



Resource Pack

Children's ministry resources & activities for groups & families exploring this week's theme.

stbartskids.org



WEEK 3

The Wrestling God

Genesis (Part 3) / Genesis 32:22-32

OVERVIEW

GATHER

READ

CHAT

DO

PRAY



JOSEPH

DREAMS AND DESTINY

The Wrestling God

Genesis 32:22-32



SESSION OUTLINE

SERIES

Genesis (Part 3)

BIBLE FOCUS

Genesis 32:22-32

TOPIC

The Wrestling God

WEEK

3

OVERVIEW

GATHER

READ

CHAT

DO

PRAY

THIS WEEK'S FOCUS

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.

SERIES OVERVIEW

Genesis (Part 3)

Genesis is not only the beginning of the Bible, but provides a foundation for our understanding of who God is, God's plan for the world, and our part in his story. We have approached Genesis in three parts; Part I unpacking the beginning of grace in the origins of creation, humanity, and sin (Genesis 1-11), and Part II God's response in calling Abraham and his unfolding story (Genesis 12-25).

In this eight-part series, we'll explore the characteristics of God as he works through his chosen people—especially Isaac, Jacob, and Joseph.

MULTIMEDIA

1. [SBK Kids Talk](#)
2. [God's Story: Jacob Wrestles](#)

ADDITIONAL RESOURCES

Here are some resources we recommend for helping teach the Gospel to kids.

1. [Genesis 12-50 by the Bible Project](#)

SONGS

EARLY CHILDHOOD

1. [I Can Trust God](#)
2. [Faithful](#)
3. [I Thank God](#)

SONGS

PRIMARY

1. [God is Good](#)
2. [Faithful](#)
3. [I Thank God](#)



HOW TO USE THIS RESOURCE

This resource has been written and produced by St Bart's Kids and we're delighted to be able to share this curriculum with you. We pray that it would be an amazing tool to aid teaching and learning occurring either at home or within your children's ministry setting.

This package is part of a series based on **Genesis (Part 3)**. The items within this package all pertain to **one session**.

The tabs on this document will help guide the main sections that should be incorporated within a session. Within each section you will find modifications for different age/learning levels - look for the tags Early Childhood, Lower Primary, Middle Primary, and Upper Primary.

All of the items within
If you have any questions or would like to know more about St Bart's Kids resources, please contact
hello@stbartskids.org

TIMING

Welcome and play	15 mins
Teaching Time (includes morning tea for Early Childhood)	15mins
Game (Kindy - Year 6 only)	10mins
Small Groups/Activities	20mins
Worship	10mins
Check-out	

MATERIALS

- ☐ Names of Jesus Printout worksheet #1
- ☐ Blu-tac
- ☐ Printout of Worksheet #2
- ☐ Scissors
- ☐ Chopsticks
- ☐ Sticky Tape
- ☐ Printout of Worksheet #3
- ☐ Glue
- ☐ Yellow and Orange Cellophane cut into pieces
- ☐ Clipboards if needed
- ☐ Laminated printout of the children's names
- ☐ Felt pens
- ☐ Paper towel
- ☐ Scrabble tiles
- ☐ Hula Hoop
- ☐ Bean bags
- ☐ Newspaper / Wrapping paper
- ☐ Names of Jesus Printout Worksheet #1
- ☐ Paper
- ☐ Pencils
- ☐ Printout of Worksheet #4 (enlarge to A3)
- ☐ Felt pens
- ☐ Bibles
- ☐ Mini whiteboard or large piece of butcher's paper
- ☐ Whiteboard marker or thick felt pens
- ☐ Hula Hoops x 20 (or more)

ADDITIONAL INFO

This resource is the third in an eight week series on Genesis (Part 3).

FOCUS

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-UPS

- Which would be the most effective way to melt an ice cube?

- A) hold it in your hand
B) sprinkle salt on it
C) blow on it with a HOT hair dryer!

Answer: C Why? Because the hair dryer has the most POWER!

TEACHING TIME

The Wrestling God

A lot has happened in Jacob's life, and Jacob has continually relied on his own power to get his own way. He has deceitfully obtained a blessing from his father, and in return he is tricked into marrying Leah. He then marries Rachel and a couple of servants as well and many children are born. But this is not a happy family!

Jacob's life is filled with jealousy and bitterness. Jacob's father-in-law, Laban, is cranky with him and his brother Esau wants to kill him. Jacob's life is a mess. God has a lot to teach Jacob about who HE is and HIS power!

Jacob eventually grew really fearful of the circumstances he was in and *finally* fell on his knees to pray. He acknowledged God and admitted he was unworthy of God's kindness and faithfulness. He told God he was sorry and asked God to protect him. Jacob surrendered to God's will and trusted that God knew best! Jacob confessed his sin and asked God for forgiveness.

That night, something very mysterious happened. Jacob was alone and God came to wrestle with him! All night long! If you've ever seen a wrestling match, it's all about determining who has the most power. God had a lesson for Jacob to learn! God wanted Jacob to understand that instead of relying on his own power, he could rely on Him!

