

Materials I Need:

Legend:

= Option 1, Appropriate for 1st – 2nd Grade= Option 2, Appropriate for 3rd – 6th Grade

Memory Work:

“God said to him, ‘Your name is Jacob, but you will no longer be called Jacob; your name will be Israel.’ So He named him Israel.” Genesis 35:10

Aim Questions:

1. Who did Jacob wrestle with all night long?
2. To what was Jacob’s name changed?
3. How had Jacob changed?
4. What did Jacob’s family have to do before reaching Bethel? Why?
5. Did Jacob have to deceive people to obtain God’s promises? What should he have done?
6. What should we do when our futures seem uncertain?



Hook:



Fears (Discussion). Talk about things that may cause us to be afraid. Share within your group why each of these things causes you to be fearful. Have you ever been afraid of someone? Why? What happened when you confronted that person?




Wrestling Competition (Game). Split the kids into pairs (boys with boys and girls with girls). Set up an arm wrestling and thumb wrestling competition, with the winners playing the winners and the losers playing the losers. You can make this a double elimination (winners play winners, losers play losers) or simply have players challenge the winner (who would probably tire after competing against everyone in the class). Award ribbons or certificates to the top wrestlers in each bracket.
DEBRIEF: Wrestling with each other is one thing. How would you like to wrestle with God? Today in our Bible Adventure we will hear how Jacob wrestled with God. Who do you think was the winner of that match? You might be surprised.




Whose Children Are They? (Discussion). What are some names the Scripture uses when it refers to God’s chosen people? (Hebrews, Jews or Judeans, Children of Israel). Why are they called the Children of Israel? Are they the children of some guy named Israel? Well, believe it or not, the answer is “yes.” Who was Israel? Let students offer some guesses. Today we will find out!



Peace Offering (Discussion). What can a person do if he finds out that someone is really upset with him? How can a person make peace with someone who is mad at him? Has this ever happened to you? What did you do to make peace? What are some gifts people might give at a time like this? List some ideas on the board - maybe flowers, candy, etc. In our Bible Adventure today, Jacob finds himself in this situation. Do you remember who is mad at him? What do you suppose he does to make peace?

 **Strange Journey (A True Fairy Tale).** Read this story to the class. Can they guess who the main character really is? What do they think will happen? **1GEN11.GF1.**

 **A Real Makeover (Demonstration or Activity).** Present a makeover in one of three ways:

1. Cut out the “before” and “after” pictures (found in many women’s magazines) of people who have had “makeovers.” Pass them around the class.
2. Bring some hair accessories and make-up (and a washable shirt). Allow two or three students to do a “makeover” on a (female) teacher.
3. Bring some hair accessories and make-up (or maybe shaving gear without a blade). Have one teacher sit on a stool in front of another seated teacher. Cover him or her with an old sheet. The front teacher’s head will emerge through a hole in the sheet. The rear teacher’s arms will also extend through holes in the sheet so that both teachers appear to be one person (many skits are done this way). Let the hands of the rear teacher give the head of the front teacher a “makeover.”

DEBRIEF: Do the people with makeovers look different? When a person looks better, does that make him a better person? Does a makeover (even a good one) change a person on the inside? Is it really possible for a person to be transformed on the inside? Who can change a person’s heart? Jacob was a person who needed a makeover of the heart. This week, we will see how God is at work in his life.



Book:

Presentation Ideas -

 **Jacob Wrestles With The Angel (Illustration/Overhead).** Genesis 32:24-30, **1GEN11.GF2.**

 **Jacob Meets Esau (Illustration/Overhead).** Genesis 33:8-9, **1GEN11.GF3.**

Bible Adventure -

You’ve all heard the story of “The Ugly Duckling,” where the little duck is made fun of by his duckling brothers and sisters for not looking like the rest of the family. The little duckling has his day when it is discovered he is not a duckling at all, but a baby swan. He grows into a beautiful example of that graceful bird and is looked up to and admired. Change that is seen on the outside of a person often gets him attention and praise, but it’s the changes that go on inside of us that interest God. Today we’ll learn about some changes that were going on inside of Jacob.

