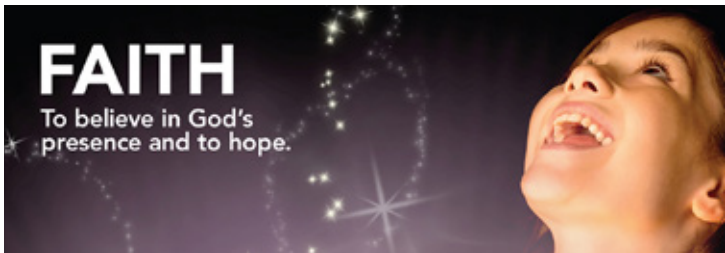


UNIT 2: FAITH • LESSONS 7 & 8:

“Abraham’s Visitors” & “Isaac is Born”

GENESIS 18:1-15 & 21:1-7



BIBLE STORY:

Abraham is an important character in the Bible. He is known as the father of the Jews. His story of great faith is found in the book of Genesis. The story in our lesson today is about **LAUGHTER & JOY**. God’s promise to Abraham was so unbelievable it made Sarah laugh. But the news came true and brought great joy!



One hot summer afternoon, Abraham was sitting outside his tent, when three visitors walked up to him. Abraham welcomed them. The visitors sat down, while Sarah made a meal for them. While the visitors ate the meal, they asked Abraham, “Where is your wife, Sarah?” Abraham said, “Sarah is in the tent.” One of the visitors said, “I will come back next year, and Sarah will have a new baby.” Sarah overheard the visitor, and she laughed. The visitor said, “I do not know why you laugh Sarah, because nothing is too hard for God to do.”

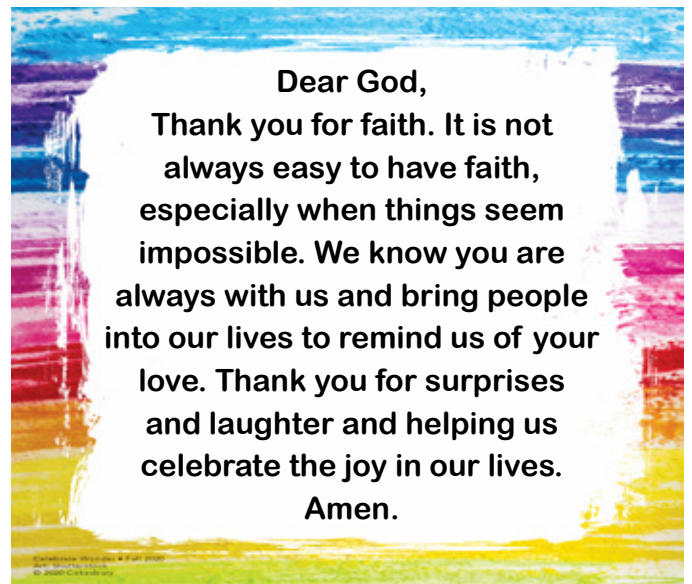


A year after the visitors came, Sarah and Abraham did have a baby. They named him Isaac. **Isaac means laughter.**

Sarah was full of joy and said, “God has given me joyful laughter. Who would have thought that I would have a baby when I was ninety years old!?”

God is constantly promising and delivering what seems impossible to humans. Can you have faith when things seem impossible?

In the midst of uncertainty and disbelief there can be joy. Children are a reminder of this kind of joy. When we honor the little moments and the big impossible ones with children, we create joyful lives full of faith.



Dear God,
Thank you for faith. It is not always easy to have faith, especially when things seem impossible. We know you are always with us and bring people into our lives to remind us of your love. Thank you for surprises and laughter and helping us celebrate the joy in our lives.
Amen.

WONDER QUESTIONS & ACTIVITIES:

- What makes you laugh? What make your laugh special and unique?
- When has something surprising happened in your life? How did you react?
- Sarah made a meal for the three visitors that came to their tent. When you have guests over, what do you do to make them feel welcome?
- Where do you see joy around you? Take a moment to write down things that bring you joy each day. At the end of the week, read what you wrote down and reflect on how it made you feel.

Abraham's Visitors

Laugh

Did you know that laughter can help us in many ways? People say "laughter is like medicine" because it can help us feel better.



1. Laughter helps us to be happy. It gives us positive thoughts and gives us joy.
 2. Laughter helps us relax. When we feel stressed or worried, laughter can help us feel a little bit better and can relax tense or tight muscles.
 3. Some people believe that it takes more muscles to frown than to smile.
 4. When we laugh with others, we also bond with a new friend or bring happiness to someone else. Laughter is contagious, which means, when you laugh it can make others laugh too. Laughter helps us to be silly with our friends.
 5. Laughter can lower your blood pressure and makes your heart rate go down. This means laughter can help us feel calm. Some say this can help us feel happy for almost a whole day!
 6. Did you know that there is a World Laughter Day? World Laughter Day happens on the first Sunday of May.
 7. Children usually laugh three times more than adults.
- Everyone can share a joke or make a funny comment, and everyone likes to laugh. Sharing laughter with others is a great way to share God's love and to help others feel happy.

