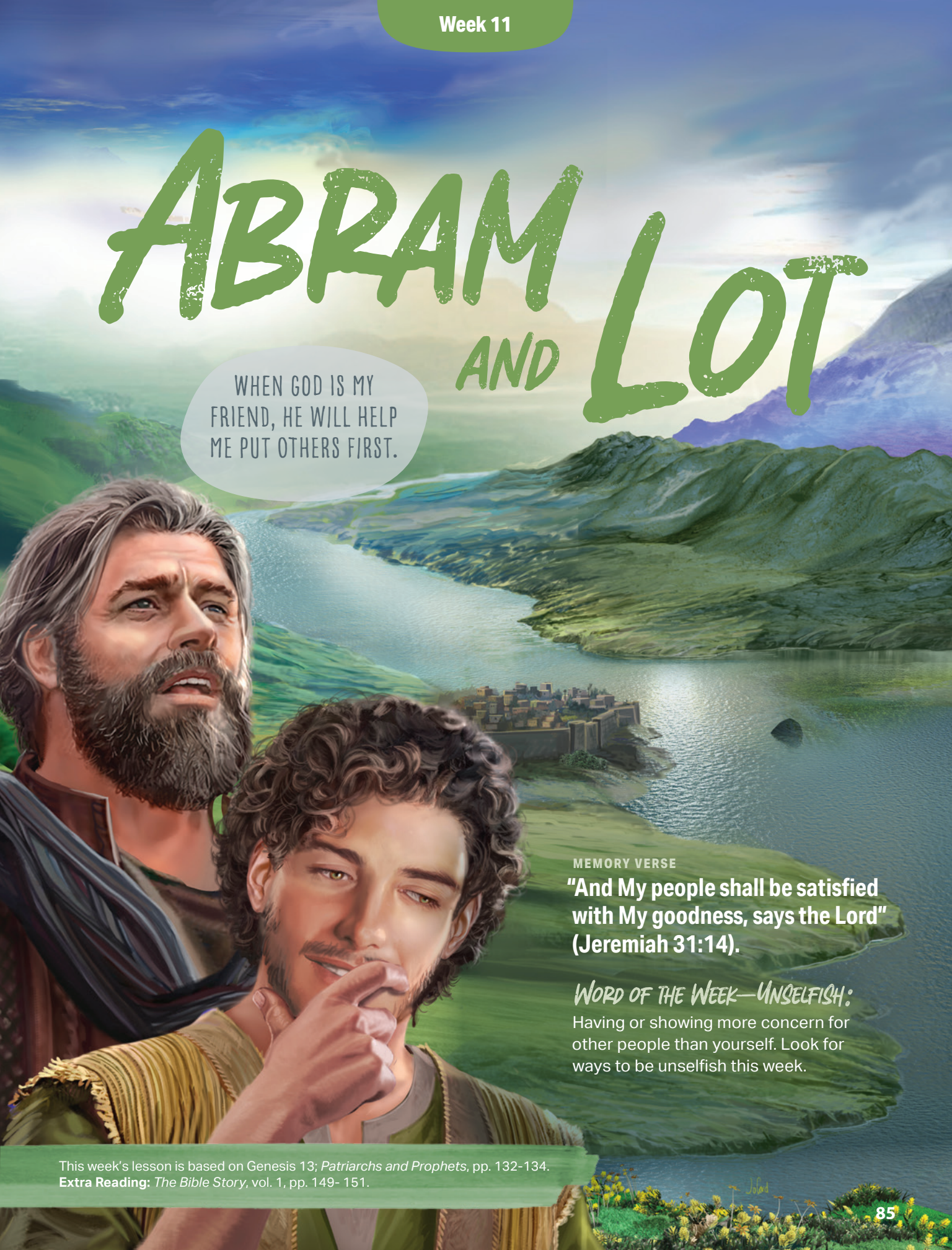
ABRAM AND LOT

WHEN GOD IS MY FRIEND, HE WILL HELP ME PUT OTHERS FIRST.



MEMORY VERSE

"And My people shall be satisfied with My goodness, says the Lord" (Jeremiah 31:14).

