

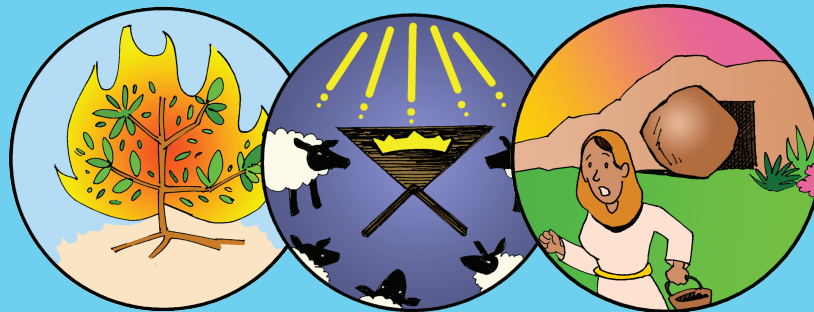
KIDS (PK-2ND)

**LESSON
#2-3**

**SAMPLE
DISPLAY COPY**

LIVING THE WORD

Narrative Lectionary



**Teaching Kids God's Story
KIDS (PK-2ND)**

Teacher's Guide

Contributors

Publisher

Gregory Rawn

Editors

Kari Osmek
Cynthia Fairman Paulson
Elaine Seekon

Writers

Kari Osmek
Renaë Boehmer
Victoria Hoppes
Rev. Anna Shirey
Anne Tews Schwab

Graphic Designers

Nicholas McDougal
Benjamin Borter

Layout

Nance Keyes

Illustrators

Amanda Wolfe
Rev. Tom Pairan
Michael Mittermeier

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Lesson #2-3

Jacob Wrestles

Genesis 32:[9-13] 22-30

PK-2nd

Key Verse:

Then the man said, “You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.”

Genesis 32:28

The Point:

God changes us.

Making Connections:

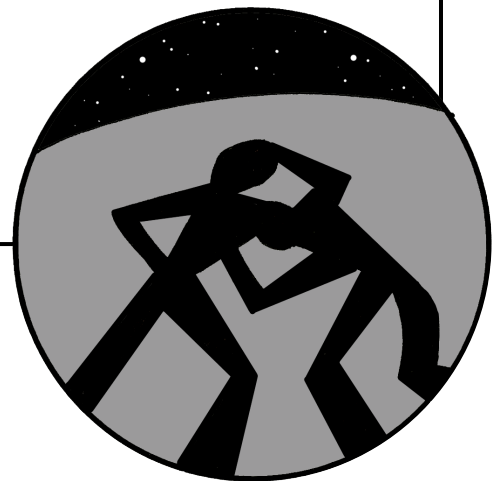
God Creates Family

Bible Nuts & Bolts:

Israel’s Origin Stories

Spiritual Practice:

Prayer



Activities a la Carte

Activities

Supplies

Story Centers (PK-K)

15 min.

Blessing our Homes

Build a replica of a home.

Blessing People

Create a person who God blesses.

Blessing Food

Ask God to bless some yummy food.

† Building blocks

† Play dough

† Child-safe food toys

† Optional: snack

Into the Story (1st-2nd)

Are You Strong Enough?

Test your strength.

5 min.

† Ping pong ball

† Large textbook

† Backpack full of rocks

Bible Nuts & Bolts (1st-2nd)

Israel's Beginnings

An important story begins.

5 min.

† Bible

† Children's picture book

Learning the Story (PK-2nd)

Jacob Wrestles with God

Use hand motions to help tell the story of Jacob.

15 min.

† Activity Sheet #2-3.A

Activities a la Carte

Living the Story (PK-2nd)

Special Blessing

Learn a special blessing.

10 min.

† Activity Sheet #2-3.B

Singing the Story (PK-2nd)

Jacob's Blessing

Sing a piggyback song to the tune of "Mary Had a Little Lamb".

5 min.

† None

Additional Activities

Name Meanings (PK-2nd)

Your name is special.

10 min.

† Baby name book or web site
† White paper or cardstock
† Crayons

Seek and Find (1st-2nd)

Explore blessings and prayer.

10 min.

† Activity Sheet #2-3.C
† Scissors

Bless Our Food (PK-2nd)

Share a table blessing.