The bible tells us that God reached out and touched Jacob's hip to help Jacob stop relying on his own strength. What Jacob does next is really important - Jacob clings to God! He did not want to let go of God until God promised never to leave him. In this moment, Jacob realised that his own decisions and way of living had left him a broken man. He reached out to grab hold of God and His promises. He reached out to acknowledge that God is the source of all true power.

This mysterious encounter left Jacob with 2 things: a sore leg and a new name! Jacob had encountered the power of God and his life was changed forever! He was now known as Israel – the one who struggles with God!

APPLICATION QUESTIONS

1. Early Childhood

Who can help us do hard things?

2. Lower Primary

When is it hard to obey?

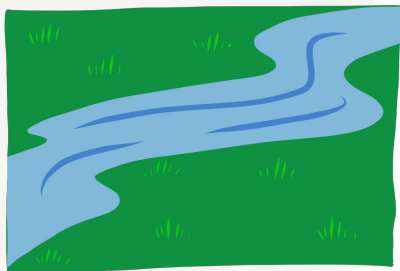
3. Middle Primary

What do you think Jacob's limp was meant to remind him of?

4. Upper Primary

Can you think of a time in your life you have had to cling to God?

The Wrestling God



During the night Jacob got up and sent his family across the River.



But Jacob stayed behind alone. Then a man came and wrestled with him until the sun came up.



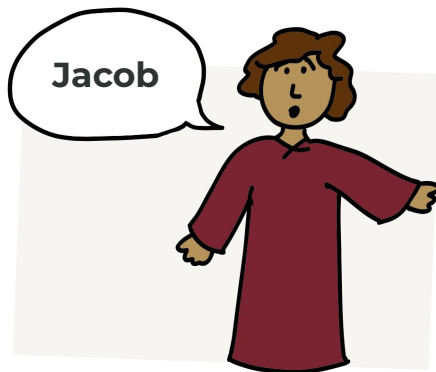
The man saw that he could not defeat Jacob so he struck Jacob's hip and put it out of joint.

Early Childhood



Then the man said to Jacob, “Let me go. The sun is coming up.”

But Jacob said, “I will only let you go if you will bless me.”



The man said to him, “What is your name?” And he answered, “Jacob.”



Then the man said, “Your name will no longer be Jacob. Your name will now be Israel (which means, he struggles with God), because you have wrestled with God and with men. And you have won.”

Blessed

Then he blessed Jacob.



Jacob said, “I have seen God face to face. But my life was spared.”



As he was leaving that place Jacob was limping because of his sore hip.

Lower Primary

The Wrestling God



Ch32 Vs22-23 During the night Jacob got up and sent his family across the Jabbok River. ²⁴ But Jacob stayed behind alone. Then a man came and wrestled with him until the sun came up.



²⁵ The man saw that he could not defeat Jacob so he struck Jacob's hip and put it out of joint. ²⁶ Then the man said to Jacob, "Let me go. The sun is coming up." But Jacob said, "I will only let you go if you will bless me."

Lower Primary



27 The man said to him, “What is your name?” And he answered, “Jacob.”



28 Then the man said, “Your name will no longer be Jacob. Your name will now be Israel (which means, he struggles with God), because you have wrestled with God and with men. And you have won.” 29 Then he blessed Jacob there.

Lower Primary



30 So Jacob named that place Peniel (which means, face of God). He said, “I have seen God face to face. But my life was spared.”



31 As he was leaving that place Jacob was limping because of his leg. 32 So even today the people of Israel do not eat the muscle that is on the hip joint of animals because Jacob had been hit there.

Middle Primary

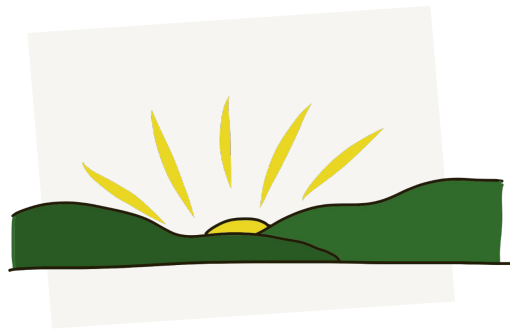
The Wrestling God



Ch32 Vs22-23 During the night Jacob got up and sent his family across the Jabbok River. ²⁴ But Jacob stayed behind alone. Then a man came and wrestled with him until the sun came

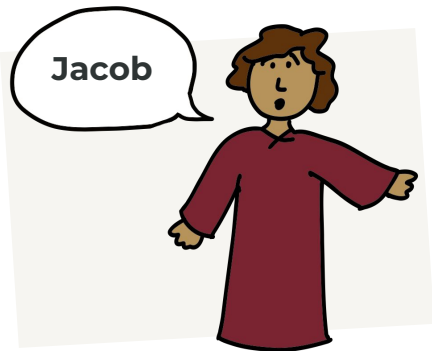


²⁵ The man saw that he could not defeat Jacob so he struck Jacob's hip and put it out of joint.



²⁶ Then the man said to Jacob, "Let me go. The sun is coming up." But Jacob said, "I will only let you go if you will bless me."

