulness.**

- Have kids form pairs and take turns naming something they're thankful for.
- After each child names something, the partner will pray, thanking God for what he's given the *other* person.
- Repeat until each child has named 5 to 10 things.

**Wrap Up**

Say: **When we see people with something we want, we're not jealous. Instead, we can be thankful that God loves and cares for those people and takes care of them. Let's ask for his help to do that.**

Pray: **God, help us focus on thanking you for what we have and for what others have so we're not jealous. In Jesus' name, amen.**

Thank kids for coming, and encourage them to come back next week.