WORD OF THE WEEK—UNSELFISH:

Having or showing more concern for other people than yourself. Look for ways to be unselfish this week.

This week's lesson is based on Genesis 13; *Patriarchs and Prophets*, pp. 132-134.
Extra Reading: *The Bible Story*, vol. 1, pp. 149- 151.

SUNDAY

Close Companions

Throughout the long and tiresome journey from Ur to the land of Canaan, Abram had a special traveling friend whom he loved and cared for very much. Who was this traveling friend? *Read Genesis 12:4* (first half).

Before leaving Ur, Abram's brother Haran had died and left a very sad young man with no dad. His grandfather Terah shared a special bond with Lot, for the Bible tells us that when Terah set off for Canaan, he took Abram and his wife, Sarai, and his beloved grandson (Genesis 11:31). Uncle Abram and Aunt Sarai had no children of their own and must have delighted in sharing their moving home with their nephew.

Walking the long, dusty road to their first destination, Uncle Abram passed on to Lot the stories of God's love and rescue plan, and what happened at Babel when everyone chose selfishness instead of God. When they settled for a while in Haran, Abram taught Lot how to be a good farmer and look after the animals. Perhaps he even gave Lot his first herd of sheep.

Abram's kindness to Lot, when he was all alone, made the two great friends. When the time came to move on from their first stopover, Abram took Lot with him again. At long last they arrived in Canaan together. Even though Lot was now a grown man, he chose to set up his home close to his uncle and good friend Abram, where "Lot also . . . had flocks and herds and tents" (Genesis 13:5).



Think . . . Then Talk About It

- *When have you been kind to someone, as Abram was to Lot?*

When we are God's friend, He will help us be kind and unselfish toward others, as Abram was.

Pray: Ask God to help you be kind and unselfish.

Do: Be like Abram and make friends for God. Tell a friend what you really like about them. Then tell them why you love your best Friend, Jesus.

Service Challenge:
Bring joy to an older person in your community this week. Your family might visit a nursing home to chat or sing with residents, or find a seniors group to visit, handing out handmade cards, flowers, or a craft.



MONDAY

On the Move Again

Abram, Lot, and the great caravan of travelers excitedly set up camp in the land of Canaan. Their eyes feasted on the beauty around them as the animals feasted on the plentiful grass. When the sheep and cattle had eaten well in one place, Abram directed the traveling village to move on and make camp by another cool stream, where there was more rich, green grass.

At each new camping spot Abram built an altar so that he and his household could worship the God of heaven. When the busy caravan packed up and moved on to new grazing grounds, the altar was left behind as a reminder of Abram's deep love for God.

Over time, altars dotted the land. Each one silently reminded other travelers that God had been worshipped and adored there. Sometimes they were inspired to pause and worship at the altars too.

Then one day the land that had been so beautiful began to change. No rain fell, so the grass withered to a crackling brown and the streams dried up. The cattle grew thin, the sheep bleated hungrily, and the servants were worried they would starve.

Abram was a good leader who always put God first, and then others. He was worried about his household and animals. He showed love and care for his family—just as God wants us to show love and care for our family members. He prayed for them all and held on to God's promise "I will bless you" (Genesis 12:2). What did Abram do? **Read Genesis 12:10.**

Driven by care for his whole camp, Abram led them all south. But in his heart he knew he would lead them back to the Land of Promise as soon as the famine ended, when God directed.

Think . . . Then Talk About It

- *Abram unselfishly cared for those in his household. Who cares for you and your household?*
- *What could you do and say to show that you are grateful for their care?*

Pray: Hold hands with those who care for you. Pray a prayer of thanks to God for putting them in your life.

Parent Faith Talk: Share a time you have had big responsibilities while caring for others. How did God guide you as you trusted Him?

Do: Our lives tell others how much we love God, just as Abram's altars did. Draw an altar with 12 stones. On each stone, write one thing you would like to be remembered for.

