

Jesus can change you from the inside out!

Bible Lesson: God Changes Jacob (Jacob deceives Esau) – *Genesis 25:19-34; 27:1-28:5, 10-22*

Main Teaching: Jesus can change you from the inside out.

Word Up: Jesus can change me!

Supplies:

- Word Up Booklet – Word Up (Resource Pack)
- Bag with God's promises for each group – Small Group
- Recording for “Jesus Loves Me / Amazing Grace” and “To All Who Did Receive Him” - Worship (Sing About the King 1 CD)
- Sandwich Size Ziploc Bag, Baking Soda, Vinegar, Small Piece of Toilet Paper, Large Clear Container, Tablespoon – Object Lesson
- Flashcards for Bible Story “God Changes Jacob” – Bible Lesson
- Six cups and a beanbag– Review Game
- Quiet Time Sheet Week 5 - Dismissal

Schedule at a Glance (75 min club):

15 min – Small Group
10 min – Word Up / Worship
10 min – Object Lesson
15 min – Bible Lesson
10 min – Review Game
5 min – Missionary Story
10 min – Small Group



SMALL GROUP

Say Memory Verse

Have kids say their memory verse from last week to their small group leader

God's Promises Bag

Write out the following phrases and put them in a bag. Have kids take them out of the bag one at a time for you or them to read. After each one is read, talk about situations in life where you might need to remember that promise

Jesus says He is with me!

Jesus says if I believe I am saved!

Jesus promises to forgive me!

Jesus cares for me!

I am fearfully and wonderfully made

WORSHIP

“Jesus Loves Me / Amazing Grace”

“To All Who Did Receive Him”

**WORD UP!****"Jesus can change me!"**

Have each small group come up with a skit showing them doing something that doesn't please God, then how that would look if they let Jesus change their attitudes and actions. For example, a mom tells her child to go clean his room and the child throws a fit. Teacher says **"Word Up!"** Kids call out **"Jesus can change me!"** (Say *with children*.) Then they show a mom telling her child to go clean his room and the child cheerfully obeys.

OBJECT LESSON**Inside-Out Explosion**

Materials: Sandwich Size Ziploc Bag, Baking Soda, Vinegar, Small Piece of Toilet Paper, Large Clear Container (to catch the spill), Tablespoon

****Note:** If possible, this experiment is best done outside.

What You Do:

To get started with your bursting bags, you want to create a toilet paper pouch for the baking soda. This slows down the chemical reaction between the vinegar and baking soda. Take one square of toilet paper and place a heaping tablespoon of baking soda in the middle. Bring the corners of the toilet paper together and wind up the top to create a simple pouch. Add about 2/3 cup of vinegar to your plastic bag. Seal the bag so there is just enough room to slip in the pouch. Slip in the pouch and seal the bag shut. Give the bag a little shake and toss on the ground or inside your large container. Observe the bag as it gets bigger and ultimately bursts!

What You Say:

WORD UP! "Jesus can change me!" We've been learning today, that after you become a part of God's forever family, He can change you from the inside out! God wants to continue to help you become more and more like Him each and every day. I brought this bag here today, and we are going to fill it with some stuff. This bag represents our life. When we invite Jesus into our life, He makes our heart clean. (*Pour the clear vinegar into the bag.*) But that doesn't mean that we will always make the right choices, or even that things will always go right for us. Jesus' work in our lives is something that He will continue to do each and every day.

This white powder is going to represent the Holy Spirit. When we become a part of God's forever family, God sends the Holy Spirit to be our helper. He can give us things like patience, and strength, and courage, and self control on the inside, when everything outside and around us seems hard and out of control. Sometimes you might be tempted to yell at a classmate when they are pushing your buttons and starting to annoy you. You might need to stop and ask Jesus to help you have extra patience with your classmate (*Place toilet paper piece on the table and add a spoonful of baking soda on top.*) Or maybe you get really upset with your mom when she says you can't go to your friend's house, and you have to stop and ask Jesus to help you obey your mom when it's hard. (*Add another scoop of baking soda.*) And sometimes, we're just having a really bad day and everything seems to be going wrong, and we have to stop and ask Jesus for strength. (*Add another spoonful of baking soda and close up the "pouch."*)

Remember how I said that the Holy Spirit is our helper? (*Hold up the pouch of baking soda.*) He can come into our lives and help us have patience and strength and self-control on the inside, so that our words and actions on the outside honor God. I'm going to place this pouch that represents the Holy Spirit into the bag, which represents our

life. *(Place pouch in the bag and seal quickly)* When we let the Holy Spirit change us on the inside, His power shows outwardly in our lives! Our lives will EXPLODE with the love of Jesus. Other people will see you and know that you love Jesus, and they might want to start following Jesus too!