10 min.

† Snack
† Napkins

Bible Book (PK-2nd)

Optional ongoing activity.

5 min.

† Bible Book page (found at end of lesson)
† Cardstock or plain paper
† Pens
† Markers or crayons
† Optional: three-ring binders, hole punch

Sending the Story

5 min.

† None

Background for Teachers

Making Connections

Today we will continue their journey through the book of Genesis by hearing a story about Jacob. Last week, we heard the story of the fulfillment of God's promise to Abraham and Sarah through the birth of their son, Isaac. Jacob, the central character in today's story, is the son of Isaac and his wife, Rebekah. Today we will hear about another promise God makes to Jacob after a strange meeting.

Story Summary:

Jacob Wrestles

This is a very strange story. While traveling with his family, Jacob is met by a stranger while he is alone. The stranger wrestles with Jacob through the night, striking Jacob's hip and causing it to become disjointed. However, Jacob does not stop fighting.

At dawn, Jacob is asked by this stranger to stop wrestling. Jacob refuses to stop unless he receives a blessing. So the stranger reveals them self as God and changes Jacob's name to Israel, or "one who prevails with God," because Jacob wrestled with God and prevailed. This blessing changes Jacob, and he gives the place where he wrestled God the name "Peneil" (pronounced PHEN-ih-ehl), stating that he has seen God's face and has still lived.

The Point

God changes us.

We receive blessings from God that change us, too. Just as God gave Jacob a special blessing, we also receive special blessings from God. God provides us with the things we need to survive and live. God heals us when we are sick. God reveals God's self to us through people and experiences. These blessings change us and help us see the face of God in our lives, just as Jacob saw the face of God.

Bible Nuts & Bolts:

Israel's Origin Stories

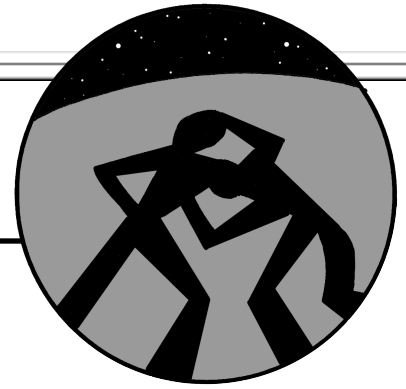
Origin stories are a type of stories that explain how something came about. Sometimes the stories show how God is interacting with the world. Stories like today's reading tell the Israelite people who they are as a nation and where they came from. Genesis is an origin story. It begins with the origin of the world. Then it addresses the origin of the people of Israel. It focuses on four generations, beginning with the call of Abram (Abraham) and ending with his great-grandson Joseph and the move to Egypt. Today's story is also an origin story as it tells the origin of the name "Israel."

Spiritual Practice: Prayer

This week will explore a blessing as a type of prayer. Blessings are often defined as special gifts from God. In today's Living the Story activity, students will ask God to bestow special gifts on them and the world around them by praying different prayers of blessing.



Lesson Plan



Story Centers (PK-K; 15 minutes)

Story Centers are mini-activities designed specifically for preschool and kindergarten students. Depending on the size of your class, you can set these up as centers for in-class rotations or do them as a whole class one after another. In most preschool and kindergarten classes, these centers along with a snack, the “Learning the Story” activity, and the “Living the Story” activity will fill the education time, but feel free to choose any activity you think would be fun and appropriate for your class.

Blessing Our Homes

Provide building blocks students to build a replica of their house or where they live.

Blessing People

Provide play dough, so students can make a sculpture of a person who they hope will be blessed.

Blessing Food

Provide child-safe food toys for students to play with. You may even wish to provide a snack for them to eat instead. *Before serving any food, always check with participants or caregivers for students who have food allergies. Provide an alternative if necessary.*

Into the Story (1st-2nd; 5 minutes)

Are You Strong Enough?

Test your strength.

You will need:

- † Ping pong ball
- † Large heavy book
- † Backpack full of rocks (or other objects that will make the bag heavy)

Before class:

1. Gather materials. Fill a backpack with a collection of large rocks (or other objects) to make it heavy and hard for students to pick up.

