

## It's Not Easy Being Green

By Amber Espinosa

Feeling green with jealousy? Want something you don't have? This activity can help.

### For

Just for Kids

### Season

Summer

### Activity Plan



1. We all have times when we want something we don't have. Talk about it with a loved one.
  - What is something you want, but can't have? When did the feeling start? When is the worst?
  - Why do you think some people have more money and possessions than others? Why do some people have so little?
  - Read Isaiah 1:17. "learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow's cause." In this verse, like many in the Bible, we see that God cares for those in need, and wants all people to be treated fairly. Are you treated fairly by others? Is this a time when you need to stand up for yourself or people in need?
  - Two of the Ten Commandments teach us not to want what others have. Read the Ten Commandments in Exodus 20:1-18 (use your Bible or see last page). Why do you think these commandments are so important? What might help you let go of your jealous feelings?
  
2. Lots of times, our feelings follow our thoughts. Instead of thinking about things you don't have, try thanking God for your blessings each day, and see if you end up feeling more grateful. Try one of these ideas...
  - Each night before bed, have everyone in your family thank God for a blessing.
  - Psalm 119 was written as an alphabet poem praising God. Try creating your own alphabet praise poem. See if you can praise God for something that starts with every letter of the alphabet by adding something new to the list each day.
  - Sing the doxology each morning when you wake up, and each night before bed. Learn the song here: <http://www.youtube.com/watch?v=mxCmAQYBbgE>
  - Instead of spending time feeling jealous of someone more fortunate than you are, do something to help someone who is less fortunate than yourself. See what happens.



3. Here's a prayer for a day when you're feeling green:

*Dear God,  
I'm feeling jealous of \_\_\_\_\_ today. Thank you for all the blessings that you  
have given me, and help me be a blessing to others. Amen.*

## The Ten Commandments

### Exodus 20:1-18

And God spoke all these words, saying, "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before me.

"You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. 5 You shall not bow down to them or serve them, for I the Lord your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, 6 but showing steadfast love to thousands of those who love me and keep my commandments.

"You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes his name in vain.

"Remember the Sabbath day, to keep it holy. 9 Six days you shall labor, and do all your work, 10 but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

"Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.

"You shall not murder.

"You shall not commit adultery.

"You shall not steal.

"You shall not bear false witness against your neighbor.

"You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."