As Jacob headed home to Canaan, soon to come face to face with his older twin brother, Esau, God sent His angels to encourage him. Because of some awful tricks Jacob played, Esau had wanted to kill him. In fear, Jacob sent messengers on ahead to find out if Esau still hated him. As the messengers were on their way, who should they see but Esau, hurrying out to meet Jacob! They returned to Jacob with their report, “Guess what, boss. He’s got four hundred men with him!” This was not good news. In his fright, Jacob divided all his people and animals into two groups, reasoning that if one group was attacked, the other group could escape. Then, instead of scheming or running away as usual, Jacob called out to God for help. Jacob remembered the promise that God would make his descendants as numerous as the sands of the sea.

The next day, Jacob sent hundreds of animals from his flocks to present to Esau as a gift, while Jacob camped alone for the night. What happened next was something you’ll never see on the WWF on television. This was no Hulk Hogan versus the Giant. Jacob became involved in an all-night wrestling match with the Angel of the Lord. It must have been quite a match, because when the Angel discovered that Jacob could not be overpowered, He touched Jacob’s hip, causing him to go lame. But Jacob kept on wrestling and said, “I will not let You go unless You bless me!” The Angel then told Jacob, “Your name will no longer be Jacob, which means “deceiver”, but Israel, which means “God’s fighter”, because

you have struggled with God and with men, and have overcome.” Then the Angel blessed him. God rewarded Jacob with a new name because it was God’s blessing Jacob desired above all else. Along with a new name, Jacob was getting a new character. No longer content to lie and scheme and cheat to get what he wanted, he now wanted all things to come to him through God’s hands.

Jacob limped away from that place, and as the sun came up, he looked far off and there saw Esau coming with his four hundred men. Jacob quickly arranged his family, placing those he loved most toward the back. Then he went out in front of everyone and bowed himself to the ground seven times as his brother approached. Wonder of wonders, Esau ran to meet him, threw his arms around him and kissed him. The two brothers wept together, all their differences forgotten in the joy of being together again. God had been working changes in both Jacob’s and Esau’s hearts. Jacob introduced his family. Then Esau asked about all the animals that had been sent as gifts. Jacob told Esau how God had blessed him and wanted Esau to have them as a gift of love. Esau finally agreed. Now Esau was eager to head for home, but Jacob told him that his family and flocks were tired after the long journey and preferred to follow Esau at a slower pace.

Some time later, God told Jacob to purify himself and his family, return to Bethel and build an altar there. Do you remember what God said to Jacob the first time he was at Bethel, when he was running from Esau? He promised Jacob that He would give his descendants the land around Bethel and that they would spread far out in every direction. All the people on earth would be blessed through Jacob’s family tree. Then God promised He would look after Jacob and would bring him safely back to Bethel. Had God done what He promised? Yes, He had, and Jacob was well aware of it. He had promised God that he would worship and serve Him if God would return him safely to Bethel. Now he was back, and God appeared to him again and blessed him. He repeated what the Angel of the Lord had said about Jacob’s name being changed to Israel. God also repeated the promise of a great nation through Jacob. God was faithfully keeping His promises.

Then Jacob and his family journeyed from Bethel to Ephrath (now called Bethlehem), and while they were traveling, Rachel, who was now carrying her second son, went into labor. It was so hard on her that she died just after having her son, Benjamin. This was Jacob’s twelfth son, and these sons were the beginnings of the twelve tribes of Israel.

Jacob finally returned to his father’s home in Hebron. Isaac, who was now one hundred eighty years old, died soon thereafter. After this, Esau moved far away from his brother, Jacob, to the land of Edom. Together they had too much livestock for their land to support. In years to come the Edomites, Esau’s people, would become bitter enemies of the Israelites and would cause much trouble for God’s people.

