

CHARGE Youth Discussion Questions Outline

GRADE
7-12

Date & Week

October 18, 2026 (Wk 3)

Bible Focus

Genesis 32:22-32

Theme Focus

The Wrestling God

Discussion Questions

Main Point: Through Jacob's struggle, God reminds him of his need for His blessing. God changes Jacob and gives him a new name, showing His power and faithfulness despite Jacob's past mistakes.

Warm-up questions

1. Have you ever watched a professional wrestling match? Can you describe what happens?

Read Genesis 32:22-32

2. Why do you think Jacob was so afraid of meeting Esau again? (See Genesis 32:6–11 for context.)
3. What other difficulties was Jacob facing due to poor decisions he had made?
4. Why do you think God chose to meet Jacob in such an unusual way? What do you think the wrestling symbolises?
5. Jacob wrestled through the night and refused to let go without a blessing. What do you think this shows about his relationship with God?
6. Why do you think God asked Jacob his name before giving him a new one?

7. Jacob left the encounter with both a new name and an injured hip. What might this teach us about how encountering God can change us?
8. Jacob had made mistakes in his past, but God was still at work in his life. What does this teach us about God's grace?

Application

9. When you're facing something difficult, do you tend to rely on yourself, other people or God? Why?
10. Is there an area of your life where you need to stop trying to do everything in your own strength and instead trust God?

Prayer

Dear Heavenly Father, Thank you that you meet us in our struggles. Thank you that we don't have to be perfect or have everything figured out to come to you. Help us to be honest with you about our fears, doubts and mistakes. Teach us to depend on your strength rather than trying to handle everything on our own. In Jesus' name, Amen.

Then the man said, "Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome." Genesis 32:28