OT 14 Jacob and Esau are Born

Format Guide: goo.gl/zJ5xAw

Reference: Genesis 25:19-26, 26:2-4
Big Idea: God kept his promise to Abraham and Isaac.
Verse: Psalm 105:8, ESV - He remembers his covenant forever, the word that he commanded, for a thousand generations...

A. Lesson - *Length: 25-30 min.*

Resources: Story Drawing

Materials: Bible Robes and Sashes (2), Chairs (2), Inflated Balloons* (2), Permanent Marker, Lamp
** One should be red and the other should be a different color.*

Setup:

- Set one chair in front of the left side of the board and the other in front of the right side of the board.
- Plug in the lamp somewhere near the teaching area.
    - *A dimmer bulb would be best.*
- You'll be instructed to draw various items. use the story drawing resource to guide you as you draw.

We're going to read another story about Abraham's family. Where in the Bible can we read about Abraham's family? (The book of Genesis.)

▸ **Show them how to find Genesis in your Bible.**

Abraham is important because God made many great promises to him. Let's repeat them together.

▸ **For the following, say the promise and do the motion, then have them repeat what you said and did:**

I'll make you a great nation. // *Hold your fingers out and wiggle them.*
I'll give you a great blessing. // *Pretend to take a present from someone.*
I'll make your name great. // *Point to yourself with two thumbs and nod your head like "Oh, yeah!"*
You will bless others. // *Pretend to give a present to another.*
I'll give you a great land. // *Point to the ground with two index fingers.*

Last week, we read about Abraham's son, Isaac. Abraham sent his servant to find a wife for Isaac. And God helped him find one. Do you remember the name of Isaac's wife? (Rebekah.)

This story takes place after Abraham and his wife Sarah are dead. God made all these great promises to Abraham. Would God keep his promise to Abraham, even after Abraham died?

▸ **Have the kids repeat the following, a phrase at a time:**

Would God keep
his promise to Abraham,
even after Abraham died?

Let's begin reading the story from Genesis, chapter 25.

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[19] *Here is the story of Abraham's son Isaac.*

▸ **Select an "Isaac" to come up front and wear a BIBLE ROBE.**
▸ **Direct him to sit in the CHAIR in front of the left-side of the board.**
▸ Write ISAAC on the board above Isaac's head.

Abraham was the father of Isaac.

▸ Draw an UPWARDS ARROW and ABRAHAM above "Isaac."

[20] Isaac was 40 years old when he married Rebekah.

▸ **Select a "Rebekah" to come up front and wear a BIBLE ROBE.**

▸ **Direct her to sit in the CHAIR in front of the right side of the board.**

▸ Write REBEKAH on the board above Rebekah's head.

How old was Isaac when he got married? (40.)

▸ Write 40 on the board above Isaac.

Isaac was a 40-year-old man when he got married. And Isaac and Rebekah had a problem. And it was a big problem because it had to do with one of God's promises. Let's keep reading and see what their problem was.

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[21] Rebekah couldn't have children. - Gen. 25:21

So what was Isaac and Rebekah's big problem? (Rebekah couldn't have children.)
Something in Rebekah's body didn't work right. She was not able to get pregnant and have a baby.

▸ Draw a BABY on Rebekah's side of the board and X it out.

You might be wondering, "Why is that a big problem? There are many people who are married and don't have kids!" And that is true! But not everyone had a father like Isaac had. Who was Isaac's dad? (Abraham.)
As we said before, God made great promises to Abraham. Let's repeat one of them together.

▸ **Have them repeat the following words and do the motions after you:**

I will make you a great nation. *// Hold your fingers out and wiggle them*

A nation is another word for a country: a big group of people that lives together with the same leaders.

▸ Write GREAT NATION on Isaac's side of the board.

▸ Draw MANY STICK PEOPLE and a FLAG by it.

God promised that Abraham's family would grow into a big nation. But Abraham only had one son with his wife, Sarah. Who was that son? (Isaac.) After Abraham died, Isaac was the only one left.

▸ Write 1 near GREAT NATION.

Is one person enough for a whole nation? (No.)

▸ Cross out 1.

Actually, Isaac married Rebekah, so there were two people left from Abraham's family.