BIBLE LESSON

Think of the oldest person you have ever met. How old do you think he or she was? *(Allow response.)* Abraham was the very first of the patriarchs (the fathers of the nation of Israel). He lived to be 175 years old! His son Isaac, who was born when Abraham was 100, would become the head of the family. Many years had passed and now it was time for the next patriarch (head of the family) to be born to Abraham's son Isaac and his wife, Rebekah.

PROGRESSION OF EVENTS

God had said that Abraham's descendants—his children's children's children—would be as many as the stars in the sky. But years went by and Rebekah still didn't have children. Isaac prayed to God. Finally, after 20 years, God answered Isaac's prayer. Rebekah was going to have twin boys!

God told Rebekah that the older son (the twin born first) would serve the younger. This was very unusual! In those days the oldest was to receive an important blessing during a special ceremony and become the leader of the family once the father died. The oldest son in the family also received something special called the birthright. He would get twice as much wealth as his brother when the father died. So instead of getting one cow, the oldest would get two! Or the younger might get ten camels but the oldest would get 20! But God had His own plan. He is in control of everything, even which twin would receive the birthright!

Flashcard 5-1

Finally, it was time for the twins to be born. First came Esau, then Jacob. Say "Esau" and "Jacob" with me. *(Do with children.)* Esau's name meant "hairy." Why do you think they gave him that name? *(Allow response.)* The Bible says Esau was very hairy! Many times twins look alike. But Esau looked much different from his smooth-skinned brother. Jacob was born holding Esau's heel as if to trip him, so they named him Jacob, "one who trips or grabs from another."

Esau and Jacob grew up to be very different in other ways too. Esau loved hunting and the outdoors. His father, Isaac, enjoyed eating the meat of the animals he caught. Jacob preferred cooking and other activities around their home. He was his mother Rebekah's favorite son.

Flashcard 5-2

One day Esau went hunting and came home tired and very hungry. As he came near their tent, he sniffed the air. *Ahh, Jacob must be making some good stew!* He thought. Let's all act like our stomachs are empty and we are as hungry as Esau. Now sniff the delicious stew. *(Do with children.)*

When Esau asked Jacob for some stew, Jacob saw a way to get something he wanted from his brother. "I'll give you some of my stew," Jacob said. Then he added, "But first, sell me your birthright." Esau, being the oldest, knew the birthright was important. But he was very hungry! Esau just wanted something to fill his stomach. He was willing to give up his birthright! He gave the birthright to Jacob and Jacob gave him some stew. Jacob took advantage of his brother. Remember what God had told Rebekah? *(Allow response.)* The older would serve the younger. It was God's plan that Jacob would get the birthright, but Jacob was going about it completely the wrong way.

The years went by, and Isaac grew old and nearly blind. It was time for Isaac to give his oldest son the special blessing from God. Isaac said to Esau, "Go out with your bow and arrows and hunt. Fix the meat for me the way I like it. After I have eaten, I have a special blessing for you." Esau quickly went out to do as his father instructed.

Flashcard 5-3

Rebekah overheard and told her favorite son, Jacob, what Isaac said. Then she thought of a plan! She urged Jacob, (*read Genesis 27:9-10*). Rebekah was telling Jacob to try and trick his father.

What if Jacob got caught? Surely his father would know he wasn't Esau. What if Isaac touched him? He would feel the smooth skin of Jacob and know the truth. But Rebekah insisted that Jacob obey. She told Jacob she would take the blame if he was caught. Jacob obeyed and left to get the goats.

Jacob took advantage of his brother to get the birthright. Now he was willing to deceive (trick and lie to) his father to get Esau's blessing too! Jacob's heart was full of deceit.



The Bible says everyone's heart is like Jacob's. Listen to what God says, (*read Jeremiah 17:9*). We are all born with a deceitful and wicked heart and the "want to" to go against God's ways. That's called sin. The Bible says everyone has sinned. Perhaps you've lied to your parents so you could go somewhere they've told you not to go. Maybe you've told your teacher you forgot to bring your homework when you know you really didn't do it at all. Maybe you tried to make someone believe something is true so they would do what you want. When you tell lies you are being deceitful. That's just one way you and I sin. God says there is a punishment for sin—to be separated from Him forever. That's what all of us deserve because of our sinful hearts.

