

# Jacob

5+ lesson pack



# Introduction

In this lesson, we will learn about Jacob from Genesis 25-28. We will learn that God works His perfect plans through imperfect people.

## Main points:

- God forgives us.
- We should treat others the way we want to be treated.
- God can restore our relationships.



## Lesson guide

Allow your child to dress up in their favourite costume and pretend to be someone else. (A princess, a fireman, etc.). Have a time of pretend play. You can even have pretend play without costumes. Your child's imagination is powerful enough.

Explain that while it is fun for us to play and pretend to be someone else, today we are going to learn about someone who pretended to be someone else in order to trick them.

Remind your child of the Bible timeline so far. Abraham and Sarah were Isaac's parents. Isaac and Rebekah had twin boys, Esau and Jacob. Draw it out on paper and compare to your own family.

Hide an item in a pillowcase and have your child guess what is inside by feeling it. Take turns by putting different items into the pillowcase. Next, blindfold a child and have them guess another person by feeling their face. You can also have them feel the faces of soft toys.

Share how Jacob tricked his father by pretending to be his older brother. Ask your child if it was right for Jacob to trick his brother and to lie to his father. Learn Luke 6:31. Explain that it hurts us when people do bad things to us and so we should not do bad things to others. Explain how God says that we should not lie.

Talk about how even though sometimes we do bad things, God still wants to forgive us and has a plan for us. Jacob ran away, but God was still with Him.

Have some different items to use as a pillow. A toy, a shoe, a shopping bag, a rock etc. Order them by level of comfort. Talk about how as he was running away, Jacob slept outside and used a stone for his pillow. When he was in an uncomfortable place, God spoke to him in a dream. What are some uncomfortable situations we face?

Share how God later changed Jacob's name to Israel. Show Israel on a map and explain how the great, great, great grandchildren of Jacob are still there today.

There are many other important lessons and events from the life of Jacob, but try and cover them all in one lesson would be too confusing. Please use your own wisdom as to how much you cover or how you spread the story over the week.

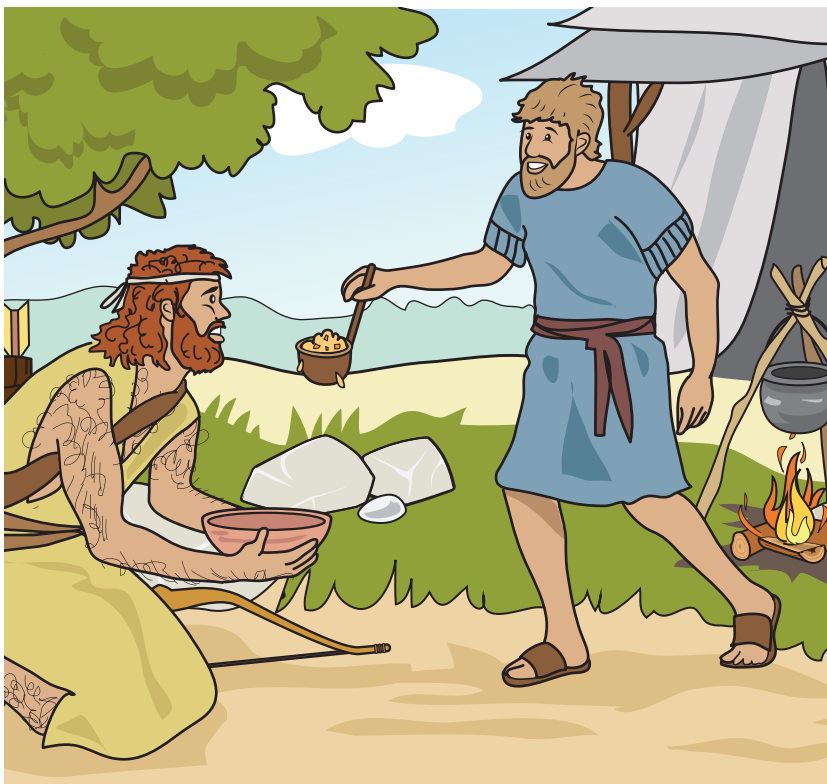
# The Story of Jacob

Isaac and Rebekah had two sons. Esau and Jacob. They were twins. Even before they were born their mum could feel the two babies wrestling around!