▸ Cross out 1 and write 2 by it.

Are two enough for a nation? (No.)

▸ Cross out 2.

And what was Isaac and Rebekah's big problem? (Rebekah couldn't have children.)
If Rebekah had no kids, and they got old and died, how many people in Abraham's family would be left? (Ø.)

▸ Cross out 2 and write Ø.

It was a big problem that Rebekah couldn't have children. If they had no children, that meant God didn't keep his promise to make Abraham's family into a great nation! Let's read and see what God did about this problem!

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[21] So Isaac prayed to the Lord for her.

▸ **Direct Isaac to bow his head and pretend to pray.**

And the Lord answered his prayer. His wife Rebekah became pregnant - Gen. 25:21

When Isaac had a big problem, what did he do? (He prayed.) Prayer is talking with God. Isaac's prayer probably sounded a bit like this.

▸ **Have Isaac pretend to pray and repeat after you:**

Lord God
You promised my father Abraham
that his family
would become a great nation.
Please let Rebekah
have children.

Did God hear Isaac's prayer? What did he do? (Yes, and Rebekah became pregnant with a baby.) What do women's bellies look like when they are pregnant? (Big and round.)

▸ **Have Rebekah put an INFLATED BALLOON under her ROBE at waist-level.**

But the Bible said Rebekah couldn't have children! So then, how did it happen? (God did it.) God was able to answer Isaac's prayer because God can do anything! It was a miracle, something only God can do! Let's keep reading and see what happened next.

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[22] The babies struggled with each other inside [Rebekah.]

**** She said…*

Why is this happening to me?

Babies? *Babies?!?* The Bible said the word "babies." What does that mean? (She was having twins/two babies.)

▸ Draw another BABY above Rebekah.

Did you know that babies move inside their mom's bellies? It's true! They can kick, punch, and roll over. They can even suck their thumbs! And if you place your hand on a pregnant woman's belly, you can feel the baby move!

The Bible says that the babies were "struggling." It was like there was a war between two babies going on inside of Rebekah's belly! The babies were doing kung fu in there and Rebekah didn't know what was going on. Let's read from the Bible and see what she did.

So [Rebekah] went to ask the Lord what she should do. - Gen. 25:22

When Rebekah had a problem, she did what Isaac did. She prayed. Her prayer might have sounded like this.

▸ **Direct Rebekah to pretend to pray and repeat after you:**

God
It feels like
there's a war going on

inside my belly.
What is going on?

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[23] *The Lord said to her,*

▸ **Have the kids repeat the Lord's dialogue after you in a booming voice:**

Two nations are in your body.
One nation
will be stronger
than the other.
The older son
will serve the younger one. - Gen. 25:23

God said a real mouthful to Rebekah! Let's talk about what he said.

▸ **Have them repeat the following after you:**

Two nations
are in your body.

Do you remember God's promise to Abraham? He said he would make his family into one great nation. But God said that there were *two* nations in Rebekah's belly.

▸ Draw/write the following over each of the BABIES:

A Flag
Stick people
The word "Nation"

If two nations were in Rebekah's belly, did she had hundreds and thousands of babies inside of her? No! No one could fit two entire nations of people in their belly. God was telling Rebekah that the two babies in her belly would have families that would grow up into two nations. Then God said this:

▸ **Have them repeat after you:**

The older son
will serve the younger one. - Gen. 25:23

God said that the older son would serve the younger son.

▸ Draw the following above Rebekah:

A stick man with a Y on his chest standing boldly
A bowing stick man with an O on his chest.

When Isaac lived, the oldest son was the one in charge. He would get extra stuff when the parents died. But God said the younger son would be in charge. The older son would serve the younger son, which is backwards! This was going to happen in the future. How did God know what was going to happen in the future? (Because he's God and knows everything.)

Let's keep reading and see what happened next.

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[24] *The time came for Rebekah to have her babies.*

▸ **Direct Rebekah to hold her belly and grimace.**

There were twin boys in her body. [25] *The first one to come out was red.*

▸ **Direct Rebekah to remove the RED BALLOON from her ROBE.**

His whole body was covered with hair.