Middle Primary



27 The man said to him, “What is your name?” And he answered, “Jacob.”



28 Then the man said, “Your name will no longer be Jacob. Your name will now be Israel (which means, he struggles with God), because you have wrestled with God and with men. And you have won.”



29 Then Jacob asked him, “Please tell me your name.” But the man said, “Why do you ask my name?” Then he blessed Jacob there.

Middle Primary



30 So Jacob named that place Peniel (which means, face of God). He said, “I have seen God face to face. But my life was spared.”



31 As he was leaving that place Jacob was limping because of his leg. 32 So even today the people of Israel do not eat the muscle that is on the hip joint of animals because Jacob had been hit there.

FOCUS

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.

Early Childhood

PRAYER

Dear God,
THANK YOU for loving us.
HELP US to trust you when things are hard.
HELP US remember that we can always turn to you for help.
Amen.

DISCUSSION QUESTIONS

[View SBK ebook Genesis 32:22-32](#)

- 1. What is something that is hard to do on your own?**
Invite children to name some things they need help with.
Tying shoelaces? Putting a seat belt on? Riding a bike?
- 2. Who can you ask when you need help?**
Discuss the people they can ask for help – a parent, an older sibling, a teacher etc.
- 3. Why are these people able to help you?**
Discuss how grown-ups are bigger, stronger people who know how to look after us. They've learned to do all the things we can't do yet.
- 4. In our story today, Jacob was finding it difficult to do things on his own. Who did he ask for help?**
Jacob prayed to God and asked God for help. God showed Jacob that he was powerful and could be trusted.

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

FOCUS

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.

Lower Primary

PRAYER

Dear God,

Thank you that we can come to you when we feel scared, worried or unsure.

Thank you that you are powerful and that you care about us, even when we make mistakes.

Please help us to trust you instead of trying to do everything by ourselves.

Thank you that you don't give up on us.

In Jesus' name, Amen.

DISCUSSION QUESTIONS

Read Genesis 32:22-32 SBK Lower Primary Scripture

1. Can you think of something that is really hard to do on your own?

Encourage children to think of things they've needed a grown-up to help them with. Perhaps learning to ride a bike, swim in a pool?

2. Who can you ask for help when you need it at home or at school?

A parent, an older sibling, a teacher etc

3. In our story today, Jacob needs help. He is finding it really hard to live in peace with many people. Who does he turn to for help and how does he ask for help?

Jacob turns to God and Jacob PRAYS. He says sorry to God for trying to do things on his own and asks God for help.

4. Jacob wrestles with God. This might seem really odd but we too wrestle with God when we try to do things our own way. When is it hard for you to obey God?

Allow time for responses. Being disobedient to God might look like yelling at someone, telling a lie, hurting our sibling etc

5. Jacob clings to God. He doesn't want to let God go. Can you think of a time when you've clung to God?

Perhaps children have experienced feeling lonely or afraid and they've prayed for God to be with them? First day of a new school? Share a time in your own life when you've clung to God.

6. Two things happened after Jacob wrestles with God. What were they?

- 1) God changed Jacob's name to Israel.
- 2) Jacob walked with a limp

7. When we trust God, how do our lives change?

We know we are children of God. We know we belong to God. We know we can ask for God's help. We know we are never alone.

8. How do you think Jacob felt after he wrestled with God?

Jacob knew he needed God and he knew God was always going to be with him. Jacob learned to trust in God's power and not his own.

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

DISCUSSION QUESTIONS

Read Genesis 32:22-32 from SBK Middle Primary Scripture

- Have you ever watched a professional wrestling match? Can you describe what happens?**

Wrestling is one of the oldest sports in the world. Wrestlers must be strong and determined to win. The objective is to over-power your opponent and pin them to the ground.

- Do you find it odd that God wrestled with Jacob and wrestled for so long?**

The bible tells us that Jacob wrestled with God all night long. This doesn't mean that God was weaker than Jacob. God needed Jacob to understand something important. Up to this point, Jacob had led a life of lying, deceiving and manipulating others and his life was in a mess. By wrestling with God, Jacob had to learn that his ways were NOT God's ways.

- What did Jacob do when God touched his hip?**

Jacob clung on! Jacob did not know it was God he was wrestling with at the time but he must have sensed there was something supernatural about his opponent because he would not let go and pleaded for a blessing. Jacob was acknowledging in this moment that he needed God!

- What other part of Jacob's story involved a blessing?**

Jacob had tricked his father Isaac into blessing him which made his brother Esau very mad. This was just one example of Jacob using his own power instead of relying on God's.

- When did God give Jacob a blessing?**

It was only when Jacob stopped struggling and realised he could not go on without God, did God bless him (vs29).

- Two things happened after Jacob wrestled with God. What were they?**

- 1) God changed Jacob's name to Israel.
- 2) Jacob walked with a limp

- What do you think Jacob's limp was meant to remind him of?**

In his weakness, God is strong.