Today, moms and dads most often choose names for their children because they like the way the name sounds. In Bible times, a name was much more important. Your name told people what kind of person you were. Jacob was the deceiver--a trickster who used lies and trickery to get what he wanted. Then Jacob began to see the hand of God in his life and to see God as worth pursuing. His wrestling match with the Angel is proof of that. The prophet Hosea wrote about that wrestling match saying, “...as a man he (Jacob) struggled with God. He struggled with the Angel and overcame Him; he wept and begged for His favor. He found Him at Bethel and talked with Him there--the LORD God Almighty, the LORD is His name of renown,” (Hosea 12:4-5). In the end, God changed Jacob’s name to Israel, from “deceiver” to “God’s fighter.” Isn’t God marvelous? Who else could take a man, woman, boy or girl, and remodel them from the inside out?”

If your name told others all about you, what would it be? Have you allowed God to change you from the inside out? He can, you know. Be a God fighter like Jacob--let God’s pleasure in you be the driving force in your life.



Look:



Return to Bethel (*Bean Bag Toss Game*). Using large sheets of paper, hula hoops, buckets, etc., set up a course of travel throughout the classroom. You will need a bean bag for each player. This could also be played with balls or a pair of balled up socks. It might be best to play this game in shifts so that it doesn't get too crowded. Each station will represent a period of time in Jacob's life from the time he leaves Bethel, to the time he returns. The events of Jacob's life between his trips to Bethel are listed on **1GEN11.GF4 Pg. 1** and can be cut and separated, or can be written by hand in some creative fashion for each station. The students begin at Bethel and end at Bethel. Individually, each student must toss his beanbag from station to station and cannot progress to the next station until he has successfully completed the previous one. The teachers make the rules for station completion. Perhaps the beanbag must land in the bucket, or totally within the hula-hoop, etc. Once the student arrives at the station, he must read the sign highlighting an event in Jacob's life and fill in the Scripture reference in the space provided on his **Return To Bethel Game Card, 1GEN11.GF4 Pg. 2**. Each child may carry his own Bible, or teachers may place one at each station.



A Changed Man (*Worksheet*). Fill in the word that completes each statement. Write the FIRST LETTER of each answer on the blanks below. Unscramble the letters to discover Jacob's new name. Read Jacob's prayer from Genesis 32:9-12. Beside each verse, tell what it shows about Jacob's changing heart, **1GEN11.GF5**.



Israel's Children (*Worksheet*). Search for the names of Israel's sons. Put these names in alphabetical order. Label Israel's sons in this picture of their meeting with Uncle Esau, **1GEN11.GF6**.



Gifts for Esau (*Worksheet*). 🍪 Have the students circle the things that Jacob gave to Esau, **1GEN11.GF7**.



Journey's End (*Activity*). Remember the story about a "Strange Journey"? Who is Hairy? Write the happy ending to this true "fairy tale." Refer to Genesis 33:1-11. Depending on the age of your students, do this individually, in groups, or as a class, **1GEN11.GF1**.



A Second Name (*Memory Verse Practice*). Write Genesis 35:10 on the board as it appears below. The words in **BOLD** appear a second time somewhere in the verse. Invite students to write them once more in the correct place to complete the passage. Then erase the identical words by pairs, repeating the verse over each time a pair is deleted.

God said to _____, "**Your** _____ is _____, but you **will** no longer be called **Jacob**; _____ **name** _____ be **Israel**." So He named **him** _____.



Took:



ABC Button Banner (*Craft*). Have students make a button banner on which to pin their ABC Buttons for the book of Genesis. A take-home kit will be provided for each child when he or she earns the first button. Kits include banner felt, dowel, cording and instructions with suggestions for individual decoration. These are available upon request.

