



WEEK 4

PRESCHOOL LESSON OUTLINE



BIG IDEA

God wants to help families heal.

THE BIBLE

Jacob Wrestles with God:
Genesis 32:1-32; 33:1-16

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Thumb Wrestling
- **ACTIVITY** | Broken Puzzle

TEACHING TIME

- **MUSIC** | Worship Time
- **THE BIG IDEA** | God wants to help families heal.
- **BIBLE STORY** | Genesis 32:1-32, 33:1-16
- **ACTIVITY** | A Changed Heart
- **PRAYER**

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Hidden Broken Heart
- **MEMORY VERSE** | Romans 8:28

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Hug Tag
- **ACTIVITY** | Puzzle Play



WEEK 4

PRESCHOOL LESSON GUIDE



BIG IDEA

God wants to help families heal.

THE BIBLE

Jacob Wrestles with God:
Genesis 32:1-32; 33:1-16

WELCOME TIME

WHAT? *What are we talking about today?*

ACTIVITY | Thumb Wrestling

- Welcome back! We're having so much fun learning about families this month. Today's story has a wrestling match in it. Does anyone here like wrestling? **Have you ever had a thumb wrestling war with your family or friends?** Let's try it out!
- **INSTRUCTIONS:** *Pair the kids up. Try to pair kids who are around the same size. Show them how to have a thumb wrestling match. This might be their first time ever doing a thumb war, so be ready to help them if they don't understand.*
- Last week, we learned about Jacob and how he made some mistakes and was dishonest. After he tricked his father and brother, he left his home and went to live somewhere else far away for many years. In our story today, Jacob doesn't thumb wrestle, but he does have a cool wrestling match!

ACTIVITY | Broken Puzzle

- **Have you ever done a puzzle with a family member or friend?**
- Every puzzle is a picture that has been broken into many pieces, and the goal is to put the beautiful picture back together.
- **INSTRUCTIONS:** *Divide the kids into teams of three or four kids. Give each team a simple puzzle. Challenge the kids to work together to put the puzzle together. You can make it a race to see which team can put their puzzle together first.*
- Look at these beautiful pictures! When we think about families, we might have a beautiful picture, but sometimes things can hurt our families and hurt our feelings. The picture might not look so

pretty anymore. It might look more like the broken puzzle with the pieces scattered apart. We might have hard feelings or be upset with our family members. Today, we'll learn how God put a family back together when they were separated and hurt.

TEACHING TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can sing any songs you'd like, but for this lesson we like, "Be Still" by Hillsong Kids Jr. and, "You Forgive Me" by Group Publishing.

THE BIG IDEA | God wants to help families heal.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:
 - Ask the kids to give you a drum-roll by stomping their feet or patting their laps.
 - Shout the Big Idea, then point to the kids and have them shout it back. (Change it up by using funny voices, different volumes, or inflections.)
 - Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
 - Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, ask someone to come up and read it.
- This week's Big Idea: **God wants to help families heal.**

BIBLE STORY | Genesis 32:1-32; 33:1-16

- We learned last week about Jacob tricking Esau and then tricking his father to get Esau's blessing! Jacob lied, and it hurt his family. He had a bad relationship with his brother for many years. This story sounds like it could have taken place today. **Do any of you have a hard time getting along with your brother or sister?** Let's read from the Bible to find out what happened to Jacob and Esau.
- **INSTRUCTIONS:** Look up the story in your Bible and read it to your preschoolers.
- After a long time of living separate, the brothers were going to meet up. **Have you ever had a family reunion with family you haven't seen in a long time?** Jacob was worried about meeting his brother because Jacob knew he had stolen Esau's blessing. For years, the two brothers lived separate lives and didn't talk or have a relationship with each other. **Have you ever gotten into a fight with your sibling and had a time where you didn't play with them for a while?**
- **Do you think Jacob felt bad about what he did to his brother?** Jacob prayed and asked God to help him.
- **What did Jacob do to try to make Esau less angry?** He sent gifts ahead of him to Esau.
- **What happened on the night before Jacob met Esau?** Jacob had a wrestling match with someone he didn't know. He wrestled all night, and then the other person touched Jacob's hip and it hurt him. **Do you remember who Jacob was wrestling with?** It was God! **Would you want to have a wrestling match with God?** The next day, after Jacob's wrestling match with God, he met up with his brother for the first time in many years.
- **What happened when Jacob and Esau finally met?** They hugged.
- Even though Jacob and Esau's family had been broken by lies for many years, God put this family back together through forgiveness. Esau forgave Jacob and they hugged. They were friends again.

