

Jacob Wrestles With God

At-Home Lesson

Theme: We surrender to God's will.

Scripture: Genesis 32:22-31

Get Ready: Click [here](#) to get your complete supply list for this lesson.

The Children's Sermon:

You'll Need:

- Bible
- Ice cubes, all roughly the same size (1 per child and 1 for leader)
- Bowl
- Straws
- Salt
- Paper towels
- A hair dryer and access to electricity

Get Ready: Put the ice cubes in a bowl and keep them frozen until you're ready to use them.

Set out the rest of the supplies. Keep the hair dryer out of sight until you use it. You'll need to be near an electrical outlet.

Do This:

Have you ever watched a wrestling match? Wrestling is a popular sport all over the world. Wrestlers have to be strong and determined to win. Wrestling isn't a modern invention, though. It's one of the oldest sports in the world, and it dates back thousands of years.

Have everyone show you their best wrestler face and pose.

In today's Bible lesson, Jacob spent an entire night wrestling with an angel of God. After an entire night of wrestling, God's angel told Jacob to walk away. Jacob left the wrestling match with a new name and a limp from his hurt hip.

We sometimes struggle with God, too. We may want to do things our way instead of His way. When is it hard for you to obey God? (Allow time for responses.)

Give each child a paper towel. Explain that they're in charge now. They'll each have to choose how they think they can most quickly melt an ice cube. They can use a straw to blow hot air on it, sprinkle salt on it, or hold it to try to melt it most quickly. Pass around the supplies so kids can choose, then distribute the ice cubes.

Give kids one minute to try to melt their ice cube using their chosen method. Meanwhile, turn on the hair dryer and blow hot air on your ice cube.

Call time, then compare everyone's efforts.

How did your way compare to my way of melting the ice cube? Why was my way more effective?

My ice cube melted much faster because I had more power. And with God's power, we can do greater things. We can stop doing things our way. We can surrender to God's will and trust that He knows best.

Dear God, please help us remember that You are the One who knows what's best for us. We can surrender to Your will and trust You. In Jesus' name, amen.

“Jacob Wrestles With God” Video Lesson

You'll Need:

- [“Jacob Wrestles With God”](#) video lesson
- Something to play the video

Do This:

Show kids the video.

Afterward, ask:

- **What did you learn about what happened to Jacob during this video?**
- **What is something you wrestle with God about?**

Say: **We can be tempted to want to be in control of everything, especially when we’re facing something that’s scary or uncertain like Jacob was. God really is in control, even though He lets us wrestle with Him about certain things. We can remember Jacob’s wrestling match and know that surrendering to God will always work out for the best.**

Twisty Tasties

You’ll Need:

- Cheese Stick Twists with yellow and white cheese
- Crackers
- Napkins
- Sanitizing hand wipes

Do This:

Have kids clean their hands with hand wipes.

Say: **In today’s Bible lesson, the angel said he’d been face-to-face with God. After that, God changed Jacob’s life. He had a limp from his hurt hip, and God gave him a new name: Israel. Our cheese stick is like the two wrestlers, twisted together. It was hard to separate them!**

Give kids the challenge of cleanly “untwisting” their Cheese Stick Twist colors.

Say: **And our crackers remind us of God’s power. He could have easily won, but only touched Jacob’s hip.**

Challenge kids to break their crackers in half.

Say: **God is good, He loves us, and we can trust Him and surrender to His will.**

Thank God for his wisdom and power, then enjoy the snacks.

Complete Supply List:

- [Straws](#)
- [Salt](#)
- [Cheese Stick Twists with yellow and white cheese](#)
- [Crackers](#)

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