Jacob had a sinful heart full of deceit. He was even willing to deceive his father. He brought the goats to his mother, and she prepared the meat just the way Isaac liked it. Jacob put on Esau's clothes. Then Rebekah tied goat skins onto Jacob's hands and neck so he would be hairy like Esau.

Flashcard 5-4

The Bible tells us what happened next. (*Read Genesis 27:18-19.*) Jacob pretended to be Esau! Was Jacob telling the truth? (*Allow response.*) No! He was deceiving his father. Isaac wasn't sure it was Esau talking to him. He asked him to come near so he could touch him. When he felt hairy hands, he thought it was Esau. Jacob asked for the special blessing that he knew belonged to Esau. How could it be Jacob's voice but Esau's hands? Isaac asked one more time, "Are you my son Esau?" What do you think Jacob said? If you think he said yes, pat your head. If you think he said no, touch your nose. (*Allow response.*) Jacob lied to his father again! He said yes!

Something still didn't seem right to Isaac, but he ate the food that Jacob had prepared and then asked Jacob to come close. As Jacob leaned close and kissed his father, Isaac noticed the outdoor smell of Esau's clothes. At last, he believed this really was Esau and he gave Jacob the special blessing. "May God give you many riches. You will rule over your brother. Those who bless you will be blessed."

The blessing showed that the promises God made to Abraham would continue through Jacob's children and grandchildren. Eventually the Savior would be born in Jacob's family line. This had been God's plan all the time but Rebekah and Jacob were doing it in a sinful way. They should have waited for God to work it all out.

When the blessing was finished, Jacob hurried away. He had gotten what he wanted. Just then Esau came in! "My father," Esau called. "Here is the meat. Please eat it and bless me."

"Who are you?" Isaac asked.

Flashcard 5-5

Esau was puzzled at his father's question. "I am your firstborn son, Esau," he replied. Isaac was so upset that his body trembled. Who was it that had come in with food for him and received the blessing if it wasn't Esau?

Esau knew who it was! First Jacob had taken his birthright and now he had stolen his blessing too! Make a face to show how Esau must have felt. (*Do with children.*) Esau begged his father for a blessing, but Isaac could not give it to him. The Bible says Esau hated Jacob and decided that when his father died, he would kill Jacob!

Rebekah heard of Esau's plan and warned Jacob. "Leave and go to my brother, Laban (*LAY-bihn*), in Haran (*HAIR-uhn*)!" She told Jacob. She would send for Jacob to come back when Esau was over his anger.

Jacob's lie was a sin, and it would hurt many people. It also hurt him! Now Esau planned to kill Jacob. Jacob had to run away from his family and everything he knew and go live with his uncle.

If only Rebekah and Jacob had trusted God to work things out instead of trying to do it their own way.

The Bible says God is sovereign. (*Show Sovereign word card.*) That means He rules over everything! Rebekah and Jacob could have—and should have—trusted God's sovereign control in their lives instead of lying. They were trying to be in control instead of trusting that God is in control.



If you have believed on the Lord Jesus as your Savior, **trust God's sovereign control in your life.** God knows about everything that is happening or will happen to you. God thinks more thoughts than there is sand on the seashore—more than you can imagine! (*Read Psalm 139:17-18.*) God never forgets about you. Sometimes you might feel like you have to work things out for yourself, even if it means doing something God says is wrong. Instead of trusting God for help, you might cheat to get a good grade. Or instead of letting God provide friends for you, you might try to make others like you by acting like someone you're not. Remember, God is in control of everything. (*Read Psalm 103:19.*) He rules over all! He is sovereign. Nothing is too hard for Him! As you put Him first in your life, He will meet your needs. Talk to God about the things that concern you then patiently wait for Him to work. He might not work things out the way you think it should happen, but He will work it out the best way. **You can trust God's sovereign control in your life.**

Rebekah and Jacob should have trusted God's sovereign control. Instead, they tried to work things out their own way.

Jacob quickly started on his way to his uncle's home. Everyone stand and run in place! (*Do with children.*) When night came, Jacob slept in a field filled with rocks. He even used a stone for a pillow! How many of you sleep with a stone for a pillow? (*Allow response.*) That would be very uncomfortable!

Flashcard 5-6

Jacob had a beautiful dream that night. He saw something like a huge stairway that stretched from Earth up to Heaven. On this stairway Jacob saw angels coming down and going up. The Lord spoke to him from the top of the stairway and the Bible tells us what He said. Even though Jacob had gone about things the wrong way and had deceived his father to receive the blessing, God was keeping His promise to Abraham through Jacob! God had told Abraham that his descendants would be as many as the stars in the sky and the sands of the seashore. In Jacob's dream God promised to protect him and bring him back to the land He had promised to give Abraham and his descendants.