When the twins were born Esau came out first, but Jacob followed with his little hand wrapped tightly around his brother's foot!



As they grew up the twins were very different: Esau loved to be outdoors and to hunt, Jacob liked to be indoors. Esau liked spending time with his Dad, and Jacob liked spending time with his Mum.



When Isaac was old, he wanted to make Esau the boss. But Jacob wanted to be the boss, so he came up with a plan!

First, he tricked his brother into swapping his blessing for a bowl of soup. Soon after, Jacob and his mum played another trick. Jacob pretended to be Esau, so that their Dad would give Jacob the blessing he needed to be in charge.

Esau was extremely upset that Jacob had tricked them. Their mum was worried and told their Dad to send Jacob away to a different town to be safe.

When Jacob arrived, he met a girl called Rachel and fell in love immediately. He asked her Dad if he could marry her and he agreed but only if Jacob came to work with him.

On the wedding day, Rachel's dad played a trick on Jacob; Rachel had a sister, Leah, and with a veil over her face they looked the same. Jacob was tricked into marrying the wrong sister! Just like he tricked his own dad into blessing him!



Jacob was very sad and asked what he would have to do to be allowed to marry Rachel too. He would have to work hard for a long, long time. Jacob didn't like being tricked.

Jacob married Rachel and had lots of children; 12 boys and 1 girl.

Years later, Jacob wanted to go back to his own town and let the children meet their grandparents. On the way, something happened to Jacob, a mysterious man appeared and wrestled with Jacob. Jacob wrestled back all night long. Jacob never gave up! Seeing that Jacob was not going to give up they stopped wrestling; Jacob demanded that He gave him a blessing. God changed his name from Jacob, to Israel, and that is still the name of a country today.

Jacob got back to his own town and met his brother Esau who wasn't cross with him anymore.

Jacob was a changed man.