During class:

1. Place the ping pong ball on the table. **Today we are going to start our time together by testing our strength. How many of you think you can lift this ping pong ball? Raise your hand if you think you can.**
2. After students raise their hand, invite them to try lifting the ping pong ball. Next, place the large textbook on the table.
3. **What about this large book? Are any of you strong enough to lift this? Raise your hand if you think you can.**
4. After students raise their hand, invite them to try lifting the book. Finally, place the backpack on the table (or by the table, if it is very heavy).
5. **What about this backpack? How many of you think that you can lift this heavy bag? Raise your hand if you think you can.**
6. After students raise their hand, invite them to try lifting the backpack.
7. **Which objects were easy to lift?** [*The ping pong ball, and maybe the book.*] **Which objects required you to be very strong to lift them?** [*The backpack.*]
8. **In today's story, we are going to hear about a man who did something strange. He had the strength to wrestle with God!**

Bible Nuts & Bolts (1st-2nd; 5 minutes)

Israel's Beginnings

An important story begins.

You will need:

- † Bible
- † Children's picture book

During class:

1. Hold up a picture book. **Do you like reading books?** *[Allow answers.]* **Today we are going to start by reading the beginning of a book.**
2. **The beginning of a book is very important because you learn a lot about what will happen in the story. Let's read the beginning of this book and see what important things we learn!**
3. Read the first few pages of the picture book. Read just enough so that students hear who the story is about, the setting of the story, and if possible, a major plot line.
4. **What are some of the important things we learn from reading the beginning of a book?** *[Who the story is about, where the story takes place, what the story will be about, etc.]*
5. **The beginning of a book is very important because it teaches us what we will be reading about and all of the characters that are in the story.**
6. Show students the Bible. **What book is this?** *[The Bible.]* **The Bible is made up of many different books. Do you remember what the first book of the Bible is called?** *[Genesis.]*
7. **The first book of the Bible is called Genesis. The word "Genesis" means "beginning." The book of Genesis is the beginning of the Bible. It is the beginning of a story.**
8. **For the last few weeks, we have heard some stories from Genesis. Do you remember these stories? What were they?** *[Creation, and Abraham and Sarah having a son.]*
9. **The stories we have heard are part of the beginning of the Bible. We have heard stories about how God has created the whole world, where the stories take place, and we have learned about the first people who God created and some of the characters in the story.**
10. **Today we are going to hear another story from the book of Genesis. In this story, we will hear about another important beginning of the Bible. We will hear the story of Jacob, who later becomes Israel. This is the story of the beginning of a whole group of people known as the Israelites.**

Learning the Story (PK-2nd; 15 minutes)

Jacob Wrestles with God

Use hand motions to help tell the story of Jacob.

You will need:

- † Activity Sheet #2-3.A

Before class:

1. Make one copy of Activity Sheet #2-3.A for each student.
2. Practice reading the poem with the hand motions.

During class:

1. Teach and practice the hand motions on Activity Sheet #2-3.A with students.
2. Read through the poem with the hand motions once.
3. If time allows, read through the poem with the hand motions again.
4. Discuss the following:
 - **What strange thing did Jacob do when he met a strange man?** [*He wrestled with the man.*]
 - **What did Jacob ask this man?** [*To bless him.*]
 - **Who did Jacob discover that this man really was?** [*God or an angel.*]
 - **What did God give Jacob?** [*A blessing and a special name.*]
 - **How do you think Jacob felt when he discovered who he was wrestling?** [*Surprised, shocked, and frightened.*]
 - **How do you think Jacob felt when God changed his name?** [*Surprised, shocked, special, and loved.*]
 - **Have you ever met someone who changed you?** [*Answers will vary.*] Invite students to tell stories. You may wish to answer this question first.
 - **Jacob changed when he met God. Do we change when we meet God?** [*Yes, sometimes we do.*]
5. Send home a copy of Activity Sheet #2-3.A with each student.

Alternate activity for older students: Some older students may find this activity too easy. Invite these students to create their own hand motions to go along with the poem.

Living the Story (PK-2nd; 10 minutes)

Special Blessing

Learn a special blessing.