ABC Buttons (*Memory Work*). Give students the Genesis ABC stats on **1GEN01.GF11** and **1GEN07.GF8** in order to earn their buttons. Buttons are awarded to those successfully memorizing the significant action, Bible verse and character statistics for each lesson throughout the book of Genesis. The ABC's for Genesis 32-36 are:

- A. **Jacob Becomes Israel**
- B. **Genesis 35:10**
- C. **Jacob**

Releasing Our Fears to God (*Craft*). Copy **1GEN11.GF8** onto cardstock so that each student has a card. Review the things that were frightening to the children, discussed in the small group during the HOOK time or start fresh. Have them write these on the front in the spaces provided around the frightful face. Have students color the face. Look up, as a group, or individually, the following Scripture references that encourage us when we are afraid. **Ps 118:6, Gen 26:24, Ps 27:1, Ps 56:3, Ps 56:11, Ps 23:4-5, Ps 91:4-7, Ps 91:10-11, Jer 1:8, Mk 5:36, Matt 8:26, Matt 10:31, Jn 14:27, Heb 13:6, II Tim 1:7, Rom 8:15, I Jn 4:18**. Students should choose their favorite verse or verses and write them on the back of the card. A hole can be punched in the top so that they can hang this in a prominent spot as a reminder for them this week. Review God's promises from **1GEN10.GF6** last week.

Walking the Talk (*Guest Speaker/Discussion*). Ideally this guest would be one of our teaching pastors, elders or missionaries. Ask him to share with the class a brief synopsis of his journey to spiritual maturity. How has God matured him over his lifetime? Just like Jacob, he probably experienced highs and lows in his spiritual walk. It might be interesting for him to chart or illustrate this on a timeline on a white board. Has this guest ever experienced a trial or event in which he was permanently wounded (like Jacob's hip) as a reminder for him to recall whenever he waivers in his faith?

Maturity Matching (*Game*). Make two sets of duplexed copies of **1GEN11.GF9 Pgs. 1&2** so both pages have the game title backing on them. This prevents the words from showing through. Extra blank cards are provided for you to include other ways to maturity. This game would be best if played among small table groups. Discuss how we can become more spiritually mature in our lives. Mix up all the cards, and place them face down on the table in neat rows of five or more. Each student takes a turn to try making a match by turning up two cards. If a match is made, he keeps those cards and takes another turn. If no match is made, the next player takes a turn.

Brothers Twelve (*Card Game*). Play in groups of three or four. Copy **1GEN11.GF10** onto cardstock. Use one page of cards for each student. Cut cards apart and shuffle. Deal all cards (each player should have 12 cards). On the board, list the names of the twelve sons of Israel for reference. At his turn, a player may ask any other player in his group if he has a particular "brother." If the answer is yes, he may trade any unwanted card from his hand for this desired card. **The object of the game is to eliminate all duplicates and complete a set of all twelve brothers.** The first player to do so is the winner.

Arm Wrestling (*Discussion/Game*). Why did Jacob wrestle with the Angel of the Lord? Who was this person? Read Hosea 12:3-5. By the way, did you know that Jacob was about 97 years old at the time? We aren't told very much about why this happened, but we do know that Jacob wouldn't let go until he received a blessing.

How important is God's blessing to us? We know that we receive a blessing when we spend quiet time in prayer and in the study of God's Word. How much effort are we willing to make? We are blessed when we worship with other Christians, and yet it's so much easier sometimes to stay home and watch TV. To really know God takes work, but the effort we put in is a small price to pay for the blessings we receive.

Arrange students in pairs to do some arm wrestling. You may want to set up a single-elimination tournament, or let students watch a couple of teachers arm wrestle. Be sure students make a connection with the idea that we should be willing to make some serious effort to receive the blessings that God has for us.

Strange Journey

(a true fairy tale)

Once upon a time, a messenger came to the home of a wealthy gentleman named Hairy. The message he delivered was this: "My Master, who is your servant, says, 'I have stayed far away until now. I have cattle and donkeys, sheep and goats, menservants and maidservants. Now I am sending this message to my lord, that I may find favor in your eyes.'"

As soon as Hairy received this message, he gathered his friends and servants together and set off to meet the man who had been so far away.

They had not gone far when they met a servant who was herding 200 female goats and 20 male goats. Hairy asked, "To whom do you belong, and where are you going, and who owns all these animals in front of you?"