TUESDAY

Raised Voices and Angry Words

Safely back in the land of Canaan once more, sheep grazed contentedly by streams of clear water, and fat cattle feasted on the lush grass. Happy herdsmen watched over their master's animals, and busy servants bustled around, caring for the needs of the households. Life was good for everyone.

Abram had become "very rich in livestock, in silver and in gold" while in Egypt (Genesis 13:2). In fact, Abram's household had become so large that he now had about 1,000 people living with him! Lot was master of his own household, and it was huge too.

Then one day angry shouts erupted from the shepherds in the hills, and grumpy words were spoken around the evening campfires. Unhappiness had been brewing for a while, and now it bubbled up to disturb the peace. What was the problem? **Read Genesis 13:6.**

More animals, more gold and silver, more servants, more shepherds, and more herdsmen were a good thing, a blessing from God, but they needed more space! There simply wasn't enough grass to feed so many animals and support so many people. Tempers raged, and fights broke out. Abram's herdsmen thought their cattle should be fed first, and Lot's shepherds wanted the best pasture for *their* flocks. It gave everyone a headache, for they didn't know how to solve the problem.

Abram heard about the trouble and hung his head. The local Canaanites saw the fighting, the children in the camp heard the fighting, herdsmen and shepherds were doing the fighting . . .

Something must be done, for this was not God's way. So as his habit was, Abram prayed. He was confident God would show him what to do to solve the problem and stop the fighting.

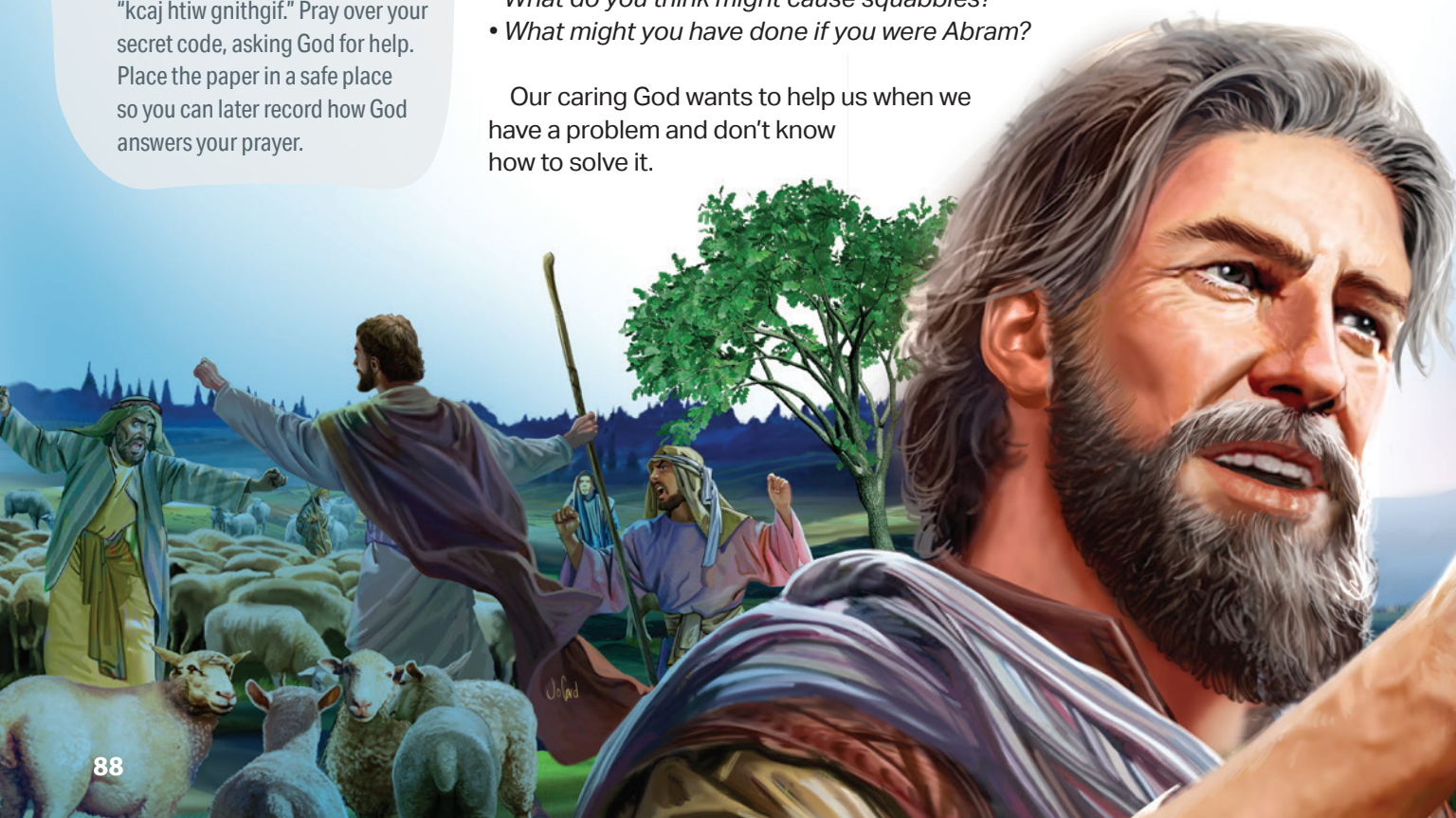
PRAY: Ask God to help you when you have a problem. Thank Him for loving and forgiving you, even when you do end up fighting.