# Choose the food items that would make a healthy soup

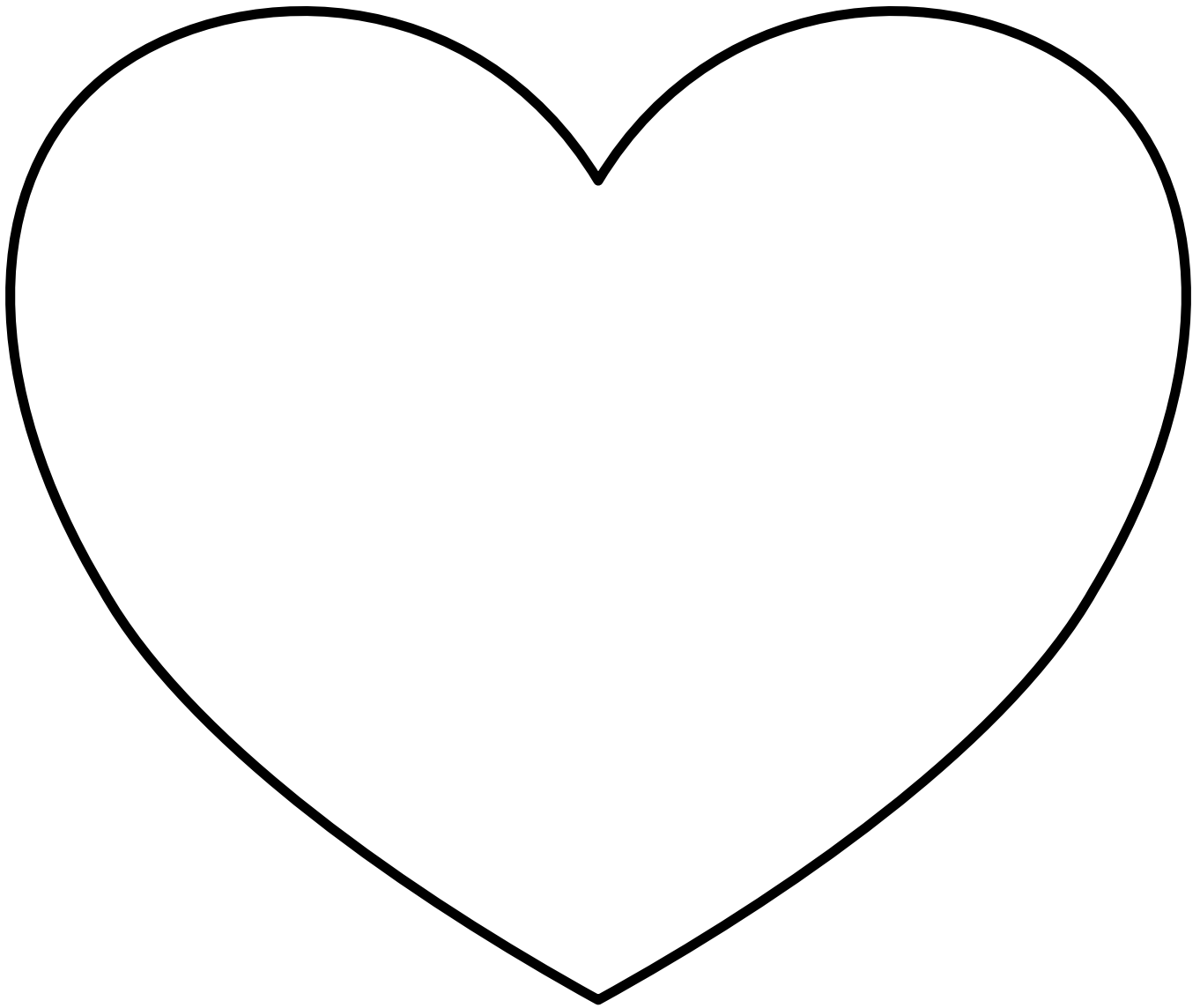


Jacob used a disguise to trick his father Isaac.  
Can you draw some disguises on these faces?



# Things that Belong in my heart

Copy the words which were in Jacob's heart when he tricked his father and brother.



