



# Look Up, Not Down

## MAIN IDEAS

- **God is always at work for the good of His children, keeping His promises and fulfilling His plans.**
- **We can look down at our situation and complain, questioning God's wisdom and goodness, or we can look up to who God is and trust His wisdom and goodness.**

## MEMORY VERSES

*For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, <sup>18</sup>as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.*

—2 Corinthians 4:17-18

## SCRIPTURE

- 1) Genesis 37, 39-45 (portions)
- 2) Genesis 39:2-4, 20-23
- 3) Psalm 94:14
- 4) Isaiah 43:2a
- 5) 2 Corinthians 4:17-18

## LESSON SUMMARY

As we progress through the history of Joseph's life, we see a series of setbacks. Though he is a slave, God places him in a position of overseeing his master's household...until he is falsely accused and imprisoned. In prison, he is eventually given responsibility again as an overseer and sees hope in the release of Pharaoh's cupbearer, who can plead his innocence to Pharaoh. But he sits in prison two more years, having been forgotten by the cupbearer.

But he hadn't been forgotten by God...and neither are we when we go through setbacks and disappointed hopes. God is still on the throne, orchestrating His perfect plan for His children. He promises that the "light and momentary affliction is preparing for us an eternal weight of glory." The Bible instructs us then to look to the unseen things—the eternal things of spiritual battles being fought and won in our own hearts, and in the world around us.

May you, with joyful hope and anticipation of unseen eternal things, look up with confidence in the wisdom and love of your heavenly Father as you navigate the setbacks and even the ordinary challenges of your daily life. He is still on the throne keeping His promises!

*Pray that God will give you eyes to perceive the unseen battles around you and the faith to trust Him. Ask Him to help your child see the spiritual battle for his or her soul and place confidence in God.*

## AS YOU WALK BY THE WAY

- Ask your child to tell you about the difficulties in Joseph's life. *What two choices did Joseph have?* [To look down at circumstances and complain, or to look up and trust God.] *Do we have these two choices?* Help your child look at a situation in his or her life this week and how he or she responded to it. Talk through what a "looking down" response is, and what a "looking up" response is. *How can we help each other fight for a "looking up" response?*

- Read through 2 Corinthians 4:17-18 with your child. Make sure he or she understands the vocabulary in the verse. *What are the “unseen things” this verse is talking about?* (Talk about the spiritual battles that are fought in the heart.) *How can we “get more faith”?* Pray with your child that God will increase your faith.

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**ACTIVITY**

Look for times of “looking up” and “looking down” this week. In the up arrow, write one time when God helped you to look up. In the down arrow, write one time when you looked down. With Mom or Dad’s help, write one verse that you can remember that can help you to look up.