DO: Write down a problem you don't know how to solve, or something that makes you feel angry inside. BUT write the words backward as a secret code. "Fighting with Jack" becomes "kcaj htiw gnithgif." Pray over your secret code, asking God for help. Place the paper in a safe place so you can later record how God answers your prayer.

Think . . . Then Talk About It

- *Imagine living with about 1,000 people in your household. What do you think might cause squabbles?*
- *What might you have done if you were Abram?*

Our caring God wants to help us when we have a problem and don't know how to solve it.



WEDNESDAY

Unselfish Uncle Abram

Grass was chomped down to the stalks, the animals' tummies rumbled, and angry fights continued as everyone pushed for more space. But the problem was about to be solved, for God had shown His good friend Abram what to do.

Finding his nephew Lot on a high hill, Abram began to speak kindly and gently, "Please let there be no strife between you and me, and between my herdsmen and your herdsmen; for we are brethren" (Genesis 13:8).

Lot listened carefully as Abram continued: "We should separate. The whole land is there in front of you. If you go to the left, I will go to the right. If you go to the right, I will go to the left" (Genesis 13:9, ICB).

What an unselfish thing for Uncle Abram to do! Being older and in charge of the caravan, he had every right to choose the land he wanted. And how kind and right it would have been for Lot to let him do so. After all, hadn't Uncle Abram done so much for him? But Lot didn't think of that.

Instead, Lot looked carefully up toward the east at the plain of Jordan and compared it with the land where they had camped. Which land did Lot choose? ***Read Genesis 13:11.***

Smiling greedily, Lot looked out over the lush, green Jordan Valley and knew his herds would grow fat there.

He thought of the beautiful cities with busy markets where he could sell his animals and goods. He would be a wealthy man! Repaying Abram's unselfishness with selfishness, Lot moved with his household to the plain of Jordan.

Abram sadly waved goodbye. He would miss Lot. But he also felt at peace, knowing he had unselfishly done things God's way when he let Lot choose first.

PRAY: Ask God to help you put others first.

DO: Play a secret game of "You First" tomorrow, letting others go before you to do things, such as make breakfast, line up at school, pick teams in sports, and even talk. Don't tell anyone you're doing it; simply say, "You first." Tell your family how it went at evening worship.

Think . . . Then Talk About It

- *When have you let others have the first choice and the best pick?*
- *Do you find that hard or easy to do?*





THURSDAY

Peace and the Promise

Pray: Thank God that He treats you well and comforts you through His Word.

Resting in the shade of a spreading oak tree, Abram gazed at the plain of Jordan far below. He wondered how Lot was getting on down there. He loved his nephew, and he missed him.