obedience

holiness

forgiveness

unforgiveness

anger

hatred

envy

truthfulness

jealousy

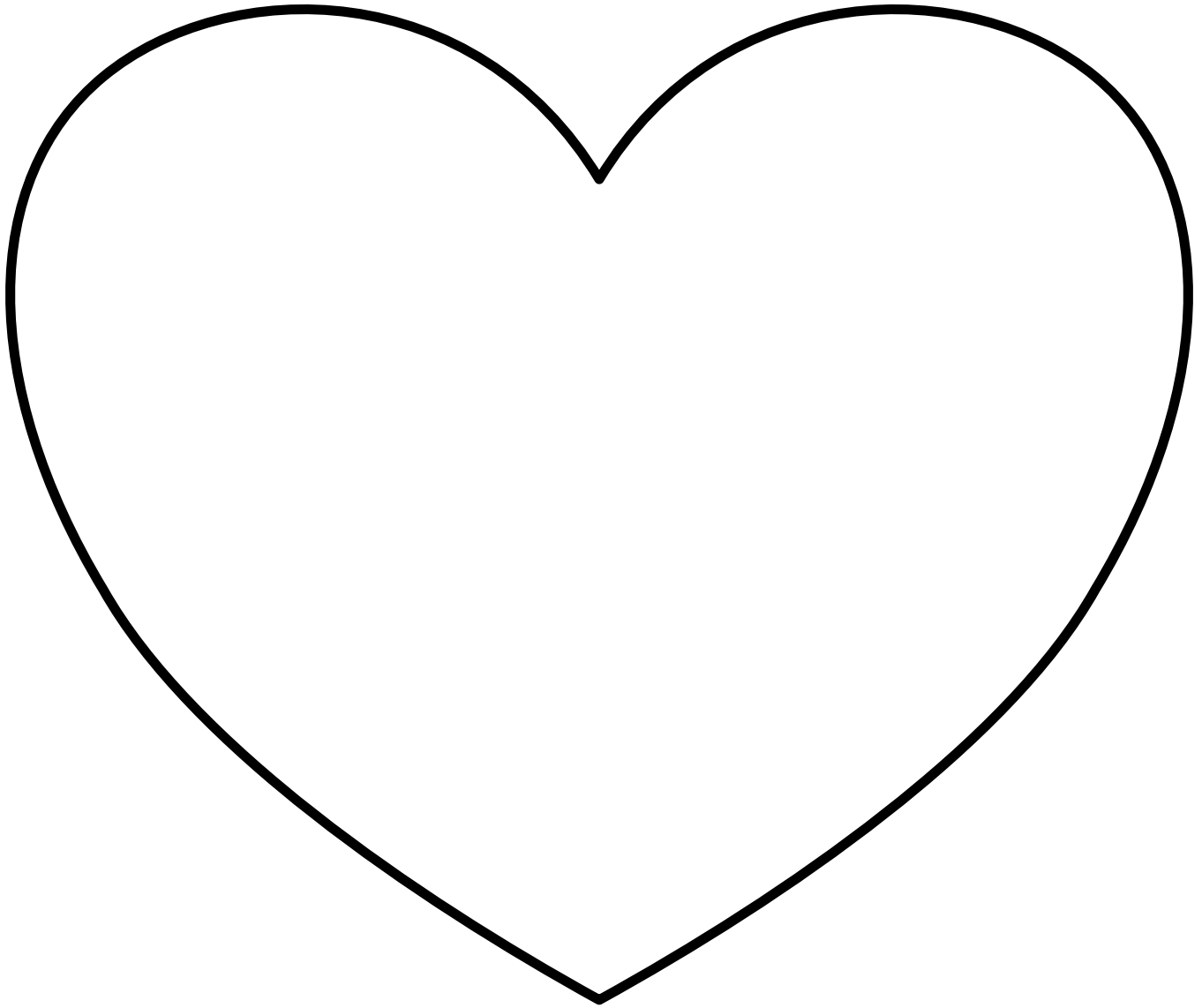
honesty

love

lies

# Things that Belong in my heart

Copy the words which God wants you to have in your heart.