▸ **Draw a FACE on the side of the BALLOON.**

▸ **Draw CURLY HAIR on the top of the BALLOON with a PERMANENT MARKER.**

So they named him Esau. - Gen. 25

▸ **Write ESAU on the side of the BALLOON opposite the face.**

What was the name of the older son? (Esau.)

▸ Write ESAU by one of the babies.

Esau came out covered with lots of red hair. The name Esau means "hairy."

▸ Write HAIRY by ESAU.

One of Esau's nicknames was Edom. Edom means "red."

▸ Write EDOM and RED near the baby.

Let's keep reading and find out about the other twin.

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[26] Then his brother came out.

▸ **Direct Rebekah to remove the other BALLOON.**

His hand was holding onto Esau's heel.

▸ Draw the following on the balloon:

A face on the side of the balloon
Hands (where the ears would be)

So he was named Jacob.

▸ **Write JACOB on the opposite side of the balloon.**

Isaac was 60 years old when Rebekah had them. - Gen. 25

What was the name of the younger twin? (Jacob.)

▸ Write JACOB by the other baby.

What odd thing was Jacob doing when he came out? (Grabbing onto Esau's foot.)
Jacob grabbed onto Esau's foot when Esau came out. It was almost like Jacob was saying, "Hey! I wanna come out first and be the oldest!" The name Jacob means "heel grabber."

▸ Write HEEL GRABBER by Jacob.

▸ **Note: throughout this section, when you encounter underlined items, point to them on the board.**

Earlier we learned about Rebekah's problem: <u>She couldn't have kids</u>. If Isaac and Rebekah couldn't have kids, how could Abraham's family be a <u>great nation</u>. If they died, Abraham's family would be down to <u>zero</u> people! But God made Rebekah able to have twins. Now how many members are there in Abraham's family? (4.)

▸ Write 4 by the Ø.

Not only that, but God said that Jacob and Esau would grow into two nations. And God said that the older son would serve the younger son. Now we know the older son was Esau and the younger was Jacob.

▸ Label the Older and Younger Stick People ESAU and JACOB.

We've said this before, but it's important, so we'll say it again. If Isaac never had Jacob, then Jacob would have never had a son named Judah. And Judah wouldn't have his sons, and grandsons and great grandsons until, almost 2000 years later, a baby was born in Bethlehem named… who? (Jesus.)

▸ Draw and write JESUS in the top-center of the board.

▸ Draw an ARROW from Jacob to Jesus.

Jesus is important, of course, because he died to save us all from our sins!

As we began our lesson, we said we were going to try to answer an important question.

▸ **Have the kids repeat after you:**

Would God keep
his promise to Abraham,
even after Abraham died?

After the birth of Jacob and Esau, we see that it looks like God's going to keep at least one of his promises, to make Abraham's family into a great nation. But in the very next chapter after this Bible story, we read something interesting. Listen to what the Bible says in Genesis, chapter *26*.

[2] The Lord appeared to Isaac.

▸ **Turn off the ROOM LIGHTS. Turn on the LAMP.**

He said, "[3] I will be with you and give you my blessing. I will give all of these lands to you and your children after you. And I will keep the promise I made with an oath to your father Abraham. [4] I will make your children after you as many as the stars in the sky. And I will give them all these lands. All nations on earth will be blessed because of your children. - Gen. 26:2-4

▸ **Turn the ROOM LIGHTS back on and the LAMP off.**

Did you hear what God said to Isaac? He made promises to him. These promises sound just like the promises God made to his father Abraham. Let's say a few of them together.

▸ **For the following, say the promise and do the motion, then have them repeat what you said and did:**

I will give you my blessing. // *Pretend to take a present from someone*
I will give you all these lands. // *Point to the ground*
I will make your children // *Pretend to cradle a child*
as many as the stars in the sky. // *Reach up and wiggle your fingers*
All nations on earth // *Gesture your arms in a wide circle*
will be blessed // *Pretend to give a gift to someone else*
because of your children.

Those promises sound exactly like the ones God gave to Isaac's dad, Abraham! I think we know the answer to our question today.

▸ **Have the kids repeat after you:**

Would God keep
his promise to Abraham,
even after Abraham died?

What's the answer to that question? (Yes!)