- In your own words, how would you tell the story of The Wrestling God to a friend?**

- Jacob's life was in a mess
- Jacob was fearful of his life
- Jacob finally prays and asks God for help
- God comes to wrestle Jacob
- In his weakness and fear, Jacob clings to God
- God humbles Jacob and changes his heart

- What is something that challenges you in this story?**

We too must cling to God and acknowledge His power when we face difficulties.

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

FOCUS

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.

Middle Primary

PRAYER

Dear God,
Thank you that we can come to you when we feel scared, worried or unsure.
Thank you that you are powerful and that you care about us, even when we make mistakes.
Please help us to trust you instead of trying to do everything by ourselves.
Thank you that you don't give up on us.
In Jesus' name, Amen.

FOCUS

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.

Upper Primary

PRAYER

Dear God,

Thank you that we can come to you when we feel scared, worried or unsure.

Thank you that you are powerful and that you care about us, even when we make mistakes.

Please help us to trust you instead of trying to do everything by ourselves.

Thank you that you don't give up on us.

In Jesus' name, Amen.

DISCUSSION QUESTIONS

Read Genesis 32:22-32 from the NIRV Bible

1. Looking at the earlier verses in Chapter 32, what was Jacob preparing to do?

Jacob was preparing to meet his brother Esau. Jacob had deceived his brother out of the family birthright. Last time Jacob had seen Esau, his older brother had been ready to kill him. Jacob feared their reunion.

2. In verses 32:9-12, Jacob prays his first real prayer. What motivated him to pray?

Jacob was about to meet the person he had cheated out of his most precious possession. He was frantic with fear.

3. What other difficulties was Jacob facing due to poor decisions he had made?

He had four wives who didn't like each other very much and a father-in-law who he was in deep conflict with.

4. In his prayer, what did Jacob recall? Vs 12

Jacob recalled the promises God had made to him. "I will surely make you prosper and will make your descendants like the sand of the sea, which cannot be counted".

5. Jacob sends his family and all of his possessions across the Jabbok river and finds himself alone. What do you find surprising about what happens next?

A man comes to wrestle with Jacob all night long. This 'man' is later identified as God.

6. What do you think the wrestling symbolises?

An intense struggle, both physical and spiritual. Jacob finds himself at a pivotal moment in his life—the dawn of a new day. In that moment, God humbles him and changes his heart, preparing him to lead His people.

7. Up until this point, Jacob had relied on his own cunning, scheming, and trickery. What happened as daybreak approached?

God wrenched Jacob's hip and Jacob clung to God! Jacob finally realised he could no longer live in opposition to God. Jacob understood he needed God's protection and provision and would not let go!

8. Jacob longs for a fresh start, a do-over with God. Immediately after asking for God's blessing, Jacob receives his new name, Israel. What did this signify?

This was going to be a new chapter in Jacob's life. His limp would remind him of the day he struggled with God but learned to depend on Him and seek His favour.

9. Can you think of a time in your life when you have had to cling to God?

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

FOCUS

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.

EARLY CHILDHOOD

Dear God,

THANK YOU for loving us.

HELP US to trust you when things are hard.

HELP US remember that we can always turn to you for help.

Amen.

SUNDAY SCHOOL

Dear God,

Thank you that we can come to you when we feel scared, worried or unsure.

Thank you that you are powerful and that you care about us, even when we make mistakes.

Please help us to trust you instead of trying to do everything by ourselves.

Thank you that you don't give up on us.

In Jesus' name, Amen.

TIPS

This week, practise turning to God first whenever you face something difficult.

Early Childhood

Dear God,

THANK YOU for loving us.

HELP US to trust you when things are hard.

HELP US remember that we can always turn to you for help.

Amen.

Sunday School

Dear God,

Thank you that we can come to you when we feel scared, worried or unsure.

Thank you that you are powerful and that you care about us, even when we make mistakes.

Please help us to trust you instead of trying to do everything by ourselves.

Thank you that you don't give up on us.

In Jesus' name, Amen.

FOCUS

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.

In this section, you'll find activities for Early Childhood and Primary School aged kids. There's a range of crafts, activities and games suitable for both individuals and groups.

EARLY CHILDHOOD

- Find the Names
- Figure Puppets
- Sun Craft
- Name Tracing (*Kindy*)
- Scrabble Names (*Kindy*)

SUNDAY SCHOOL

- Pass the Parcel (*Prep*)
- Acrostic Name Poems (1-2)
- Acrostic Name Poems (3-4)
- Praying Man (Hangman) (5-6)

GAMES

- Toss Your Worries (*Kindy*)
- Rock Paper Scissors Showdown (*Prep-Yr 6*)

Find the Names

YOU'LL NEED...

- Names of Jesus Printout worksheet #1
- Blu-tac

STEPS

1. Hide the names of Jesus around the room for creche and outside for windy.
2. Get the children to find all the names.
3. Read each name aloud to the children - show them the name - and then blu-tac them up onto the wall.
4. Talk about how these names tell us about who Jesus is and His character. This links to Jacob being given the new name Israel and naming the place Peniel, meaning "face of God," after his encounter with God. These names had special meanings and reminded Jacob of what had happened.

