

# Together @ Home



Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.

## Bible Passage

Today we will be exploring together, the story of Jacob wrestling God.

You can find it in your Bible in:

**Genesis 32:22-31**

Read the story together – choose a Bible translation or children’s story version which best suits your group.



## A prayer to say together

Dear God,

Thank you for the story of Jacob wrestling with God to receive a blessing. We thank you that even though we sometimes go through difficult or challenging times you have good plans for us and our future.

We pray for those who know you but are struggling with their faith that they would have a face to face encounter with you and experience your blessing.

We pray for those who do not yet know you that they would hear and respond to the Good News of your love.

Amen

## Discussion

### A question for adults to ask children

*What was Jacob’s new name and what did it mean?*

Jacob was given a new name ‘Israel’ meaning “struggles with God” – it is from Jacob and his twelve sons that we get the twelve tribes of Israel. The story of the Israelites and their struggles with God is found throughout the Old Testament.

### A question for children to ask adults

*Can you think of an incident in your life which changed you forever?*

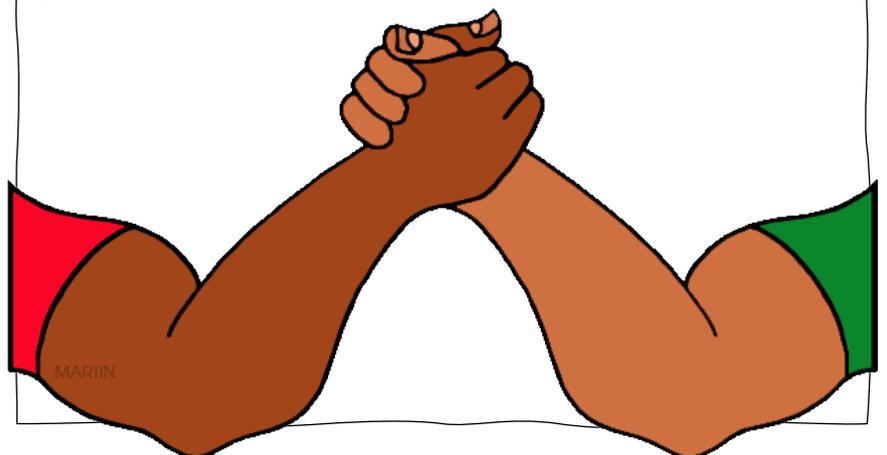
Jacob really wanted a blessing from the stranger and that is why he kept wrestling through the night but it came at a cost. The stranger damaged Jacob’s hip and Jacob limped for the rest of his life. Sometimes we have to go through difficult times to become the people that God wants us to be.

## Family Activity 1

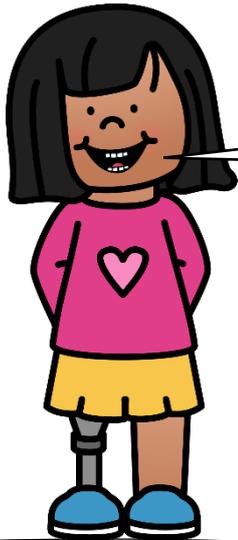
It’s time for your own family wrestling championship. Hold an arm-wrestling tournament to see who is the strongest.

Grip palm to palm and make sure that elbows remain on the table at all times.

If one family member is much smaller than others you could give them a head start by lettering them use both hands!



## A verse to remember



### Psalm 17 v 3

**I call to you, God, and you answer me.**

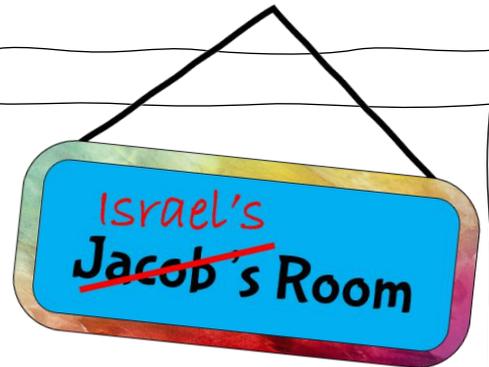
Jacob had to wrestle to receive a blessing from God, but all we have to do is ask. This verse reminds us that when we call out to God in prayer, he hears us and answers.

Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

## Family Activity 2

You will need: paper/card, pens, craft materials

God gave Jacob a new name, you might like to look up what your own name means or talk with your children about why you chose their names.



Use any craft materials you have in the house to make and decorate your own name sign as individuals or as a family. You could put them up on bedroom doors or make a big sign to hang somewhere in the house with your family name on it. You could include objects or pictures that remind you of what the name means.

## Active Prayer

Jacob made asking God for a blessing into a wrestling match! Let's do some wrestling blessing of our own.

You will need a partner. Take it in turns to be the blessing pray-er. Grip each others fingers leaving your thumbs free to wrestle. Try to trap your partners thumb with yours, for as long as you are trying to trap it you must pray an encouraging blessing over the other person. You can only stop and say AMEN when you have trapped their thumb under yours. Once you have prayed a blessing over

your partner swap, this time they must try to trap your thumb while they pray a blessing over you.



## Helping Older Children

Jacob's life story is one that is full of struggles. From his early fights and arguments with his brother, to his mistreatment by Laban and finally this – wrestling with God.

We will all experience struggles and challenges in our lives sometimes from people we are close to like family and friends. We may also struggle and wrestle with our Faith in God.

Reassure children that this is normal, and that it is alright to have questions and doubts in our lives. We don't need a physical fight with God to put things right, but we can come to Him in prayer and ask for help and reassurance.

A colouring page you could print and colour together

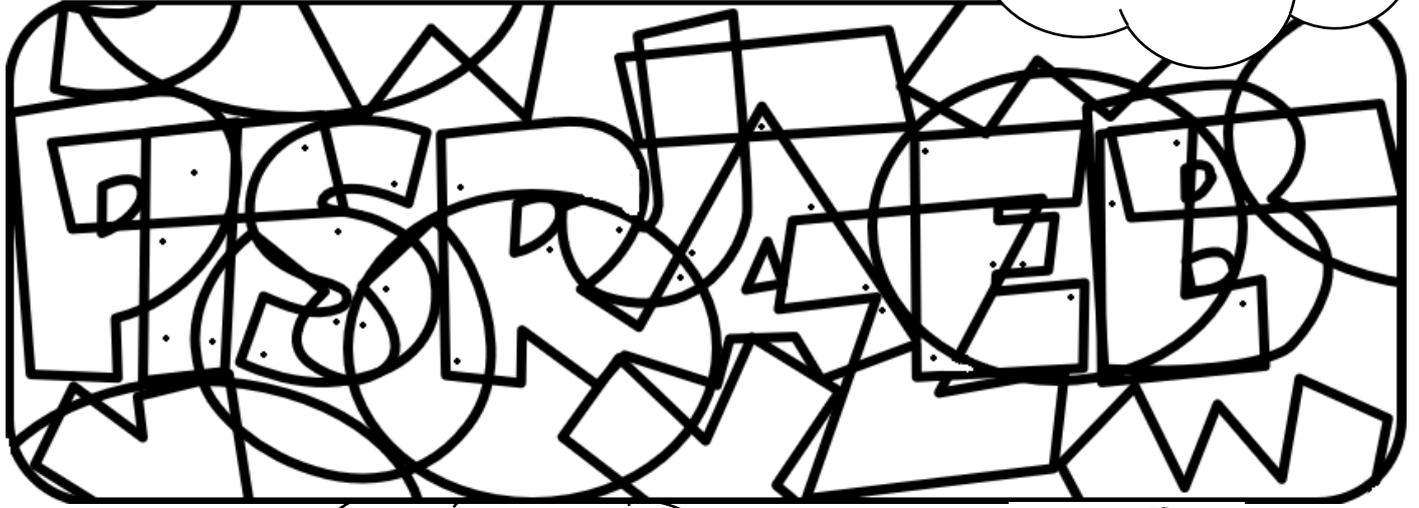
PSALM 17 V 3

I call to you, God,  
and you answer me.



# Puzzle Sheet

Jacob was given a new name – colouring in only the spaces with dots in to reveal it.



Can you work out the missing words? Each one is made from the letters of the word **WRESTLE**.

Can you find the 8 differences between the two pictures of Jacob wrestling the stranger?

