



Quiet Time

February 1-7, 2026

Genesis 37:8 (ESV)

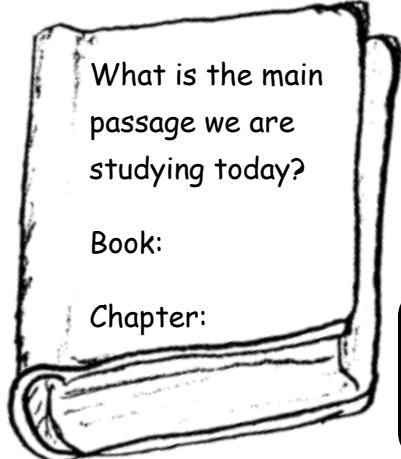
His brothers said to him,
"Are you indeed to reign over us?
Or are you indeed to rule over us?"
So they hated him even more
for his dreams and for his words.

God
Preserves
Joseph



Sermon notes

As you attend church service with your family, use these next two pages to help you listen and learn. We want you to worship with us by singing to God, praying, and listening to God's Word being read and taught.



Title of Sermon:

What is the Big Idea of the passage?



Which song from today's service is your favorite and why?



Words you heard but don't know...

What are we learning about God from this passage?

Write or draw something that you heard in the sermon today.

Fill in the blanks below during the service, and then talk to your parents about them on the way home.

I heard _____

but was confused or had a hard time believing it.

Hearing and believing this about God is... _____

_____ ...changes the way I...

God Preserves Joseph – Monday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Genesis 37:1-4

Jacob had 12 sons and like Isaac, he had a favorite—Joseph! This caused many problems in Jacob's family.

Pray

Dear LORD God, You love all Your children and do not play favorites. I know that even parents sin, like Jacob, and do things they should not. Children sin, too, by failing to love brothers and sisters. Father, help me to do my part to make a happy and loving home.

What kind of a report did Joseph give to Jacob about his brothers?

A _____ report

How did the brothers feel about Joseph?

They _____ him

What special gift did Jacob give to his favorite son, Joseph?

A _____ of many colors

Application

Every man, woman, boy and girl is a sinner. We all think, say, and do things we should not. Also, we all fail to do good things. Even so, God does not want us to hate anyone—least of all our family members.

How will you show love to your parents this week? _____

How will you show love to your brothers and sisters this week? _____

Complete your Prayer Journal for today, and pray about it.

God Preserves Joseph - Tuesday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Genesis 37:5-11

God gave Joseph two dreams that would show what would happen in the future. Joseph was excited. He told his family all about the dreams.

Pray

Dear LORD God, I praise You for the special ways You bless me each day. Thank You for my family. Thank You for Your Word, the Bible. Thank You for having a plan for my life that is just for me.

Draw the dreams God gave to Joseph to tell what would happen many years in the future.

Dream #1

Dream #2

Application

We can understand why Joseph was excited. God had showed Joseph what would happen in the future.

His brothers hated him more than ever! How should we feel and act when a family member is specially blessed by God in some way? _____

Complete your Prayer Journal for today, and pray about it.

God Preserves Joseph - Wednesday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Genesis 37:12-14, 18

Jacob, called Israel, sent Joseph to check on his brothers. They had been watching the flocks and he may have wanted to make sure they were safe.

Pray

Dear LORD God, please protect my heart from jealousy. Help me to love people and be glad for them when You bless them. Help me to say nice words from a good heart when others do well.

When the brothers saw Joseph, what did they plan to do?

Circle the correct answer:

Throw Joseph a party

Take his robe

Kill him

Application

Being jealous is a sin that can lead to "bigger" sins. When Cain became jealous of Abel, he killed him. When Israel's sons became jealous of Joseph, they wanted to kill him, too. God does not want His children being jealous of each other.

What can you do when you start to feel jealous of another person's blessings? _____

Complete your Prayer Journal for today, and pray about it.

God Preserves Joseph - Thursday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Genesis 37:19-24

Wanting to kill him, Joseph's brothers attack him as he drew near.

Pray

Dear LORD God, when an enemy intends to harm me, I will remember that You have the power to save. When I am in trouble, I will trust in You to help me!

What did the brothers do to Joseph? _____

Which brother kept the others from killing Joseph?

Application

Do you think Joseph prayed from the bottom of that well? He surely did not remind the brothers of his dreams now! Joseph would rule over his brothers one day, but for now, he would suffer at their hands.

When we go through hard times, it is good for us to remember that God is the ruler over our lives. If we are His child, He will deliver us from all our troubles in the end!