Messiah
King of Kings
Lord of Lords
Everlasting Father

Jesus
Christ
Lord
Son of God

Son of man
Mighty God
Prince of Peace
Light of the World

Link

Names can tell us something important about who someone is, the names of Jesus help us understand His character and how He works in our lives.

Jesus
Christ
Lord
Son of God

Son of man

Mighty God

Prince of Peace

Light of the World

Messiah

King of Kings

Lord of Lords

Everlasting Father

Figure Puppets

YOU'LL NEED...

- Printout of Worksheet #2
- Scissors
- Chopsticks
- Sticky Tape

SERIES

Genesis (Part 3)

BIBLE FOCUS

Genesis 32:22-32

TOPIC

The Wrestling God

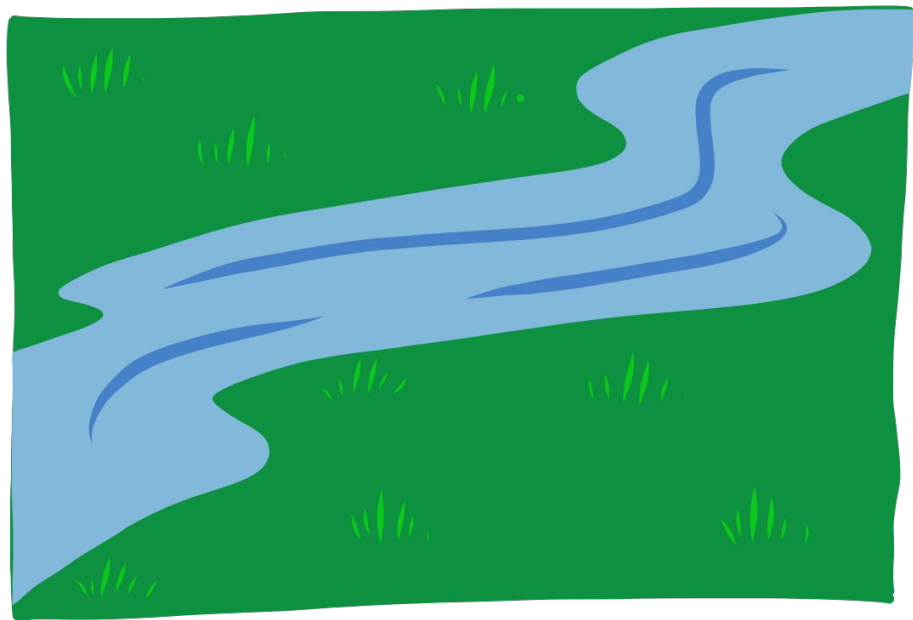
STEPS

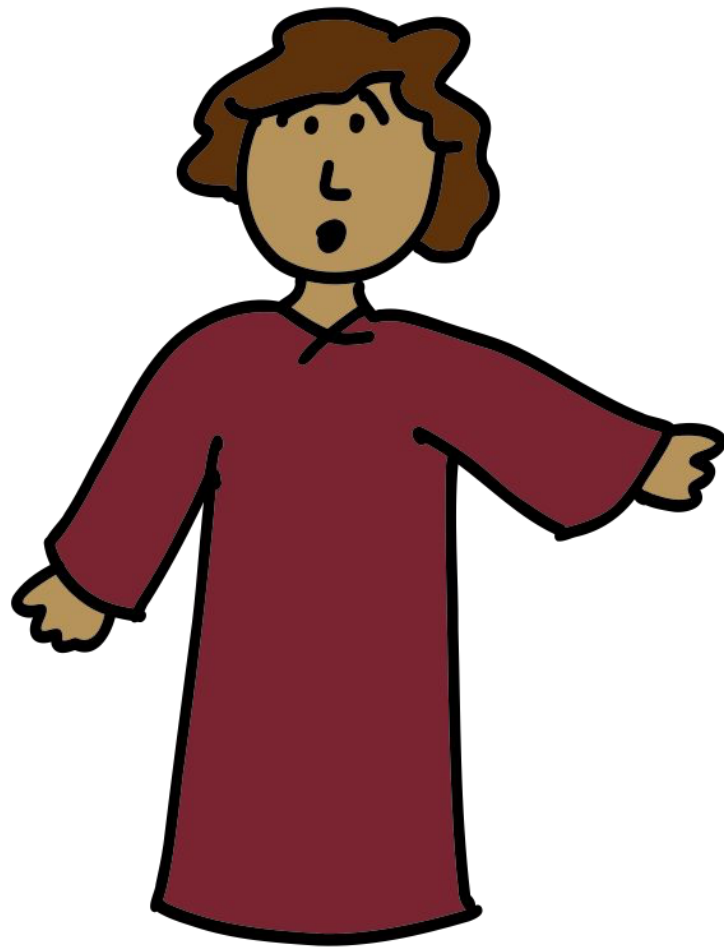
1. Cut out the characters from worksheet #3 and attach them to chopsticks using sticky tape.
2. These puppets are great for children to use when someone is reading the story, or if the children are more confident, they could try retelling the story in their own words whilst using the puppets for support.



