

Lesson #2-3***Jacob Wrestles***

Genesis 32:[9-13] 22-30

**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.

Unit Theme (September 26—September 22)

God Creates Family

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)

Instructions:

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 participants 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 participants 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 participants 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!**