Did deceitful Jacob deserve God's love for him? No! God loved Jacob even though he didn't deserve it.



God loves you even though you don't deserve it! God made you, just as He made all the beautiful things in this world for you to enjoy. He is the great Creator and people are His most special creation. He knows how old you are, what your name is and how many hairs you have on your head.

Because He is perfect, God loves you with a perfect love. The Bible says, *(read John 3:16a)*. God loves you even though you don't deserve it.

God loved Jacob even though he didn't deserve it. God made a wonderful promise to protect Jacob.

When Jacob awoke, he must have rubbed his eyes and thought about his dream. He was amazed to think the Almighty God would speak to him! When he realized how holy (perfect and pure) God is, and that God knew about his deceitful heart, Jacob was filled with fear.

Something had happened to Jacob. He had been living a deceitful life only to please himself. Now he began to trust in God. The one true God would be his God. When he saw how truly sinful he was and how perfect God is, he was changed.



God can change you too. God sent His Son, Jesus, into the world to free you from the penalty and power of sin. Jesus grew to be a man. Men who didn't like what He was teaching sentenced Jesus to be nailed to a cross to die. Jesus never sinned. Not even once. He did not deserve to die. Jesus could have called on the angels to rescue Him, but instead He chose to bleed and die on the cross to pay the penalty for the sins of all those who would believe on Him. *(Read 1 John 1:7b.)* Because of what Jesus did, you can be cleansed (forgiven) from your sins. After Jesus died, He was buried. On the third day, He came back to life just as He said He would! After that, many people saw Him before He returned to Heaven, where He is alive forever. When you believe on Jesus, trusting that He paid the penalty for your sin, God will forgive you and free you from the power of sin. He will begin changing you from the inside out to become more like Jesus.

Word Up! "Jesus can change me!" *(Say with children.)*

God was changing Jacob too! He'd been living a deceitful life but now he belonged to God.

CLIMAX

Jacob was now ready to begin a new life of obedience to God!

CONCLUSION

Jacob took the stone that had been his pillow, set it up and poured oil over it. This marked the place where something very special had happened. Jacob named that place Bethel, which means "house of God." Jacob made a promise that day. He promised that if God would be with him and give him food and clothing and bring him back to his home, then the Lord would be his God. Jacob belonged to God. Jacob would never be the same again. God had begun changing his heart!

INVITATION



God can change your heart too. Before you can be changed to be more like Jesus, you need to believe on Him to be your Savior. Your sin stands between you and God, but Jesus died and came back to life so you can be free from the penalty of sin. The Bible says, *(read John 20:31)*. To believe means to trust that Jesus is God's Son, the only one who can save you from sin's penalty. When you are sorry for your sin, believing on the Lord Jesus, He promises to give you life. You will have everlasting life with God. This life starts now on Earth and continues in Heaven even after you die!

Jesus can change you from the inside out to become more like Him. Will you believe on Jesus today? Bow your head and close your eyes. If you want to believe on Jesus or you would like to talk to me about believing on Jesus, show me by looking up at me. *(Acknowledge responses.)* You may open your eyes. Those of you who showed me that you want to believe on Jesus may meet me *(designate time and location)* and we'll talk more about what the Bible says about believing on Jesus.

**REVIEW GAME****Knock Down the Cups**

Set up a pyramid of 6 cups. If a child answers correctly, they get 100 points. Then they can throw a beanbag at the cups. They get an extra 100 points for every cup they knock over.

1. What did God tell Rebekah about her twin boys before they were born? *(The older son would serve the younger son.)*
2. What two things did the older son usually get in those days? *(The birthright and a special blessing.)*
3. How were Jacob and Esau different? *(Jacob had smooth skin. Esau was hairy; Jacob liked to be near home and to cook. Esau liked to hunt and be outdoors.)*
4. What does God call lying and deceit? *(Sin.)*
5. What does deceive mean? *(To trick others into believing something that isn't true; to lie.)*
6. When Esau found out that Jacob had gotten his special blessing, what did Esau say he would do? *(Kill Jacob when their father died.)*
7. How can you know that God is in control over everything? *(It says so in God's true Word, the Bible.)*
8. If you have believed on Jesus as your Savior, what can you remember when hard things happen? *(God is in control; He will meet my needs; I can always talk to God about my needs; answers will vary.)*
9. In Jacob's dream, what did God promise? *(To protect him, bring him back to the land God had promised him and give him as many children as the sand on the seashore.)*
10. What does it mean to believe on Jesus? *(To completely trust in Jesus as the only way to have your sins forgiven.)*
11. Why can you trust God's sovereign control over your life? *(God knows everything that happens to you; He loves you; answers will vary.)*
12. Explain the Word Up! *(Answers will vary.)*

MISSIONARY STORY

Review the story of Adhiambo. Have the kids tell you things they remember from the story.