Link

This activity allows the children to retell the story from today's Bible passage.

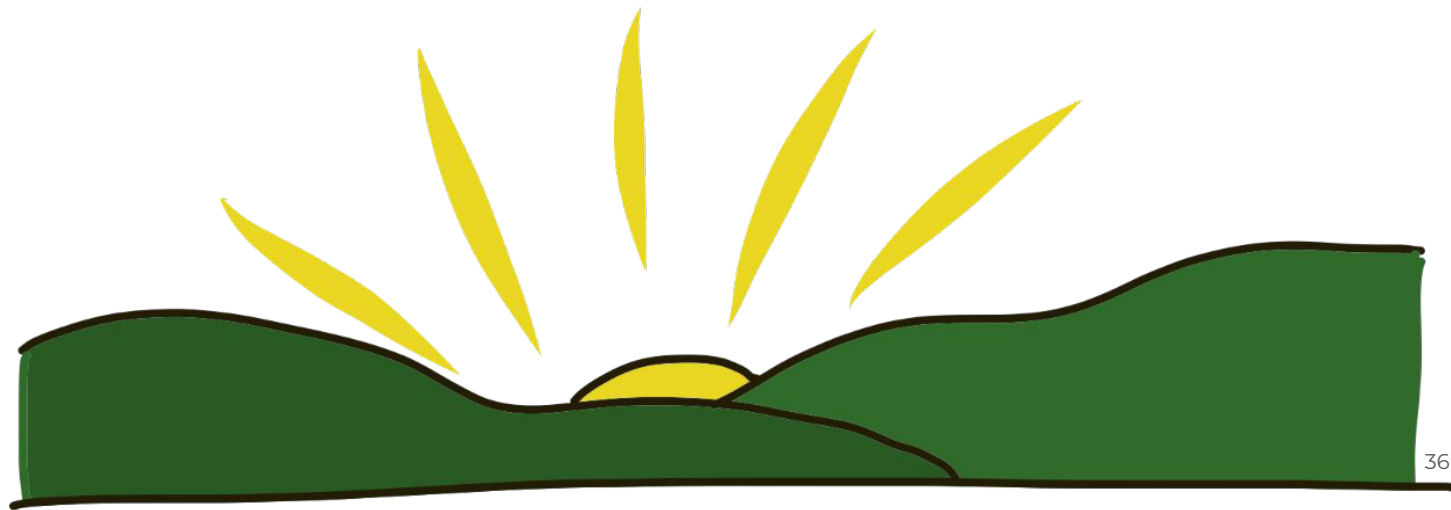








Blessed



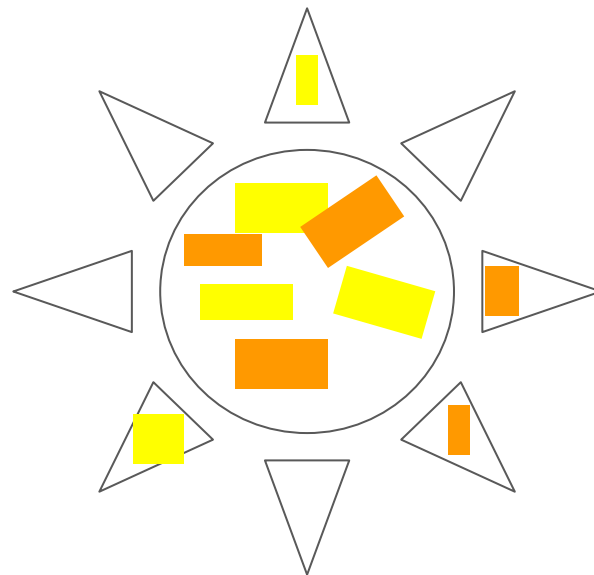
Sun Craft

YOU'LL NEED...

- Printout of Worksheet #3
- Glue
- Yellow and Orange Cellophane cut into pieces
- Clipboards if needed