Romans 8:31 - What then shall we say to these things? If God is for us, who can be against us?

Complete your Prayer Journal for today, and pray about it.

God Preserves Joseph - Friday

- Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Genesis 37:25-28

Jacob's sons sold their brother as a slave because of jealousy.

Pray

Dear LORD God, all the days of my life have been planned by You since before You made the world. When I am wronged by others, help me to forgive them and trust You to watch over my life.

For how much money did the sons of Jacob/Israel sell their own brother?

Joseph is a picture of Jesus Christ who would come. Jesus' brothers, the Jews, were jealous of him, too. Judas Iscariot, one of His own disciples, sold him for 30 pieces of silver.

Application

Joseph must have wondered about the dreams as he was taken as a slave into Egypt. How would God make him a ruler now? Joseph would have to trust the LORD for his future. We must do the same. Joseph honored God by the way he lived as a slave. When others wrong us, we must still do right!

Tell a parent or grandparent about a time when you had a problem with someone. Maybe you had a fight with a friend, a neighbor, or even a brother/sister. What would God have you do the next time you have a problem with someone? _____

Complete your Prayer Journal for today, and pray about it.

God Preserves Joseph - Saturday

➤ Say the memory verse to mom, dad, or older sibling.

Pray: Dear Father, help me to understand what I read in Your Word.

Read: Genesis 37:29-36

Joseph was sold to an important man in Egypt, and his brothers made up a story to tell Jacob to cover their sin.

Pray

Dear LORD God, my sin hurts people. Jacob's sons broke his heart by sending Joseph away and then by lying to him saying the boy had died.

Please keep my heart far away from ever lying to my parents, or hurting people in my own family, or trying to cover my sins. Help me to humbly confess my sins and seek your forgiveness and cleansing.

Draw what Israel's sons said had happened to Joseph.

How did Reuben feel when he learned what the others had done to Joseph? _____

Application

How sad Jacob was! The sons had really hurt their father. Yet, God would turn what they had intended for harm into their salvation. But that is a story for another day... next week!

In this lesson we learned:

- We must confess anger and jealousy, and then turn from these sins.
- We should always speak true words from a right heart.
- We can trust and honor God even when we have problems with others.

Complete your Prayer Journal for today, and pray about it.

Prayer Journal

H onor God with your praises and respect
E xamine your life for sin and confess it to God
A sk God to supply for your personal needs
R equest God's help for the needs of others
T hank God for blessing you every day

Monday

H _____

E _____

A _____

R _____

T _____

Tuesday

H _____

E _____

A _____

R _____

T _____

Prayer Journal *...continued*

Wednesday

H _____

E _____

A _____

R _____

T _____

Thursday

H _____

E _____

A _____

R _____

T _____

Prayer Journal *...continued*

Friday

H _____

E _____

A _____

R _____

T _____

Saturday

H _____

E _____

A _____

R _____

T _____

Gray Road Baptist Church, Children's Ministries

This quiet time lesson was written to coincide with the Generations of Grace Sunday School curriculum. The daily lessons represented are in conjunction with the teacher's manual to provide a fluid, consistent message to your children both in Sunday school and in their private devotions.

MacArthur, John. *The MacArthur Study Bible; & Early Elementary, Generations of Grace.* ©

www.generationsofgrace.com



Come join us on Wednesday nights in the gym!

7:00-8:30 p.m.

UNIT #8: The God Who Loves

Unit #8: What is God's love for His people like?

Unit #8 Answer: More than they could ever deserve.

Unit #8 Verse: *1 Chronicles 16:34*

Big Idea #35: God blesses all people with many good gifts.

Big Idea #35 Verse: *Psalm 145:17*

Big Idea #36: God loved His people before they loved Him.

Big Idea #36 Verse: *Ephesians 1:4*

Big Idea #37: God showed the depths of His love by giving His own, beloved Son to save His people.

Big Idea #37 Verse: *1 John 4:10*

Big Idea #38: God loves His people by caring for their needs.

Big Idea #38 Verse: *Psalm 23:1-2*

Big Idea #39: God uses everything in His people's lives for their good and His glory.

Big Idea #39 Verse: *Romans 8:28*

Big Idea #40: God will never stop loving His people.

Big Idea #40 Verse: *Romans 8:38-39*

UNIT #11: The God Who Saves

Unit #11: How can we be saved?

Unit #11 Answer: It is God's free gift.

Unit #11 Verse: *Ephesians 2:8-9*

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

Big Idea #57: God saves sinners who confess their sins.

Big Idea #57 Verse: *1 John 1:8-9*

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.