Adhiambo was a missionary because she told people about Jesus. Maybe this story has shown you that you want to be a missionary. Adhiambo dedicated her life to serve God and God wants you to serve Him too. If you know Jesus as your Savior, God wants you to serve Him with all you are. It could be that God wants you to be a missionary like Adhiambo or Pam. Maybe you will serve Him in a faraway country or maybe you will serve Him right here in the United States. You don't have to wait until you are an adult to serve God. You can serve Him now. One way you can serve Him is by telling others what Jesus has done for you. God is inviting you to join Him in the many things He is doing in the world. Wherever you are, however old you are, if you believe in Jesus as your Savior, God wants you to serve Him. Adhiambo served God with her whole life. She did this by choosing to serve God instead of herself each day. Will you serve God with your life? Will you serve Him this week? Will you serve Him today?

**SMALL GROUP ACTIVITY**

“Trust God with Anything!” (Optional prayer time)

Why can we trust God with anything? *(Allow response.)* Is there something going on in your life right now that you would like prayer for? *(Talk a little about each request and remind the children that they can trust God with it. Have the children in your group pray for each other or you pray for all of them. Help the children see that praying for each other is a good way to show kindness and love to each other.)*

DISMISSAL

Hand out a Quiet Time Sheet (Week 5 in the Resource Pack) to each child. As children are getting picked up, try and connect with the parents and let them know the kids are working on trusting God this week.

God Changes Jacob – Jacob tricks Esau

This page has been designed for you to photocopy and place in your Bible as a ready reference.

Lesson Outline

I. INTRODUCTION

Think of the oldest person you have ever met. How old do you think he or she was?

II. PROGRESSION OF EVENTS

Rebekah found out that she was going to have twin boys and God told her the older brother would serve the younger brother. (Genesis 25:19-24)

A. **Flashcard 5-1** (Genesis 25:25-28)

Esau and Jacob were born and were very different.

B. **Flashcard 5-2** (Genesis 25:29-34; 27:1-4)

1. Esau was hungry after hunting and wanted some of Jacob's stew.
2. Jacob gave Esau stew in exchange for Esau's birthright.
3. Isaac told Esau to go hunt and fix him some food then he would give Esau a special blessing.

C. **Flashcard 5-3** (Genesis 27:5-16)

1. Rebekah had a plan to trick Isaac so Jacob would get the special blessing instead of Esau.
2. Jacob was willing to deceive his father.
3. We are all born with a deceitful heart. [Jeremiah 17:9]
4. Jacob put on Esau's clothes so he would smell like Esau and had goat skins tied to him so he would feel hairy.

D. **Flashcard 5-4** (Genesis 27:17-32)

1. Jacob took food to his father and lied, saying he was Esau.
2. After eating the food and being convinced that Jacob was Esau, Isaac gave Jacob the special blessing meant for Esau.
3. Esau came with food for his father.

E. **Flashcard 5-5** (Genesis 27:33-45; 28:5)

1. Isaac realized he had been tricked and had given Jacob the special blessing.
2. Esau planned on killing Jacob once his father died.
3. Rebekah warned Jacob of Esau's threat and told him to leave.
4. Trust God's sovereign control in your life. [Psalm 139:17-18; Psalm 103:19]
5. Jacob ran away to his uncle's home.

F. **Flashcard 5-6** (Genesis 28:10-17)

1. Jacob had a dream and God promised to protect him and bring him back to the land God had promised.
2. God loves you even though you don't deserve it! [John 3:16a]
3. Something happened to Jacob. He was changed!
4. God can change you too when you believe on Jesus. [1 John 1:7b]

III. CLIMAX

Jacob was now ready to begin a new life with God!

IV. CONCLUSION

(Genesis 28:18-19)

- A. Jacob set up a pillar and marked the place where God spoke to him and named the place Bethel.
- B. Jacob would never be the same again.
- C. God can change your heart. [John 20:31]

Scripture verses in parentheses are background text.
Bracketed verses should be quoted or read from God's Word.