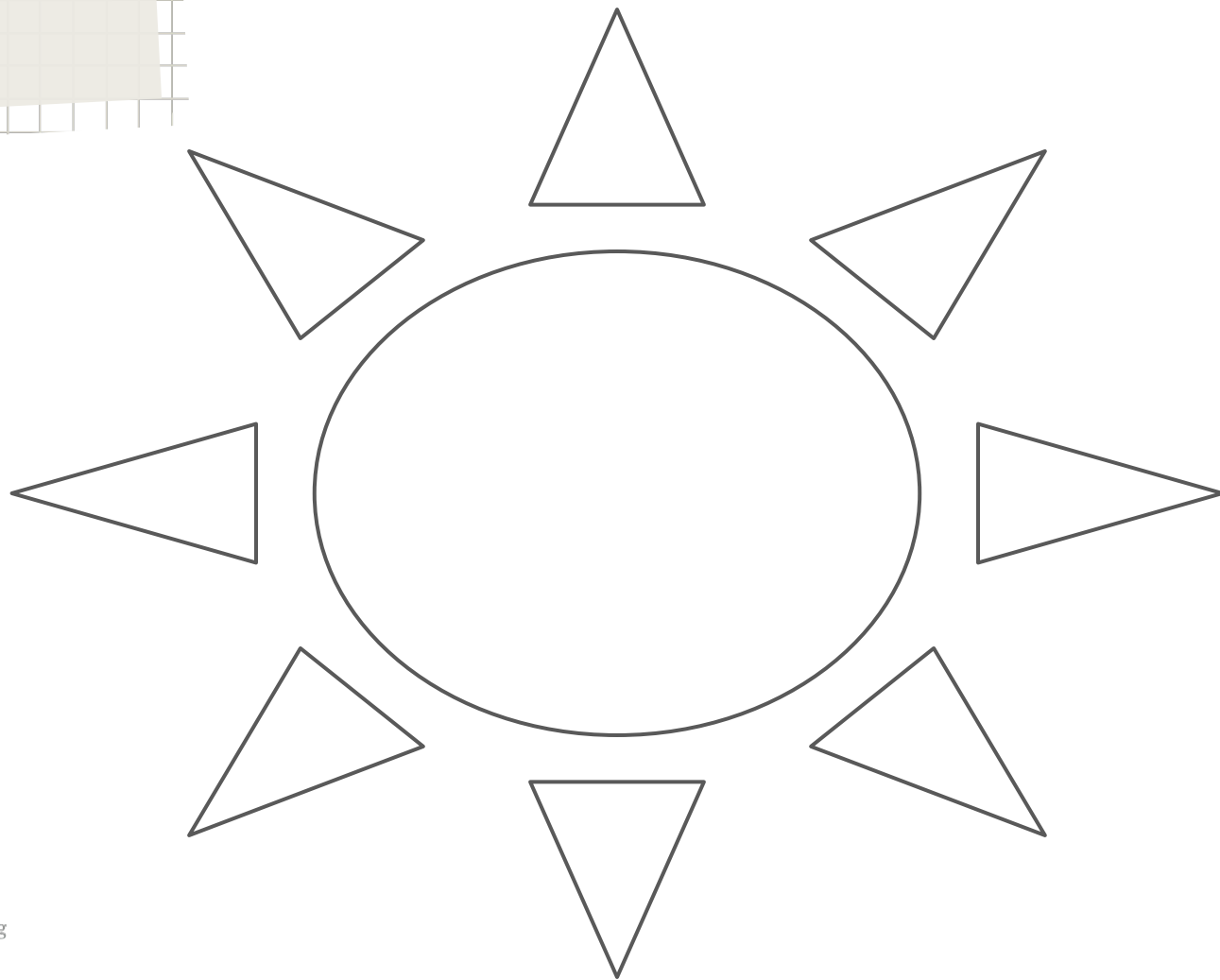
STEPS

1. Handout the sun printout, glue and cellophane.
2. Encourage the children to glue the cellophane onto the sun.
3. This activity helps the children remember that God was at work in Jacob's life through his struggles.



Link

The sun helps us to remember that Jacob wrestled through the night and walked away changed.



Name Tracing

YOU'LL NEED...

- Laminated printout of the children's names
- Felt pens
- Paper towel

STEPS

1. Have washable felt pens available for the children to trace over the letters of their name.
2. Wipe off with paper towel and start again.
3. Jacob was given a new name, Israel, after wrestling with God.



Link

This activity helps children reflect on how God knows us personally and continues to work in our lives.

Scrabble Names

YOU'LL NEED...

- Laminated printout of the children's names
- Scrabble tiles

STEPS

1. Scatter the scrabble tiles on the floor in the centre of the circle, ensuring that all tiles have the letters are facing upwards.
2. Start by asking the children the first letter of their name, and then ask the children to find this letter.
3. Ask the children to try and find all of the letters of their name using their name printout as a guide, and place them on the floor in front of them.
4. If there is extra time, the children can try and spell the names of other children in the group or the group leader.



Link

Jacob was given a new name, Israel, after wrestling with God. This activity helps children reflect on how God knows us personally and continues to work in our lives.

Pass the Parcel

YOU'LL NEED...

- Newspaper / Wrapping paper
- Names of Jesus Printout Worksheet #1

STEPS

1. Play a game of pass the parcel with the children.
2. Children sit in a circle and pass the parcel around until the music stops. Whoever ends up with the present stops and opens ONE layer.
3. Inside each layer will be a different name for Jesus. Read this aloud to the children - show them the name.
4. Talk about how these names tell us about who Jesus is and His character. This links to Jacob being given the new name Israel and naming the place Peniel, meaning "face of God," after his encounter with God. These names had special meanings and reminded Jacob of what had happened.



Link

Names can tell us something important about who someone is, the names of Jesus help us understand His character and how He works in our lives.

Acrostic Name Poems

YOU'LL NEED...

- Paper
- Pencils

STEPS

1. Give each child a piece of paper and a pencil and have the kids write an acrostic poem for their name.
2. Get them to write each letter of their name down the page (long ways) and have them write a describing word for each letter of their name.
Eg. A Amazing, B Beautiful, C Confident, etc.