But Abram also knew he had done the right thing to let Lot choose where to go. The Bible says, "Do for other people the same things you want them to do for you" (Matthew 7:12, ICB). He might not be living on the best land, but living with peace and unselfishness in his heart was so much better.

As Abram looked down at the plains and thought of Lot, God looked down at the hills and thought of Abram. He saw that Abram's kind and generous heart needed cheering up, so He spoke. What did God say to Abram? **Read Genesis 13:14, 15.**

What a beautiful reminder of God's previous promise! When God first gave it, Abram had no idea what the land would be like, but now his eyes rested upon it. And it was wonderfully good.

Then God said, "Arise, walk in the land through its length and its width, for I give it to you" (Genesis 13:17). Imagine the comfort this brought to Abram. He likely jumped to his feet, grabbed his staff, and began exploring more of the beauty around his camp right away. It would take awhile to trek over the whole land, but he could begin today, as God had lovingly encouraged him to.

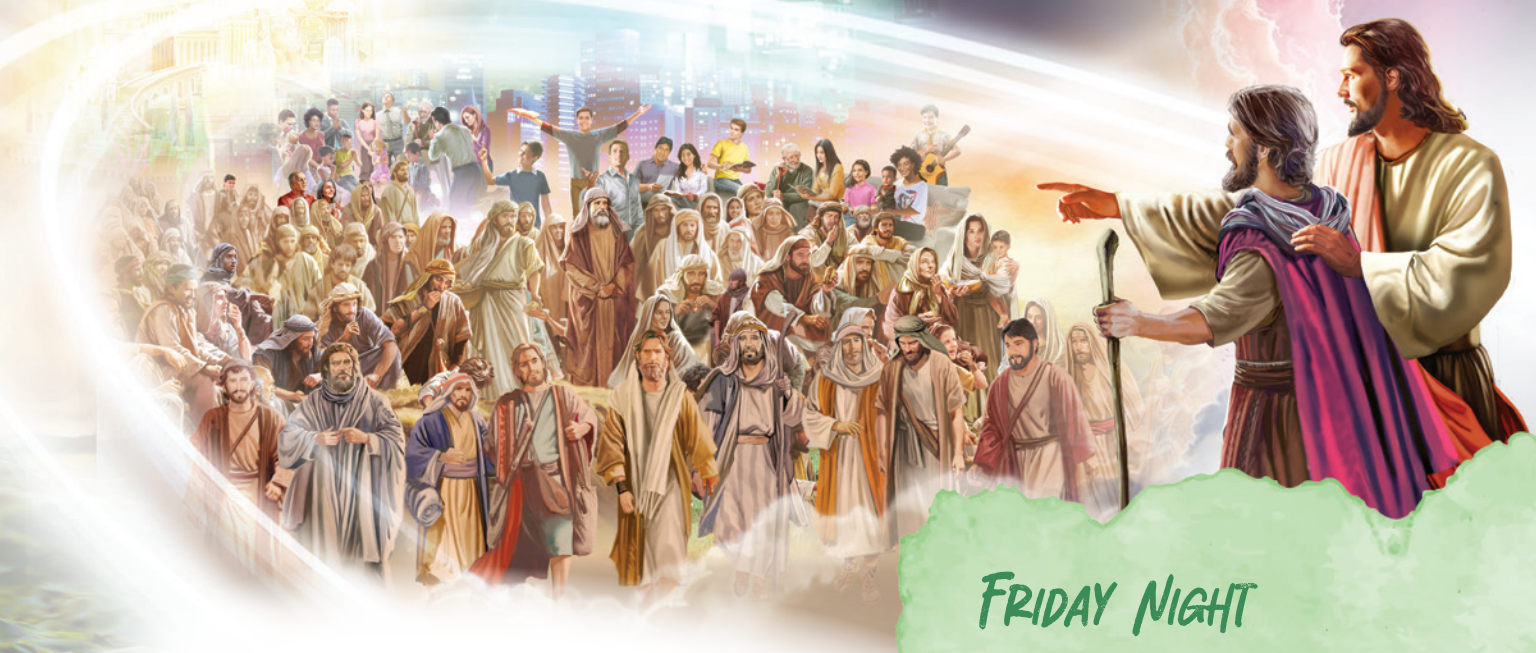
Do: If you live near the beach, go for a walk, and write Matthew 7:12 in the sand as a message to others. Alternatively, write it in dirt or with chalk on the pavement, or make a poster you can attach to something outside for others to see.