The servant who was herding the goats replied, "They belong to my master who is your servant. They are a gift sent to you, my lord Hairy, and he is coming behind us." The goats joined Hairy and his men, and they went on their way.

They had not gone far when they met a servant who was herding 200 ewes and 20 rams. Hairy asked, "To whom do you belong, and where are you going, and who owns all these animals in front of you?"

The servant who was herding the sheep replied, "They belong to my master, who is your servant. They are a gift sent to you, my lord Hairy, and he is coming behind us." The sheep joined the goats with Hairy and his men, and they went on their way.

They had not gone far when they met a servant who was herding 30 female camels with their young. Hairy asked, "To whom do you belong, and where are you going, and who owns all these animals in front of you?"

The servant, who was herding the camels, replied, "They belong to my master, who is your servant. They are a gift sent to you, my lord Hairy, and he is coming behind us." The camels joined the sheep and the goats with Hairy and his men, and they went on their way.

Jacob Wrestles With the Angel

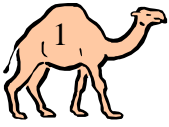
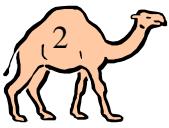
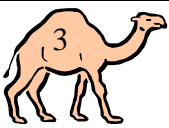
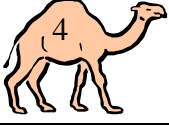
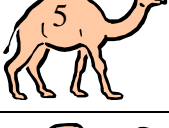
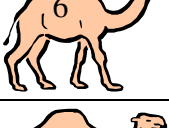
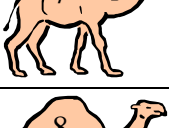
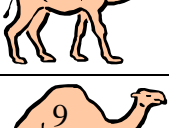
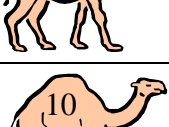
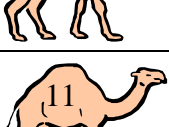
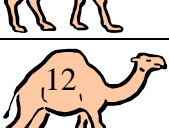



Jacob Meets Esau



→ → → RETURN TO BETHEL ← ← ←

Jacob's Road to Spiritual Maturity

	Jacob flees home after deceptively receiving his father's blessing, and heads toward Haran.
	Jacob dreams at Bethel. Angels of God ascend and descend on a ladder reaching to heaven. Jacob vows a commitment to God and asks for protection, food and clothing.
	Jacob meets Rachel at the well and goes to Laban's camp.
	Jacob commits to serve Laban seven years for Rachel's hand in marriage.
	After seven years, Laban deceives Jacob by giving him sister Leah instead.
	Jacob commits to another seven years of work for Rachel.
	Jacob raises a family while in service to Laban.
	Jacob deceitfully bargains with Laban for a share of his livestock.
	Jacob flees Laban's sons and returns to Canaan with his wives and children.
	Jacob wrestles with God and is wounded.
	Jacob confronts brother Esau.
	Jacob returns to Bethel, obeys God, and destroys all idols.

Player's name: _____

Age/Grade: _____

RETURN TO BETHEL

As each player travels to the different locations, he must look up the Bible passages referring to each event(s) and write down the Scripture reference in the space provided. A player may not move to the next location until they have successfully completed the previous station (depositing the bean bag, ball, etc. into the designated container or space).

1. Jacob flees home after deceptively receiving his father's blessing and heads toward Haran. _____
2. Jacob has a dream at Bethel. Angels of God are ascending and descending on a ladder reaching to heaven. Jacob vows a commitment to God and asks for protection, food and clothing. _____
3. Jacob meets Rachel at the well and goes to Laban's camp. _____
4. Jacob commits to serve Laban seven years for Rachel's hand in marriage. _____
5. After seven years, Laban deceives Jacob by giving him sister Leah instead. _____
6. Jacob commits to another seven years of work for Rachel. _____
7. Jacob raises a family while in service to Laban. _____
8. Jacob deceitfully bargains with Laban for a share of his livestock. _____
9. Jacob flees Laban's sons and returns to Canaan with his wives and children. _____
10. Jacob wrestles with God and is wounded. _____
11. Jacob confronts brother Esau. _____
12. Jacob returns to Bethel, obeys God and destroys all idols. _____

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11. Jacob confronts brother Esau. _____
12. Jacob returns to Bethel, obeys God and destroys all idols. _____



A Changed Man



Fill in the word that completes each statement.