Link

Jacob was given a new name, Israel, after wrestling with God. This activity helps children reflect on how God knows us personally and continues to work in our lives.

Names for God

YOU'LL NEED...

- Printout of Worksheet #4 (enlarge to A3)
- Felt pens
- Bibles

STEPS

1. As a group brainstorm as many names or words to describe God, as possible. These words can be sourced from the Bible.
2. Record these words/names on the sheet, next to the corresponding letter of the alphabet.
3. Find as many words as you can for each letter of the alphabet.



Link

Names can tell us something important about who someone is. Jacob was given a new name, Israel, after wrestling with God.

NAMES OR WORDS TO DESCRIBE GOD

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

Praying Man (Hangman)

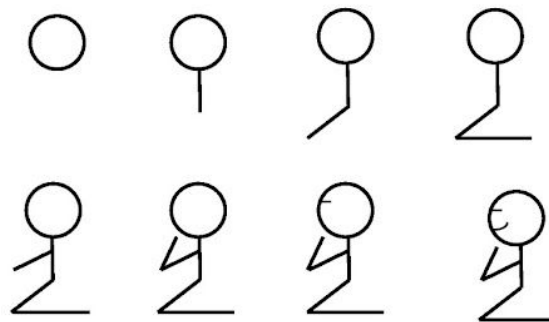
YOU'LL NEED...

- Mini whiteboard or large piece of butcher's paper
- Whiteboard marker or thick felt pens

STEPS

1. Choose a word from today's story (or a word that is related to the theme and teaching of today's story).
2. Place one dash on the bottom of a piece of paper for each letter of the word or words chosen. Leave a space between words.
3. Each child takes turns to try and guess ONE letter at a time.
4. If the letter is correct - fill in that letter on each dash it appears. If the letter is not used in that word, you need to add one body part of the drawing each time.
5. It is also useful to keep a list of the error letters down the side, so the children recall which letters have already been chosen.
6. Explain to the players that if the drawing of the person is completed before the word or words are guessed, the guessing players have lost the game. If however the team works out the word before the person has been drawn, they win.

Praying Man



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Link

Jacob was worried because he knew he had done the wrong thing. He didn't know whether Esau was still angry with him. So Jacob prayed, he prayed his first real prayer to God asking for help.

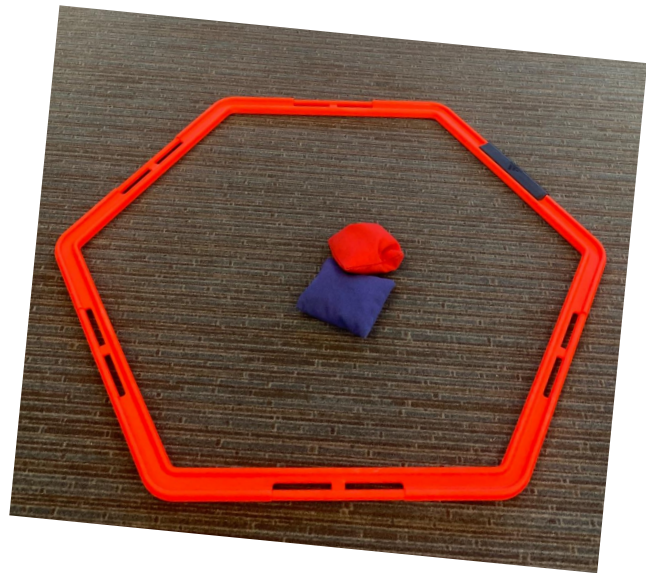
GAME: Toss Your Worries

YOU'LL NEED...

- Hula Hoop
- Bean bags

STEPS

1. Place the hula hoop on the ground.
2. Get the kids to line up a short distance away from the hula hoop and give them each a bean bag.
3. One at a time get the kids to toss their bean bag into the hula hoop.
4. Once everyone has had a turn, move the hula hoop further away and get the kids to toss their bean bag again.
5. Repeat moving the hula hoop each time.
6. Jacob was worried and afraid about meeting his brother Esau, and he needed God's help. Remind the children that they can pray to God about anything that worries them.



Link

Just as Jacob was worried and needed God's help, we sometimes feel scared or worried too and need God's help. We can prayer to God and toss our worries away.

GAME: Rock Paper Scissors Showdown

YOU'LL NEED...

- Hula Hoops x 20 (or more)

STEPS

1. Split the children into 2 team (or 4 depending on size).
2. Set up the space with the hoops in a line (wavy is better and trickier for the children) that connects between the two teams.
3. One child from each team plays at a time jumping into each hoop to move across the board. The goal is to make it to the other team in order to earn a point.
4. As they jump, they will come into contact with the other player. They must then play Rock, Paper, Scissors. The winner of this gets to keep jumping while the other child moves to the back of their team's line. As soon as a child steps out of a hoop, the next person on their team can begin jumping.



Team B

Team A

Link

Children compete in a fun battle between two teams, linking to Jacob wrestling through the night. This activity helps children connect with the idea of a struggle and reminds them that Jacob's encounter with God was more than a physical battle, it was an encounter that changed him and reminded him of his need for God's blessing.