



First, watch  
this week's  
video!

## Activity

### Obstacle Challenge

#### What You Need:

Items from around the home to use as obstacles (like pillows, chairs, toys); and painter's tape (*optional*)

#### What You Do:

Use five or six items from around the room to create an obstacle course. Example: walk around a trash can or chair two times, then hop over a plush friend, then crawl under a table, then walk a wavy line of painter's tape on the floor.

Line up your child at the start of your obstacle course. Demonstrate each of the obstacles, then have your child complete the obstacle challenge.

"That obstacle challenge was fun, wasn't it? In our Bible story today, Joseph faced a lot of obstacles, but they were not fun. Someone said Joseph did something wrong that he didn't do, and they put him in jail!

"But Joseph trusted God's plan. God had a plan for Joseph, and God has plans for you, too! You can do hard things and trust God's plans for you, just like Joseph. Who has plans for you? God has plans for me."

### Bible Story

Joseph's Journey  
(Genesis 37; Genesis 39 - 40)

### Remember This

"For I know the plans I have  
for you,' says the Lord."  
Jeremiah 29:11, NLT

### Say This

Who has plans for you?  
God has plans for me.

## Prayer

"Dear God, sometimes things are hard, and it makes us feel sad. Help us to do what Joseph did and keep trusting Your plans, even when they're hard. Help us choose to do what is right no matter what. We know You love us, and You know the plans You have for us. You're the best, God. In Jesus' name, amen."