1. When Jacob heard that Esau was coming with 400 men, he was _____ . (Genesis 32:7)
2. Jacob divided his family and possessions into two groups so that if one was attacked, the other might _____ . (Genesis 32:8)
3. Jacob prayed to the God of Abraham and his father, _____ . (Genesis 32:9)
4. Jacob remembered God's promise to make his descendants like the _____ of the sea. (Genesis 32:12)
5. After Jacob's all-night wrestling match, he walked with a _____ . (Genesis 32:31)
6. When Jacob finally got to Bethel, he got _____ of all the foreign gods in his household and worshiped the LORD. (Genesis 35:2)

Write the FIRST LETTER of each answer on the blanks below.

Unscramble the letters to discover Jacob's new name.



Read Jacob's prayer from Genesis 32:9-12.

Beside each verse, tell what it shows about Jacob's changing heart.



O God of my father Abraham, God of my father Isaac,
O LORD, who said to me, "Go back to your country
and your relatives, and I will make you prosper,"

I am unworthy of all the kindness and faithfulness you
have shown your servant. I had only my staff when I
crossed this Jordan, but now I have become two groups.

Save me, I pray, from the hand of my brother Esau, for I
am afraid he will come and attack me, and also the
mothers with their children.

But you have said, "I will surely make you prosper and
will make your descendants like the sand of the sea,
which cannot be counted."

Israel's Children

Search for the names of Israel's sons.



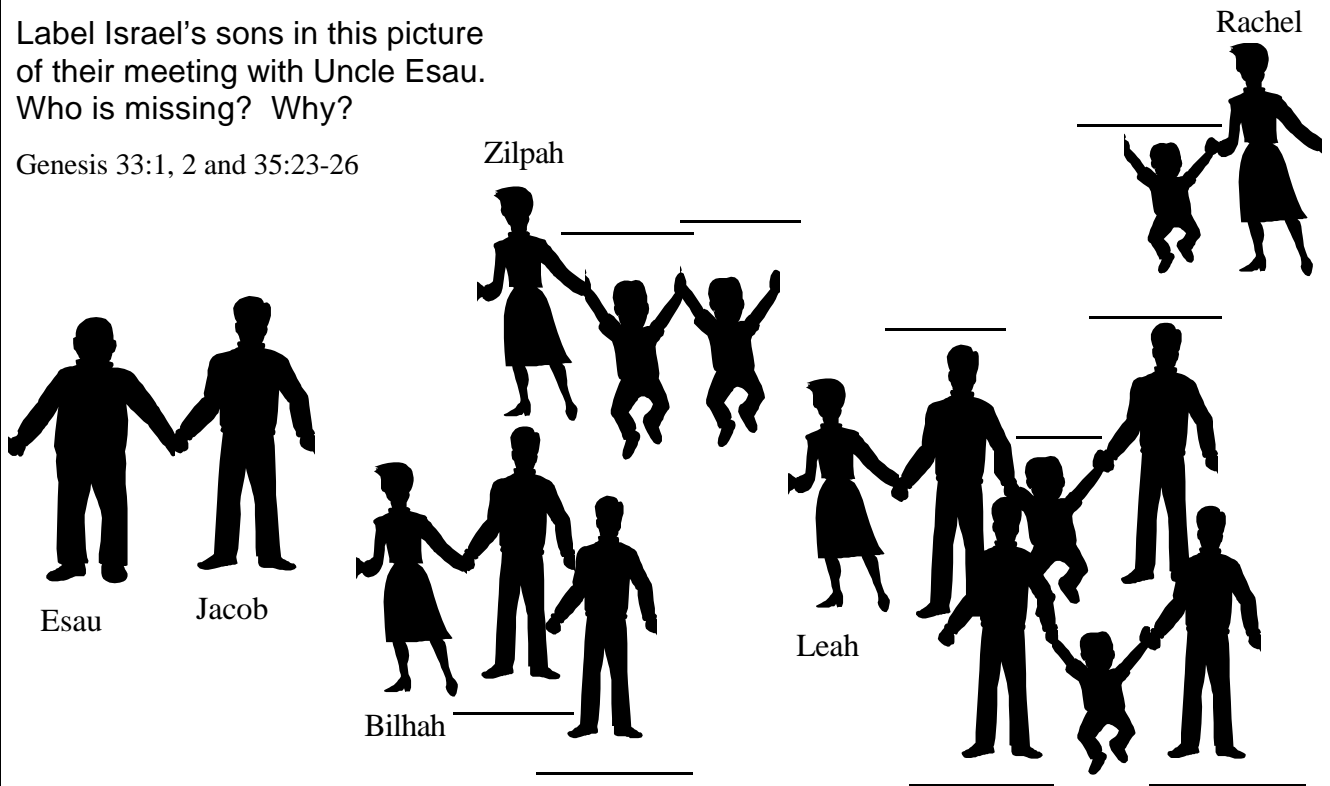
Write the names here in alphabetical order.

