



Journeys in the Spirit

Children's work

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An easy to use plan for a Children's Meeting about jealousy

Make sure you have a little time of worship for yourself and other volunteers before the session – even a couple of minutes are good.

The outline is based on a 45 minutes children's meeting.

Resources needed for this session: *lolly sticks (from arts and craft shops), thin white card on which the shape from Additional Resource 81.D has been copied or drawn, drawing and colouring pencils, felt tip pens, scissors, glue, glue spreaders, sticky tape.*

Gather: Welcome each child into the circle, and ask them, and any adult, to say their names if there are people in the group who do not know each other. Ask each of them to say something about their week, something that made them happy or was exciting.

When they are settled help them to gather within the context of worship, using a simple meditation activity such as listening to a short phrase or sentence, lighting a candle or visualising a drop of water falling into a still pool. Take as long as possible over this exercise rather than rush through it to get to the topic.

5 minutes

Engage: Say that today you are going to talk about a feeling that we sometimes have that can make us feel very uncomfortable and unhappy - jealousy. Jealousy is a horrible feeling and it comes when we think someone has something that should belong to us or that we want. It can be about things or about people – friends or family. It can make us say and do things that are unkind and that make us feel sad afterwards. Say that there is a story in the book called the Bible about brothers who were jealous because they believed their father loved one of them more than the others. Read the story of Joseph and his brothers that is on page 2 of issue 81 of *Journeys in the Spirit*. When you have read the story start a conversation by asking some of the questions on page 2 of issue 81 of *Journeys in the Spirit*

15 minutes

Respond: On *Additional Resource 81.D* there is a template for a simple lolly stick figure of Joseph and his coat. These could be made whilst talking about some of the questions in Engage. Children could also talk times when they have felt jealous or someone they know has been jealous. This could be written or drawn on the back of their figures – 'I was jealous when...'. The template can be adapted to make figures of the brothers and the father – just with plainer coats.

20 minutes

Reflect: Ask the children to think about how to respond to feelings of jealousy. Can they share their feelings with someone they trust? Can they accept that life can sometimes be unfair and move on so their feelings don't take over and spoil their life? Can they feel pleased for a friend when they have something special that you don't have.

End by talking about, or thinking about in the stillness, the things that make them happy and glad.

5 minutes