- When we have problems in our families or fights with our brothers or sisters or parents, we can choose to forgive and put our family relationships first. We can let God help heal our families.

ACTIVITY | A Changed Heart

- In our story, Jacob made a really bad decision. He lied and stole and tricked their dad. Those things are sin. Sin is anything we aren't supposed to do. Sin hurts us and the people we love. We saw in our story how Jacob's sin broke his family apart. But God wants to help our families to heal and forgive. Let's do an experiment to see how God helped Jacob and Esau's family.
- **INSTRUCTIONS:** *Before church, prepare three clear cups. Fill the first cup halfway with water and write Esau on the outside of it. Put a few drops of food coloring in the water and stir it. Fill the second cup halfway with vegetable oil and write Jacob on the outside of it. Show the kids what happens when you mix the contents of the two cups. They don't mix.*
- **What happened that caused Jacob and Esau to live two separate lives?** Jacob tricked Esau and lied to their father.
- **What brought them back together?** God changed their hearts and helped heal their family. **Have you ever had a change of heart toward someone?**

PRAYER

- Let's spend time talking with God in prayer.
- Dear God, thank you for loving us and helping heal our families. Help us forgive people when they hurt us, and forgive us when we hurt others. We love you. Amen.

DISCUSSION TIME

DISCUSSION | Snack and Discussion

- **INSTRUCTIONS:** *Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!*
- **Why did Jacob have to leave his family?** *(He lied to his brother and father.)*
- **When Jacob was preparing to meet Esau, was he afraid Esau might still be angry?** *(Yes.)*
- **What did Jacob do to try and make Esau less angry?** *(He sent gifts to Esau.)*
- **Was Esau angry when he saw Jacob?** *(No! Esau ran to meet Jacob, hugged him, and they cried.)*
- **Who changed Esau's heart?** *(God changed Esau's heart.)*

ACTIVITY | Circle Time

- **What is something that is hard to fix once it is broken?**
- **INSTRUCTIONS:** *Have the kids join you in a circle on the floor. Ask them to name some things that are hard to fix once they are broken. After the kids have shared a few ideas, show them an example. Some ideas include: tearing a piece of paper into tiny pieces, breaking an egg, a broken glass. Then take a piece of paper and tear it into pieces. Let the kids help you gather the pieces and try and put the piece of paper back together.*
- When we lie to people we care about, it hurts our relationship. It's hard to fix, but God wants to help us just like He helped Jacob and Esau.

ACTIVITY | Hidden Broken Heart

- **Do you know what a broken heart is?** It's what people say when they are hurting. Maybe someone hurt their feelings or lied to them. **Do you think Esau had a broken heart because of how Jacob tricked him?** Let's play a game to see how well we can take the broken pieces of a broken heart and put them back together.
- **INSTRUCTIONS:** *Print the Broken Heart printable onto cardstock. Cut the pieces out and punch holes in the bottom circles before church. Hide the pieces around the room. Let the kids find the pieces and put the heart back together.*
- We learned how sad Jacob and Esau were when their family was hurting. Their hearts were hurting and broken. Sometimes our families might be hurting. We might get our feelings hurt or get upset with someone in our family. God wants to help our families and heal our hearts and our families.

MEMORY VERSE | Romans 8:28

- **INSTRUCTIONS:** *Check out the Memory Verse Guide in your Programming Folder for ideas on how to help your preschoolers memorize Bible verses. Here are the hand motions for this month's memory verse . . .*

WE KNOW (*point to your head*)
THAT IN ALL THINGS (*spread arms out in a big circle*)
GOD WORKS FOR THE GOOD (*point to the sky, then give a thumbs up*)
OF THOSE (*hold your arms out in front of you, palms facing up*)
WHO LOVE HIM (*cross your arms over your chest in an X*).

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page of the Week

- **INSTRUCTIONS:** *Give every kid a Coloring Page, plus markers or crayons. As they color, remind them that God healed Jacob and Esau's family.*

ACTIVITY | Hug Tag

- When Esau saw Jacob, he ran to him and gave him a hug. Let's play a game to remember how Esau's heart was changed!
- **INSTRUCTIONS:** *Choose a child to be "It." They will chase the other kids to try to tag them. When they tag another kid, that person must freeze and stay frozen until another player, who has not been tagged, hugs them to unfreeze them. Take turns letting other kids be "It."*

ACTIVITY | Puzzle Play

- **INSTRUCTIONS:** *Set out some different puzzles for the kids to play with together. As you put the puzzles together, to talk about how God healed Jacob and Esau's family and how God wants to help and heal our families.*

Encourage your preschoolers to help clean up the room while they wait for their parents.