You will need:

- † Activity Sheet #2-3.B

Before class:

1. Make one copy of Activity Sheet #2-3.B for each student.

During class:

1. **In today's story, Jacob meets and talks to God. We talk to God, too. How do we talk to God?** *[Through prayer.]*
2. **That is right! When we pray, we talk to God. In our story, after Jacob talks to God, God gives him a special blessing. God is not the only one who can give a blessing, either. People like you and I can give blessings. A blessing is like a special prayer.**
3. Invite students to stand in a circle, with enough room around them so they can move around.
4. **Today we are going to learn our own special blessing. We normally say blessings before we eat food, or when we move into a new home, or even when we meet new people. We also hear blessings during church services before we leave the church building. Let's learn this special blessing.**
5. Say the blessing on Activity Sheet #2-3.B, while doing the movements. If time allows, go through the blessing a second time, inviting students to lead it. For younger students, you may choose to omit the third line in each stanza.
6. **When we pray, we talk to God about many different things. With blessings, we thank God for all of the wonderful things God has given us. We also ask God to be with us and other people, to keep us safe, and to provide us with all that we need.**
7. Send a copy of Activity Sheet #2-3.B home with students.

Singing the Story (PK-2nd; 5 minutes)

Jacob's Blessing

Sing a piggy-back song to the tune of "Mary Had a Little Lamb."

Jacob met God in a special way,
Special way,
Special way,
Jacob met God in a special way,
And his life was changed.

God gave Jacob a special name,
Special name,
Special name,
God gave Jacob a special name,
And his life was changed.

Additional Activities

Name Meanings (PK-2nd; 10 minutes)

Your name is special.

You will need:

- † Baby name book or web site
- † White paper or cardstock
- † Crayons or markers

Before class:

1. Write each student's name on an individual piece of paper or cardstock.
2. Use a baby name book or web site to look up the meanings of the names of your students.
3. For younger children, write the meaning of each child's name on their piece of paper or cardstock.

During class:

1. **In our story, God gave Jacob a name with a special meaning. Jacob's name became "Israel" because he wrestled with God and did well. Each of us has been given a special name, too.**
2. **Your parents probably spent a lot of time deciding on a name for you, and they may have had lots of reasons why they chose your name. Maybe your name is a tradition in your family, and other people have the same name. Maybe they liked the meaning of your name. Or maybe they just liked the way your name sounded.**
3. Give each student the paper with their name and crayons or markers.
4. **Before our class today, I looked up the meaning of each of your names. Go around the class and share the meanings of students' names. Older students may wish to write the meaning on their paper if you have not already done so.**
5. **How does that make you feel to know what your name means? Take a few minutes to draw on your paper any images or pictures that you think of when you hear the meaning of your name.**
6. Allow students to share what they created.
7. **Jacob had a special and unique name, just like each of us has a special name. God has called you, named you, and claimed you, and you are special, too!**

Seek and Find (1st-2nd; 10 minutes)

Explore blessings and prayer.

You will need:

- † Activity Sheet #2-3.C
- † Scissors

Before class:

1. Print a copy of Activity Sheet #2-3.C.
2. Cut apart the different blessing cards and hide them around your classroom..

During class:

1. **Today we have learned about a special kind of prayer called a blessing. Can you think of any ways that people use blessings?** [*We bless food, we bless places where people live, we bless people who need healing, etc.*]
2. **Let's discover some of the different ways people use blessings. I have hidden different slips of paper all around our room. Each slip of paper has a different kind of blessing on it. Your job is to find these slips of paper so we can make our own list!**
3. Invite students to explore the room and find the slips of paper. Once all of the slips of paper are found, invite students to bring them together.
4. **Did anyone find a slip of paper? What types of blessings did you find?**
5. Invite students who are able to read to share the writing on their slips of paper. The teacher can assist any students who are not independent readers. Lay all of the papers in front of the group so everyone can see the list.
6. **There are many ways that people use blessings, especially in our prayers and worship. Next time you hear a blessing, think about the special blessing that God gave Jacob, and the special blessings that God gives us, too.**

Bless Our Food (PK-2nd; 10 minutes)

Share a table blessing.

You will need:

- † Snack
- † Napkins

Before class

1. class:
2. Before serving any food, always check with participants or caregivers for students who have food allergies. Provide an alternative if necessary.