What should we remember about this story? I think we should remember our big question and the answer to it. We wondered, "Now that Abraham is dead, would God still keep his great promises?" And we can see from this story that, yes, God did keep his promise to Abraham. He even made the same promises to Isaac.

And because God kept his promise to Abraham, Jacob and Esau was born. And because Jacob was born, his great-great-great grandson Jesus was born. And because Jesus was born, we can be saved from our sins!
Today's big idea is this: God kept his promise to Abraham and Isaac.

- **Teach the kids the motions for the big idea (see below).**
- **Repeat the big idea and do the motions with the kids several times.**

Big Idea and Motions: God kept his promise to Abraham and Isaac.

- God - point up
- Kept - clasp your hands together
- Promises - Touch your right index finger to your lips, press the palm of your right hand down onto the top of the fist of your left hand (See http://goo.gl/B9xpEJ for a demonstration).
- Abraham - hold up an index finger to your right
- Isaac - hold up another index finger to your left

B. Instruction Activity - *Length: 15 min.*

Resources: Instruction Activity Sheet (1 per kid) **Materials:** Crayons

Setup/Notes:

- When the children are instructed to fill items in the blank on their Instruction Activity Sheets (IAS), you might need to write these words on the board so the kids know how to spell them.

Today's big idea is: God kept his promise to Abraham and Isaac.

▸ **Hand each child an age-appropriate IAS. Set CRAYONS near for them to use.**

▸ **Have them trace/fill in the big idea at the top:**

God kept his promise to Abraham and Isaac.

In today's story, we saw that God continued to keep his promise to turn Abraham's family into a great nation. He gave Isaac twin boys, Jacob and Esau. But why does it matter? Why should we care about Abraham's family. Well, because Jesus is a part of Abraham's family. And what did Jesus do for us? (Died to save us from our sins.)

Being part of Abraham, Isaac, and Jacob's family was very important to the people in the Bible. That's because God had made big promises to Abraham's family. We're going to read a few verses from all over the Bible where people mention Abraham, Isaac and Jacob.

▸ **As you read verses throughout this lesson, help the kids find them on their sheets so they can follow along.**

The first story we'll talk about happened 500-600 years after Abraham. It's from the book of Exodus. Abraham's family were trapped as slaves in a country called Egypt. God wanted to send a man named Moses.

▸ Have them write MOSES in the first box in row 1 on their sheets.

God appeared to Moses in a bush that was on fire, but would never burn up.

▸ Have them draw a BUSH ON FIRE in the second box.

Moses wasn't sure who or what was going on with this bush. Listen to what God said to Moses to let him know who he was.

[The Lord] continued, "I am the God of your father. I am the God of Abraham. I am the God of Isaac. And I am the God of Jacob." - Ex. 3:6

Did you hear who God said he was? (He said he was the God of Abraham, Isaac, and Jacob.)

▸ Have them circle ABRAHAM, ISAAC, and JACOB in third box.

Even though Moses lived hundreds of years after them, God called himself the God of Abraham, Isaac, and Jacob to Moses.

The next story we'll read happened about 2,000 years after Abraham. 2,000 years! It's from the book of Acts. It's about a man named Peter, one of Jesus' disciples.

▸ Have them write PETER in the first box in the second row.

There was a man who could not walk since the day he was born. He asked Peter to give him some money for food. Peter didn't give him money, but he did say, "In the name of Jesus Christ, get up and walk." And wouldn't you know it? God

healed the man's legs and ran and jumped around!

▸ Have them draw a RUNNING MAN in the second box.

After this happened, everyone was amazed. They didn't know how that had happened. Listen to what Peter said.

When Peter saw this, he said, "Men of Israel, why does this surprise you? Why do you stare at us? We haven't made this man walk by our own power or godliness. The God of our fathers, Abraham, Isaac and Jacob, has done this - Acts 3:12-13

Who did Peter say healed the man? (The God of Abraham, Isaac, and Jacob.)

▸ Have them circle ABRAHAM, ISAAC, and JACOB in the third box.

Peter knew that the God who healed the man was the same one who made promises to Abraham. And Peter even said he was the same God who sent Jesus to save us!

The final verse we're going to read is from the book of Psalms. We're not sure exactly when it was written, but it was probably written about 1,000 years after Abraham. Do you remember what the word "psalm" means? (Song.)