Abraham's Visitors

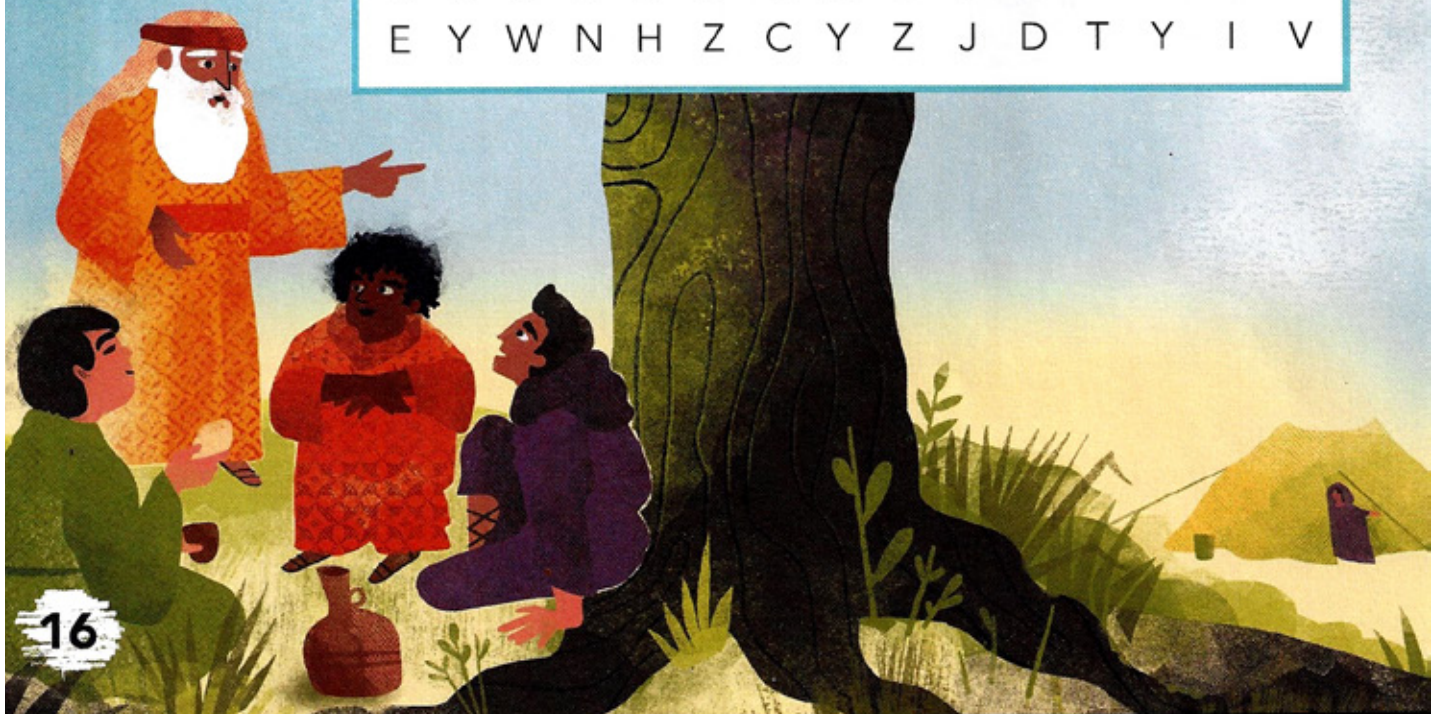
In the Story

Instructions

Search for words from our Bible story.

- Oaks
- Tent
- Suddenly
- Servant
- Bread
- Cattle
- Calf
- Quickly
- Butter
- Milk
- Son
- Old
- Laughed
- Age
- Difficult

T	Y	T	L	K	R	E	C	Y	V	E	S	X	B	Q
K	L	I	G	A	A	C	L	A	F	L	C	G	U	Y
Y	N	U	T	C	U	K	I	L	P	Z	S	M	T	E
G	E	W	C	G	C	G	S	E	R	V	A	N	T	I
R	D	I	T	I	H	H	W	G	U	L	H	E	Y	
T	D	J	U	C	F	J	X	E	A	M	F	L	R	J
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K	L	N	O	O	J	T	L	Y	K	Y	T	X	E	U
U	V	H	Y	C	R	I	S	M	N	L	C	U	E	R
J	D	A	B	L	M	V	R	O	E	C	A	L	F	U
K	G	V	G	L	O	L	N	O	N	L	Z	H	M	R
E	Y	W	N	H	Z	C	Y	Z	J	D	T	Y	I	V



Isaac Is Born


What Brings You Joy?

CELEBRATE
WONDER

Session 8 •

Instructions

Write or draw about a joyful memory in the open space at the top. List some things that bring you joy in the oval at the bottom.



I feel joy when...