During class:

1. **How many of you say a prayer before you eat at home or at a family member's house? Do you remember the words to the prayer you say?** Allow students to share.
2. **Today we are going to share a snack together. Before we eat our snack, we will say a table blessing to thank God for providing this food for us.**
3. If students know a simple prayer, use that or ask one of the students to help the class learn it. If not, use a simple prayer such as **“Come, Lord Jesus, be our guest, and let this food to us be blest. Amen.”**
4. Distribute the snack. While students eat, talk about other things for which they are thankful.

Bible Book (PK-2nd; 5 minutes)

Optional ongoing activity.

You will need:

- † Bible Book page (found at end of lesson)
- † Cardstock or plain paper
- † Three-hole punch
- † Pens
- † Markers or crayons
- † Optional: three-ring binders, hole punch

Before class:

1. Make copies of this week's Bible Book page on cardstock or copy paper for each student.

During class:

1. Pass out Bible Book pages.
2. Read the bottom of the Bible Book page aloud, reminding students of what they learned in the lesson.
3. Have them put their names on their pages, and draw a picture of something they particularly liked or remember from story in the middle of the page.
4. Optional: Collect and three-hole punch the pages, and put them in individual binders for each student to be kept at church until the end of the year. If you wish, you can investigate other options for binding the Bible books through a local print shop at the end of the year instead of using a three-ring binder.

Sending the Story (PK-2nd; 5 minutes)

Prayer

Before ending class, make a point to come together to pray. Use the following or say your own prayer.

**Dear God,
Thank you for always finding us, no matter where we go.
Thank you for blessing us and changing us.
Help us remember the blessings we hear, and help us bless others, too.
In your name.
Amen.**

Jacob Wrestles with God

Use hand motions to help tell the story of Jacob.

Jacob and his family traveled away,	<i>Move your fingers like they are walking.</i>
And he found a place to stay.	<i>Hold your hands in a “stop” motion, with palms facing away from you.</i>
Jacob was the only one,	<i>Hold up one finger.</i>
When a stranger to him did come.	<i>Make a “come here” motion with your hand.</i>
Jacob wrestled through the night,	<i>Make both hands into fists.</i>
Until the sun was shining bright.	<i>Raise both your hands straight above your head.</i>
While wrestling, Jacob hurt his hip,	<i>Point to your hip.</i>
Because this challenge he would not skip.	<i>Shake your head and wiggle your finger as if you are saying “no.”</i>
Jacob asked that he be blessed,	<i>Cup your hands around your mouth.</i>
And the one who blessed him, he could not have guessed.	<i>Shake your head and wiggle your finger as if you are saying “no.”</i>
Jacob had actually wrestled with God!	<i>Point to the sky.</i>
Good things came from something odd.	<i>Hold your hands out in front of you, with palms facing up.</i>
God gave Jacob a special name,	<i>Point to heart.</i>
And Jacob would never be the same.	<i>Shake your head and wiggle your finger as if you are saying “no.”</i>

Special Blessing

Learn a special blessing.

Dear God,

Thank you for loving us. *(Cross your arms over your chest.)*

Thank you for giving us everything we have. *(Hold your arms open wide.)*

Bless everything on our beautiful earth, *(Crouch and touch the ground.)*

And everything in the sky. *(Stand up on your toes and reach into the air.)*

Help it stay beautiful and healthy all the time. *(Bring your arms down to your side slowly.)*

Bless our families and the people we love, *(Cross your arms over your chest.)*

And all of our friends, too. *(Shake the hand of a person standing near you.)*

Help us to be kind and good. *(Smile and point to your mouth.)*

Bless the food that we eat, *(Pretend you are eating something.)*

And the places where we live. *(Raise your arms above you head and make a “roof” with your hands.)*

Make them things that will always help us live good lives. *(Bring your arms down to your side slowly.)*

Bless everyone who is sick or hurt, *(Hold your arms open wide.)*

Or who needs to know your love. *(Cross your arms over your chest.)*

Help them feel better and remember that you are always here. *(Point to your heart.)*

Thank you, God, for loving us. *(Cross your arms over your chest.)*

Thank you for blessing us and everything we have. *(Hold your arms open wide.)*

Amen.

Seek and Find

Explore blessings and prayer.