▸ Have them write SONG in the first box in the third row.

The book of Psalms is filled with songs that God's people sang. They sang them to worship God and to remember what he had done.

▸ Have them draw a MUSICAL INSTRUMENTS and NOTES in the second box.

Part of this psalm is going to be our Bible memory verse for today. Listen as I read it to you:

[God] will keep his promise for all time to come. He will keep the covenant he made with Abraham. He will keep the oath he took when he made his promise to Isaac. He made it stand as a law for Jacob. - Psalm 105: 8-10

When the people sang psalms, they sang of the promises that God made to Abraham, Isaac, and Jacob.

▸ Have them circle ABRAHAM, ISAAC, and JACOB in the third box.

Before the activity, we asked, "Why should we care about Abraham, Isaac, and Jacob?" Hopefully, by reading these verses, you can see that people all throughout the Bible looked back to the promises God made to Abraham, Isaac, and Jacob.

▸ **Direct the kids to point to the drawings they made as you reference them below.**

When God appeared to Moses in the burning bush, he called himself "the God of Abraham, Isaac, and Jacob."
When Peter healed a man who couldn't walk, he let the people know that the God of Abraham, Isaac, and Jacob" healed him.

And when the people sang songs, they sang of God's promise to Abraham, Isaac, and Jacob.
God thought his promises to Abraham, Isaac, and Jacob were important. And the people of the Bible thought God's promises to Abraham, Isaac, and Jacob were important. I think we should, too!

C. Verse Activity - *Length: 15 min.*

Resources and Materials: *Verse Sheet (1 per kid), Verse Cards,* Rope, Wig (optional)

Verse / Motions: Psalm 105:8, ESV - He remembers his covenant forever, the word that he commanded, for a thousand generations...

- Remembers - tap your temple
- Covenant - pretend to write on your palm with a pencil
- Forever - draw a ∞ in the air with your finger
- Word - open your palms like a book
- Commanded - wag your finger, with your other hand on your hip
- Thousand - gesture your arms in a wide circle

Setup:

- Write the verse on the board.
- Set the Verse Cards in a pile at one end of the room.

We read today's Bible verse earlier. It was a part of the psalm we read just a moment ago.

▸ **Read the verse in short phrases, having the kids echo after you.**

A "covenant" is a super special promise. How long will God remember his covenant to Abraham, Isaac, and Jacob? (Forever.) "A thousand generations" is a fancy way of saying "as long as your family lives."

▸ **Hand each kid a VERSE SHEET. Direct them to quickly trace/write the missing words.**

Since today's story is about twins being born, we'll have you act like twins. I'll set the words of the verse at the other end of the room. Then, we'll tie the legs of two of you guys together and you'll have to walk together to bring the Verse Cards back.

How to Do the Activity - *Repeat the following with different kids...*

1. Select two kids to stand at the end of the room opposite the VERSE CARDS.
    a. *Select kids of a similar height.*
2. Have them stand side-by-side with their arms around each other's shoulders.
    a. *If you have a WIG, have one kid wear it to represent Esau.*
3. Tie their inside ankles together using the ROPE.
4. Direct them to walk together to the VERSE CARDS and pick one up.
5. Read the VERSE CARD to the kids. Teach the motions for those words. Erase those words from the board.
    a. *Give them something they can quickly draw to represent those words on their sheets. They can draw on their sheets while the children up front are doing the next steps in the activity.*
6. Have them bring the VERSE CARD back to you.
7. Say the verse as a group, doing any motions you've taught them so far.
    a. *The first 3-4 times through, say the verse in short phrases and have them echo each after you.*

D. Review Activity - *Length: 15 min.*

Materials: Dice (one six-sided die for every two kids), Poster Board, Marker

Setup:

- Divide the poster board in half with a line down the middle. On one half, write "JACOB" in large letters. Write "ESAU" in the other. If possible, use different color markers.

Now it's time to answer questions about today's story. We're going to play a dice game while we do that.

▸ **Direct the kids to sit in a wide circle.**

▸ **Set the JACOB and ESAU POSTERBOARD in the center of the circle.**

Half of you will be on Team Esau. Each time you go, you'll do the Team Esau cheer. Since Esau was hairy, you're going to rub your hair like a crazy person. The other half will be on Team Jacob. Since Jacob means "heel grabber," your cheer is grabbing your heel.

