



פְּרִשֶׁת וַיֵּשֶׁב: קִנְיָה בֵּין אֲחִים

VAYESHEV: JEALOUSY

Jacob has twelve sons, but Joseph is his favorite and he gives him a special tunic. This causes great resentment and jealousy among Joseph's brothers that gets worse when Joseph tells his brothers about his dreams in which his parents and his brothers all bow down to him.

The angry brothers plot to kill Joseph, but Reuven convinces them to spare his life. So, instead, they throw him into a pit and then sell him as a slave to some travelers. The travelers take him to Egypt to work for a man named Potiphar who is captain of Pharaoh's guards. Although Joseph is very successful at first, he is soon framed by Potiphar's wife and thrown into jail. In jail he meets with Pharaoh's butler and baker and interprets their dreams. This week we focus on jealousy – what makes us jealous and how to cope with it.

וַיִּשְׂרָאֵל אֶהָב אֶת יוֹסֵף מִכָּל בְּנָיו,
 כִּי בֶן זְקֵנִים הוּא לוֹ
 וַעֲשָׂה לוֹ כְּתֹנֶת פְּסִים...
 וַיִּקְנְאוּ בוֹ אָחָיו.
 בְּרֵאשִׁית, פָּרָק ל"ז, פְּסוּקִים ג', י"א

Now Israel loved Joseph more than all his children,
 because he was the son of his old age; and he made
 him a specially decorated tunic...

And his brothers were jealous of him.

Bereshit, 37:3, 11



Let's Talk About It!

- 1 There is a saying: “the grass is always greener on the other side of the fence.”
What do you think this saying means?
Do you think it is true?
- 2 Parents and kids — share with each other things that make you jealous. Can you think of a particular situation when you felt jealous or a person who makes you feel jealous?
How do you deal with these feelings?

Let's Do It!

When we feel good about ourselves, we may feel less jealous of others.

- Parents and kids — each take a piece of paper and write your name at the top. Write four things that you like about yourself: good qualities, talents, skills, etc.

Trade sheets and add four things that you admire about your parent/child. Trade back and read your own list. Discuss each of the lists. Are you surprised by anything?

- You could take this activity further and decorate your lists or make a collage with pictures of all the things that you admire in each other. Hang the list/collage in a place where it can regularly inspire you.