obedience

holiness

forgiveness

unforgiveness

anger

hatred

envy

truthfulness

jealousy

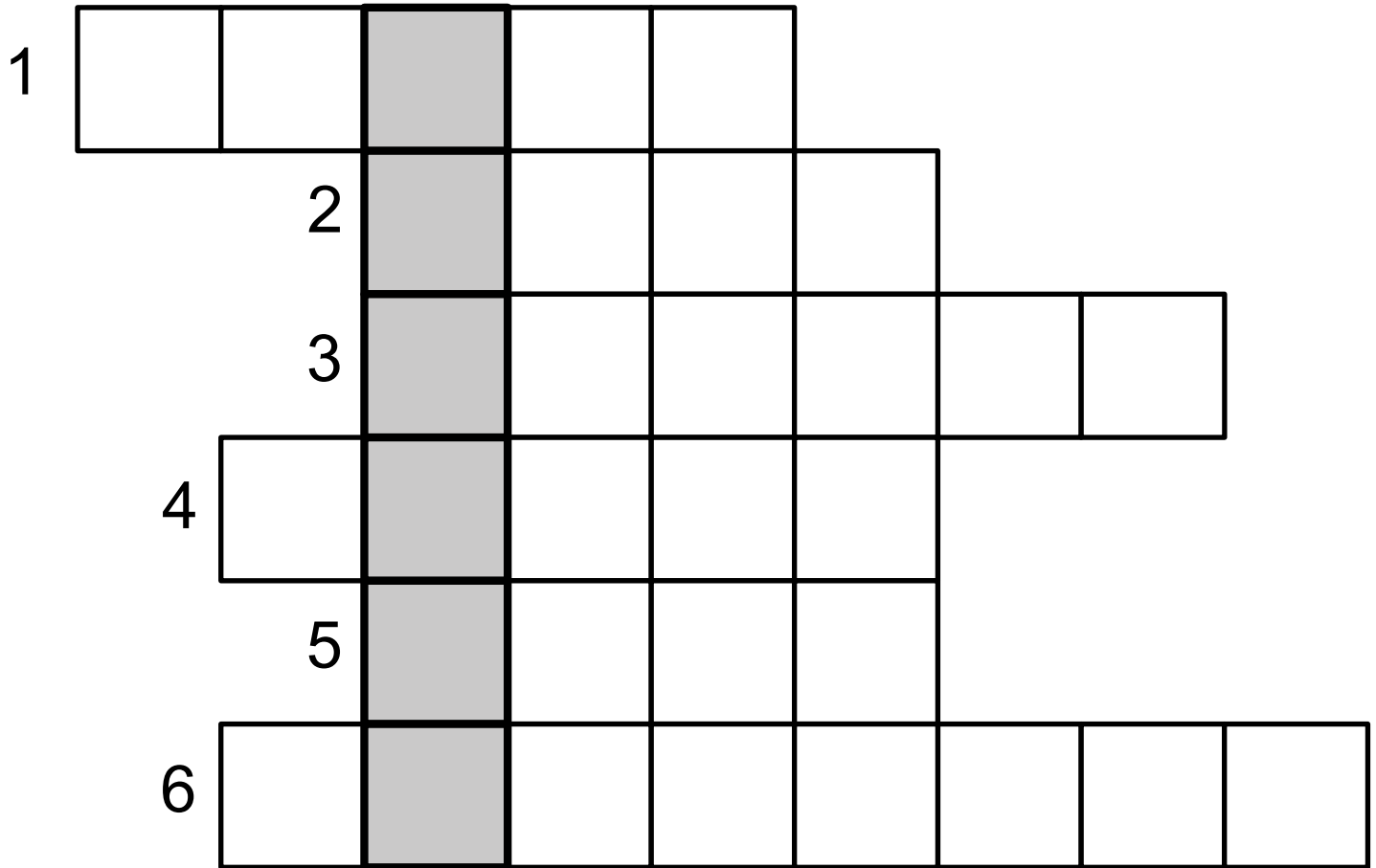
honesty

love

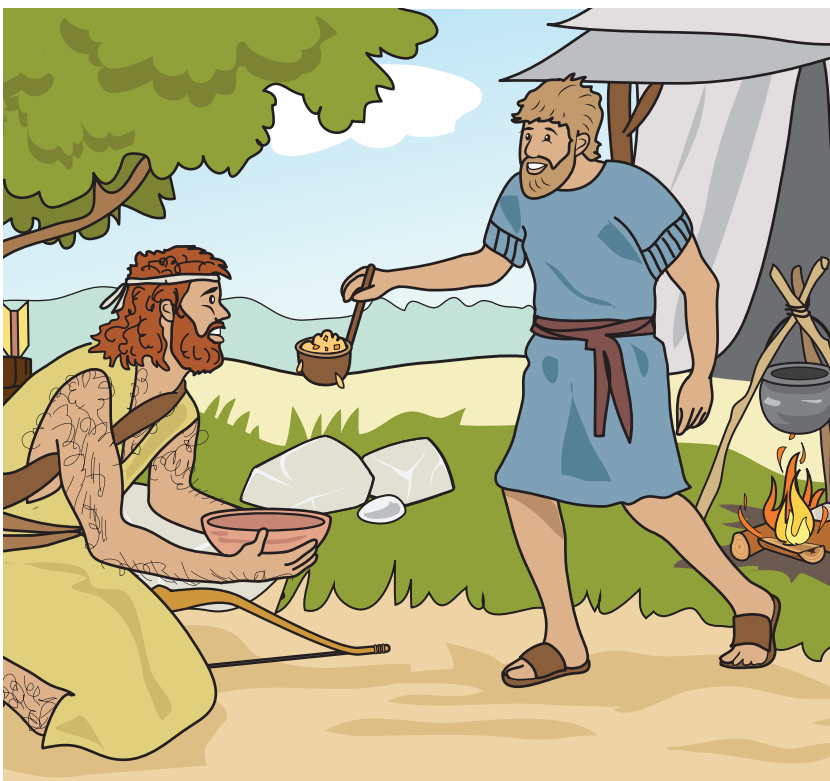
lies



Write in the words to find Jacob's new name



God changed Jacob's name to \_\_\_\_\_



1. Twins
2. Soup
3. Rachel
4. Marry
5. Esau
6. Blessing

# Games and Activities

## Who touched me?

**Materials:** A blindfold and a chair

**Instructions:** Choose one child to use the blindfold and sit in the chair.

The other children must quietly approach the seated child without him knowing. The seated child can also try to trap the other children by touching them.

The trapped child will take the place of the seated child. Play several times allowing several children the opportunity to be it.



## 10 Things about You

**Instructions:** As a group, each person must name 10 things about themselves.

Concentrate on one child at a time.

Allow the children to share their facts. When someone has something in common, they can stand up.

Relate it to the twins in today's story, that even though they were twins, they were very different.

In the same way, each of us are unique, just as God made us.



## Find the ball Cup Game

**Materials:** 3 big colored plastic cups that are not transparent and a ping pong ball

**Instructions:** Play the classic, "Find the Ball" game where a child secretly places the ball under one of the cups, and then moves them around. He or she will pick another child to guess where the ball is. If the child guesses right, he will have a turn at hiding the ball. If he does not guess right, the same child will continue to hide the ball. Relate the game to how Jacob and his mother deceived his father, just as many children were fooled in this game.



# Easy Vegetable soup



This easy to make soup is packed with essential vitamins and minerals. Involving children in cooking is a great way to encourage them to eat different foods. As you prepare the soup together remind them of the story of Esau and Jacob.

## Ingredients

200g mixed vegetables such as onion, celery and carrots

300g potato

1tbsp oil

## What to do:

1. Peel and cube the vegetables. Help your child to chop the vegetables.
2. Fry the vegetables in a little oil for a few minutes until they begin to soften.
3. Make up the stock
4. Add the stock to the vegetables and simmer for 10-15 minutes.
5. Once the vegetables are tender, blend if desired