A _____
 B _____
 D ____
 G ____
 I _____
 J _____
 J _____
 L ____
 N _____
 R _____
 S _____
 Z _____

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

Label Israel's sons in this picture of their meeting with Uncle Esau. Who is missing? Why?

Genesis 33:1, 2 and 35:23-26



Gifts for Esau

Circle the things that Jacob gave to Esau.



Releasing Our Fears To God



*“Cast all your anxiety upon Him because
He cares for you.” I Peter 5:7*

Releasing Our Fears To God



*“Cast all your anxiety upon Him because
He cares for you.” I Peter 5:7*

Releasing Our Fears To God



*“Cast all your anxiety upon Him because
He cares for you.” I Peter 5:7*

Releasing Our Fears To God



*“Cast all your anxiety upon Him because
He cares for you.” I Peter 5:7*

Prayer

Obedience
to His
Word

Depending
on God,
not man

Memorizing
Scripture

Consistent
devotional or
quiet time

Watching to see
how God is
using you

Watching to see
how God is
working in
your life

Always keeping
a grateful
heart

Sharing Christ
with others

Setting
Christ as
your example

Keeping a
Christ-like
attitude

Studying
the
Bible

More Prayer

Praise
and
Worship

Fellowshipping
with other
believers

***The
Maturity
Matching
Game***

***The
Maturity
Matching
Game***

***The
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Benjamin



Dan



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Issachar



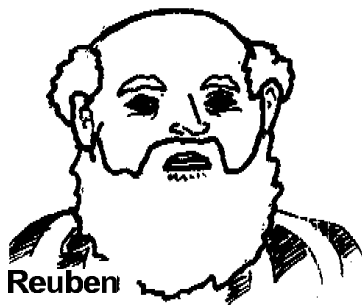
Judah



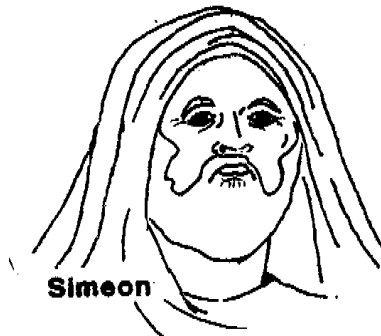
Levi



Naphtali



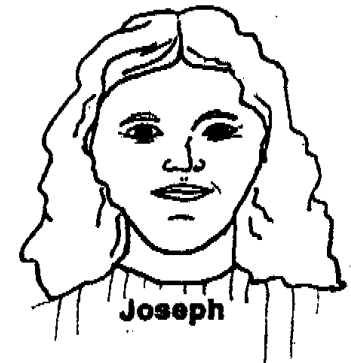
Reuben



Simeon



Zebulun



Joseph