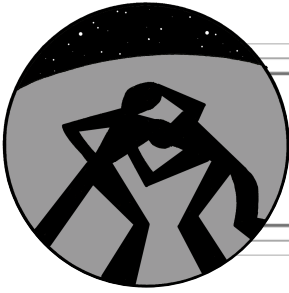
<p>Saying grace before meals.</p>	<p>Laying hands on someone who is sick.</p>
<p>Blessing a new home.</p>	<p>Praying for people at their wedding.</p>
<p>Asking God to bless a friend or relative.</p>	<p>The benediction at the end of a church service.</p>
<p>Blessing animals.</p>	<p>Asking God to bless the earth.</p>

Jacob Wrestles

Genesis 32:22-30

The Point:

God changes us.



The Story @ Home

PK-2nd

Living the Word: Teaching Kids God's Story

Narrative Lectionary, Year 2 (2019-2020)

Lesson #2-3

Genesis 32:22-30

Last Week

Last week continued the theme of God's relationship with humanity as God promised a child to Sarah and Abraham (Genesis 18:1-15; 21:1-7).

This Week

This week, the story follows Isaac's grandson, Jacob, as he wrestles and gains God's blessing. This story shows the unfolding of God's promise to Abraham that through his descendants a new nation will be born (Genesis 32:[9-13] 22-30).

Story Summary

This is a very strange story. While traveling with his family, Jacob is met by a stranger. The stranger wrestles with Jacob through the night, striking Jacob's hip and causing it to become disjointed. However, Jacob does not stop fighting. At dawn, Jacob is asked by this stranger to stop wrestling. Jacob refuses to stop unless he receives a blessing. So the stranger reveals them self as God and changes Jacob's name to Israel, or "one who prevails with God," because Jacob wrestled with God and prevailed. This blessing changes Jacob.

Practice: Prayer

This week explores a blessing as a type of prayer. Blessings are often defined as special gifts from God. Students asked God to bestow special gifts on them and the world around them by praying different prayers of blessing. Create a simple, one-sentence blessing that you can say to each other before bed each night.

The Point

God changes us.

Bible Nuts & Bolts

Israel's Origin Stories

Origin stories are a type of stories that explain how something came about. Sometimes the stories show how God is interacting with the world. Stories like today's reading tell the Israelite people who they are as a nation and where they came from. Genesis is an origin story. It begins with the origin of the world. Then it addresses the origin of the people of Israel. It focuses on four generations, beginning with the call of Abram (Abraham) and ending with his great-grandson Joseph and the move to Egypt. Today's story is also an origin story as it tells the origin of the name "Israel."

Next Week

Next week, the story picks up 400 years later as the descendants of Abraham, Isaac, and Jacob—the Israelites—are enslaved in Egypt. God comes to Moses in the form of a burning bush and sends Moses to deliver God's people from slavery. (Exodus 1:8-14 [15—2:10]; 3:1-15)

Family Discussions

Use the questions below or other questions you think of to discuss today's Scripture reading (listed above) with your family.

- ✚ In what way does this text teach about the theme, God Creates Family?
- ✚ What does this scripture have to do with our lives today?
- ✚ What part of this scripture is the most interesting to you? Why?

Family Devotions

As you hear and study these stories each week, consider what God has to say to you and your family. What is God's message to us? How should we respond?

Sunday—Read Genesis 32:[9-13] 22-30

Jacob wrestles.

What is your origin story? Tell the story of your family as far back as you are able. Share pictures if you have them.

Monday—Read Genesis 33:1-11

Jacob and Esau are reconciled.

How did Esau greet Jacob? Greet one another in the same way.

Tuesday—Read Genesis 30:22-24; 41:1-16

Pharaoh's dream.

Draw pictures of Pharaoh's dream.

Wednesday—Read Genesis 41:25-36

Joseph to the rescue.

Share the strangest dream that you have ever had. What do you think it meant?

Thursday—Read Genesis 41:37-45

Joseph is exalted.

If you had done something great for a king, how would you want to be honored or recognized?

Friday—Read Exodus 1:8-14

Enslaved in Egypt.

The new king felt threatened by the Israelites and made life hard for them. How can their knowledge of who (and whose) they are help them during difficult times? How can your knowledge of who (and whose) you are help you during difficult times?

Saturday—Read Exodus 1:15-2:10

Defiant and dauntless women.

Sometimes you are challenged to do something that you know is wrong. What are some ways that you can be brave and do what is right?