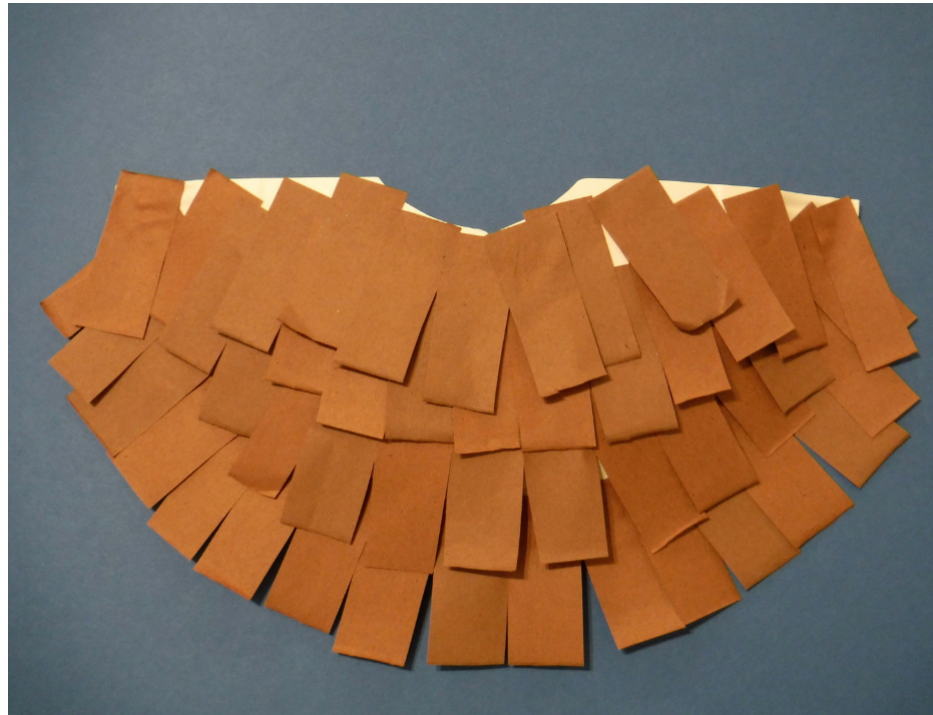


# Beard Mask

Jacob made a fake beard to trick his father. What would you look like with a beard? Try this easy to make craft.

## What you need:

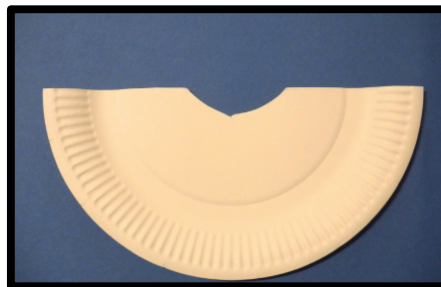
- Paper plate
- Scissor
- Glue
- Colour paper
- Wool, string or elastic



## What to do:



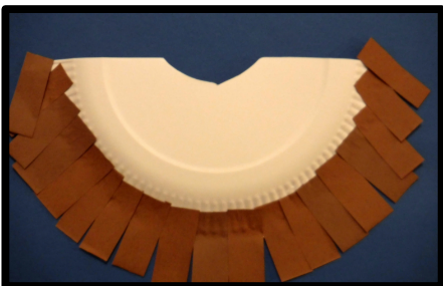
Collect all your supplies



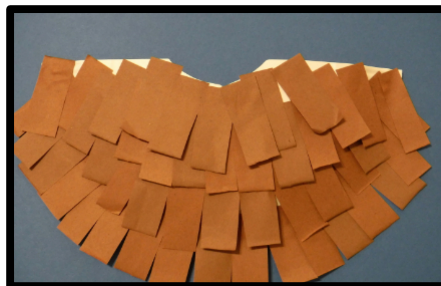
Cut a paper plate in half and a notch for the nose



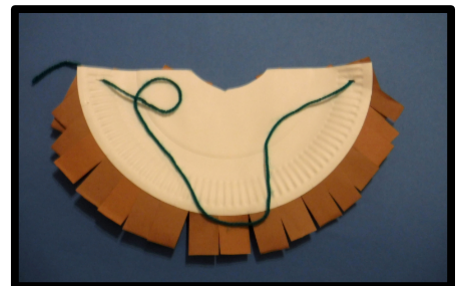
Cut out small Bits of paper (about 2cmx5cm)