For you, parents: Be encouraged that God sees the many times you put your children and your family's needs before your own. You may not always feel valued for your sacrifice, but you can have God's peace in your heart as Abram did. Cherish John 14:27.

Think . . . Then Talk About It

- *What's a Bible verse that makes you feel happy and encouraged? Ask God to show you whom to share this with today.*

God loves for us to live unselfishly. He will often do something to encourage us, just as He did for Abram.



FRIDAY

God's Contented Friend

Gazing up into the night sky was a beautiful reminder of God's wonderful promise to Abram. Imagine having millions and millions of descendants who couldn't be counted! So even though He and Sarai had no children, Abram cherished God's promise and looked forward to the day it would begin to come true.

Then, after Lot had moved away to the fertile plains, God gave Abram a daytime reminder of the promise too. What did God now say Abram's descendants would be like?

Read Genesis 13:16.

Have you ever watched specks of dust dance in a shaft of sunlight, or the way dust glides in front of the broom as the kitchen floor is swept, or seen a swirling dust storm on a hot summer's day? These dust particles could *never* be counted, even by the world's cleverest person at math! God's words about dust were another beautiful way to tell Abram that many, many people would know and love God because of his faithfulness.

Abram knew that these descendants would unselfishly shine for God like stars in the night sky. And like specks of dust dancing in the sunlight, their lives would show others what a happy friendship with God looks like.

So even though Abram didn't have the best land in Canaan, he was content to have God as his friend, and to carry God's promise in his heart. He truly knew the blessing of unselfishly putting others first.

Think . . . Then Talk About It

- *How content do you feel, knowing God is your friend?*
- *Recite your memory verse and think about how satisfied Abram was with God's goodness.*

Friday Night

Share and Praise

Praise God through charades! Act out Bible stories that show something wonderful about God, and see if your family can guess the story. Teach your child hymn no. 1, "Praise to the Lord," in *The Seventh-day Adventist Hymnal* and sing some other family-favorite praise songs together.

Family Journal

Psalm 50:14 encourages us to "offer to God thanksgiving . . ."

- What has this story reminded you to thank God for?

Finish the sentence:

- This story has helped me understand that . . .

Do

Explore places, real or online, where you can watch dust particles moving. In the morning, make your room dark and just let in a small beam of light through the window. What do you see dancing in the light?

Pray

Thank God for being your friend, and for helping you learn new things from His Word this week.

Fast Facts*

- A dust particle can stay dancing in the air for five days.
- The Sahara Desert is the largest source of dust in the world.

** https://www.discovermagazine.com*



☐ SABBATH SPECIAL

Sabbath

Put others first as you explore, make, and do this Sabbath.

The Bible has wise words to help us live unselfishly. Think about this verse as you head out into nature and share the Sabbath with others. "When you do things, do not let selfishness or pride be your guide. Be humble and give more honor to others than yourselves" (Philippians 2:3, ICB).

Nature Walk:

- Let your family choose a favorite place to walk.
- As you walk, look for ways you can put them first. (For example, let them walk in front so they have the best view, be happy for them to stop and look at nature whenever they want, give them the best resting spot, carry water and snacks for them.)
- What else could you choose to do to put them first?

Make and Do:

- Think about the adults in your life who put you first. For example, who prepares your meals, washes your clothes, works hard so you have a home and food to eat. How can you say thank you? You might like to prepare a very simple meal, sweep the floor, do the dishes, tidy the house, help weed the garden . . .
- Create a voucher stating what you will do. You could use these words:

This voucher entitles

(name) _____

to

(the job you will do for them) _____

Signed: *(your name)* _____

- You may like to include a Bible verse on your voucher and decorate it.
- Give your voucher to the person, explaining that they can use it at any time, and you will do the job for them.