▸ **Do the following:**

Select half of the children to be on Team Esau.
Have them do the Team Esau cheer.
Select the other half of the children to be on Team Jacob.
Have them do the Team Jacob cheer.

Each team will take turns tossing dice onto the poster board in the middle. You're trying to make it land on your team's side. If it lands there, you'll earn points for your team. You'll earn as many points as there on the dice.

How to Do the Activity - *Repeat the following with each team, as time allows...*

1. Hand each member of one team a six-sided DIE.
2. Say, "Go team _____", saying the name of their team. Direct them to do their team's cheer.
3. Ask and have a team member answer a question from below.
    a. You may wish to repeat the question and say the answer together.
4. After a count of three, direct them to toss their DICE into the center, trying to land on their team's name on the POSTER BOARD.
5. Total up the face-up dots on the DICE that landed on their team's side of the POSTER BOARD. Award them that man points.
6. Direct each member of the other team to go and retrieve a DIE from the middle of the circle.

Questions // Answers

1. What problem did Rebekah have? (She couldn't have children.)
2. What did Isaac do when Rebekah couldn't have children? (He prayed to God.)
3. After Isaac prayed, what did God do? (Let Rebekah have children.)
4. What were the babies doing that made Rebekah worried? (Struggling inside of her.)
5. What did Rebekah do when the babies were struggling inside her? (Asked God what was happening.)
6. What did God say about the two babies? (They were two nations; the older will serve the younger)
7. What baby was born first? (Esau.)
8. What was Esau like? (Hairy and red.)
9. What baby was born second? (Jacob.)
10. What was Jacob doing when he was born? (Grabbing Esau's heel.)

Parent Email Information

To help your students' parents reinforce the lesson, you may wish to email the following information

OT 14 Jacob and Esau are Born

Reference: Genesis 25:19-26, 26:2-4

Story Summary:

God had promised Abraham that he would grow his family into a great nation. God began to keep that promise by giving Abraham a son in his old age, Isaac. But there was a problem: Isaac's wife, Rebekah, was unable to have children.

Isaac prayed to the Lord for his wife. God answered his prayer and Rebekah became pregnant. Soon after, Rebekah felt a great struggle inside her. She asked the Lord what was happening. God said, "Two nations are in your body. The older son will serve the younger one."

Rebekah gave birth to twin boys. The first to come out was red and hairy. They named him Esau. As Esau came out, his brother grabbed him by the heel. They named the younger twin Jacob.

Big Idea and Motions: God kept his promise to Abraham and Isaac.

- God - point up
- Kept - clasp your hands together
- Promises - Touch your right index finger to your lips, press the palm of your right hand down onto the top of the fist of your left hand (See http://goo.gl/B9xpEJ for a demonstration).
- Abraham - hold up an index finger to your right
- Isaac - hold up another index finger to your left

Verse / Motions: Psalm 105:8, ESV - He remembers his covenant forever, the word that he commanded, for a thousand generations...

- He - point up
- Remembers - tap your temple
- Covenant - pretend to write on your palm with a pencil
- Forever - draw a ∞ in the air with your finger
- Word - open your palms like a book
- Commanded - wag your finger, with your other hand on your hip
- Thousand - gesture your arms in a wide circle

Questions to Ask Throughout the Week

1. What problem did Rebekah have? (She couldn't have children.)
2. What did Isaac do when Rebekah couldn't have children? (He prayed to God.)
3. After Isaac prayed, what did God do? (Let Rebekah have children.)
4. What were the babies doing that made Rebekah worried? (Struggling inside of her.)
5. What did Rebekah do when the babies were struggling inside her? (Asked God what was happening.)
6. What did God say about the two babies? (They were two nations; the older will serve the younger)
7. What baby was born first? (Esau.)
8. What was Esau like? (Hairy and red.)
9. What baby was born second? (Jacob.)
10. What was Jacob doing when he was born? (Grabbing Esau's heel.)

Google Docs Links:

- Lesson - http://goo.gl/wxHdNe
- Resources - http://goo.gl/5OzRVl