Start at the bottom  
Glue paper onto plate.  
Glue top half of paper only



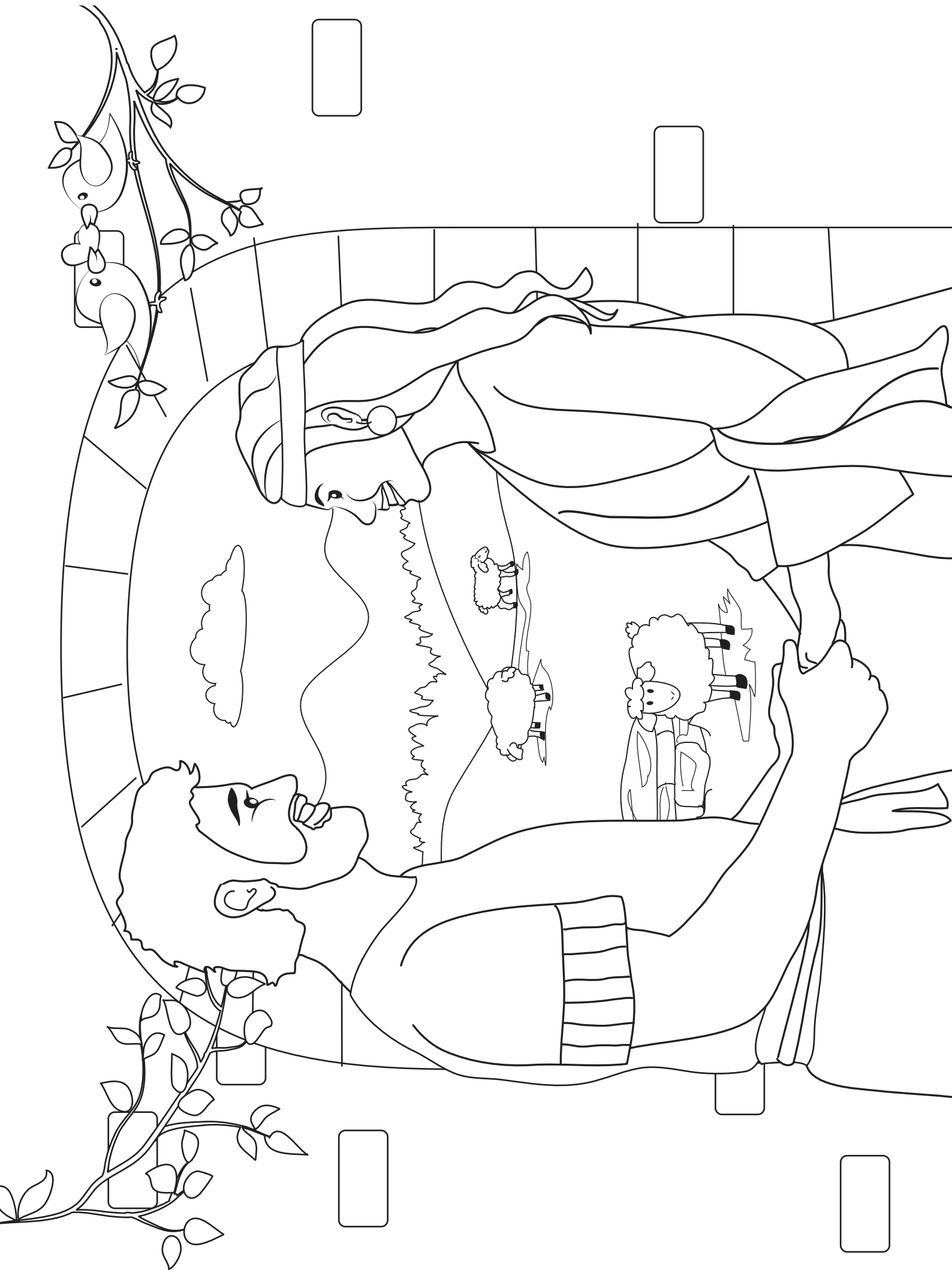
Glue on paper  
Until full.



Cut some string.  
Make two small holes  
and tie on













# Worship Time

Recommend worship songs. Not produced by Trueway Kids. YouTube Videos to be used for personal use only.

## Jacob's Ladder

<https://youtu.be/30QjuzAH2Ys>

## When I Look

<https://youtu.be/4iW9MN7vMpQ>

## Do Not Give Up

<https://youtu.be/EPqPcQjHDwg>



# Prayer

Thank God for always looking after you. Thank God for forgiving us.

Ask God to help you forgive others and treat them the way you want to be treated.

# Next Week: Joseph



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