

# Adventures with GOD!

## ESAU, THE FORGIVENESS OF A HERO (C.3.FALL.3)

Biblical Reference	Genesis 33:1-10
Key Verse	Mark 11:25
Key Concept	If I want to be a true hero I need to learn to forgive.
Educational Objectives	At the end of the class today, the children will be able to: <ol style="list-style-type: none"> <li>1. Tell the story of what happened between Jacob and Esau</li> <li>2. Act out the reconciliation between the brothers</li> <li>3. Say the Bible verse by memory</li> </ol>

### LIFE APPLICATION:

The story of reconciliation between Jacob and Esau is filled with important life lessons. One of the aspects of the story that most stands out is the example of Esau who came to forgive his brother. God asks us to forgive those who sin against us. This week the children will be able to reflect on their own lives and in the ways they need to forgive others and on the people who have been examples of forgiveness for them.

### Possible Activities and Class Plan

Activity	Materials	Time
My GROW Adventure	GROW Adventure w/God materials	5 minutes
Opening Prayer	Candle	1 minute
Bible Reading	Bible	5 minutes
Introduction	Number 7	5 minutes
Group work	See instructions	15 minutes
Bible exploration	Bible	15 minutes
Bible verse	Paper, markers	10 minutes
Project	See instructions	10 minutes
My GROW Adventure	Review	5 minutes
Closing Prayer	Candle	1 minute



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## INSTRUCTIONS

**My GROW Adventure with God Weekly Review:** As children enter take time to have them reflect on their adventure with God booklets and either discuss or use art materials to express their journey during the past week. You may wish to add any art work, written poems, prayers or songs to a GROW wall in the room. You can find my GROW Adventure with God materials on the Covchurch.org website in the same place as the Adventures with God sessions.

**Opening Prayer:** Gather children around a candle. Light the candle and explain that we are entering into a special time with God. Encourage the children to hold their hands out in front of them palms up as a sign they are ready to receive what God has for them today.

**Prayer Example:** Lord God, thank you for making us, for loving us, for forgiving us, and guiding us. We know you are here with us right now. As we enter into your word, the Bible, help us draw close to you, to understand and to listen to what you have to say to us. Amen (For safety sake, you may wish to extinguish the candle after the prayer.)

**Bible Reading:** Explain that when we read the Bible we do so first and foremost to spend time with God. Children can remain with hands out and palms up to receive the word as it's being read. Alternatively they can be invited to draw what they hear. Read the biblical reference for the day (Genesis 33:1-10) two times and ask children to respond.

**Question examples:** What did you notice in this passage? How does it make you feel? Was there anything you would ask God about that you didn't understand or was confusing? Is God saying anything to you through the story?

**Introduction:** Before class, cut out various copies of the number 7 and hang them around the room. As you begin the time of Bible exploration, ask them what the number seven represents. Write down their answers. Remind them that in the Bible it has to do with when Peter asked Jesus how many times he had to forgive someone. Open your Bibles to Matthew 18:21-22 and read what it says. Then write in big letters across the board or take out a sign that you've already made that says, "Forgiveness."

**Group work:** Divide the children in groups and have them come up with a skit that illustrates a situation where it would be really hard to forgive a sibling.

**Bible exploration:** Today you will talk about two brothers who had a big problem. The story of Jacob and Esau is found in Genesis 25, 27 and 33. Today you will review what happened in the life of these two brothers, using the illustrations included in this lesson to make a sort of timeline. Set the scene for this story by inviting the children to come and join you around

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a campfire. Have them sit a circle on the floor and find materials to make a pretend campfire. If you want, pass out some marshmallows and pretend that you are roasting marshmallow. Create a sense of being huddled together around the fire as you review the story of Jacob and Esau.

The focus of today is not on how these brothers came to have problems, but rather on Esau's decision to forgive his brother for the bad things he had done to him. Together review Genesis 33:1-10 and allow the children to reflect on the passage. "What must Jacob have been feeling as he went to meet his brother after so many years? What did he think would happen? What was going through his head? What was going through Esau's mind as he went to meet his brother?"

Remember that at one time Esau wanted to kill his brother. His anger against his brother forced his brother to flee. Because of this Esau never got to develop a relationship with his brother, nor did he know his brother's family. He not only lost his inheritance, but he lost his relationship with his brother. But in this story we see that Esau decided to forgive. Why? What did he have to gain? What do we have to gain when we forgive someone who has done something against us? What about forgiveness makes it a characteristic of a hero?

**Bible verse:** Together read the Bible memory verse – Mark 11:25. Allow the children to illustrate the verse using paper, markers, or other craft supplies.

**Project:** This would also be a good time to continue working on your trimester project, adding to the illustrations or story, or using one of the games if you've chosen the theme of the Olympics. There is also an activity sheet that you can use.

## **Today's GROW Adventure with God Review:**

**G: God's Word:** What is the story? (Give children an opportunity to express their understanding of the story)

**R: Relationships:** Is there anything in today's Bible story that shows us how we should or shouldn't share God's love with others? (Remind children that sometimes God uses the stories of the Bible to show us how we shouldn't act toward God or others and give them a chance to consider how we might show God's love instead)

**O: Outward Action:** Is there anything in the Bible story that shows us how we should help or serve God or others? (Explore concrete ways the children could live this out in the coming week)

**W: Worship:** Is there anything in the Bible story that shows us how we should accept God's love for us and others? Ask: How do you feel about God? How would you like to respond to God? What would you like to say to God?

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**Closing Prayer:** Gather children around the candle again. As you light the candle explain that the flame is something that is present in the light and the darkness. In the same way, it reminds us that God is always with us. Is there anything anyone wishes to say to God? After children have responded, close the prayer time.

**Prayer Example:** Lord God, we thank you that you are always with us, and always love us. It's good to be with you. Thank you for what we have learned today. Thank you for being with us and for teaching us through the Bible. Help us to remember what you have taught us today and to live it out when we leave. Amen



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## OLYMPIC GAME

This game can be used to review the Bible story (not just for this lesson but for any lesson).

Materials:     Balloons  
                  Strips of paper with questions written on them

Instructions:   To prepare for this activity, write review questions on small strips of paper. Place the strips of paper in balloons (one paper in each balloon). Blow up the balloons.

How to play:

Have the students make a line on one side of the room and place all the blown up balloons on the other side of the room. Taking turns the children will run to the other side other side of the room, choose a balloon, sit on it to pop it, read the question and answer it.

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## ILLUSTRATION

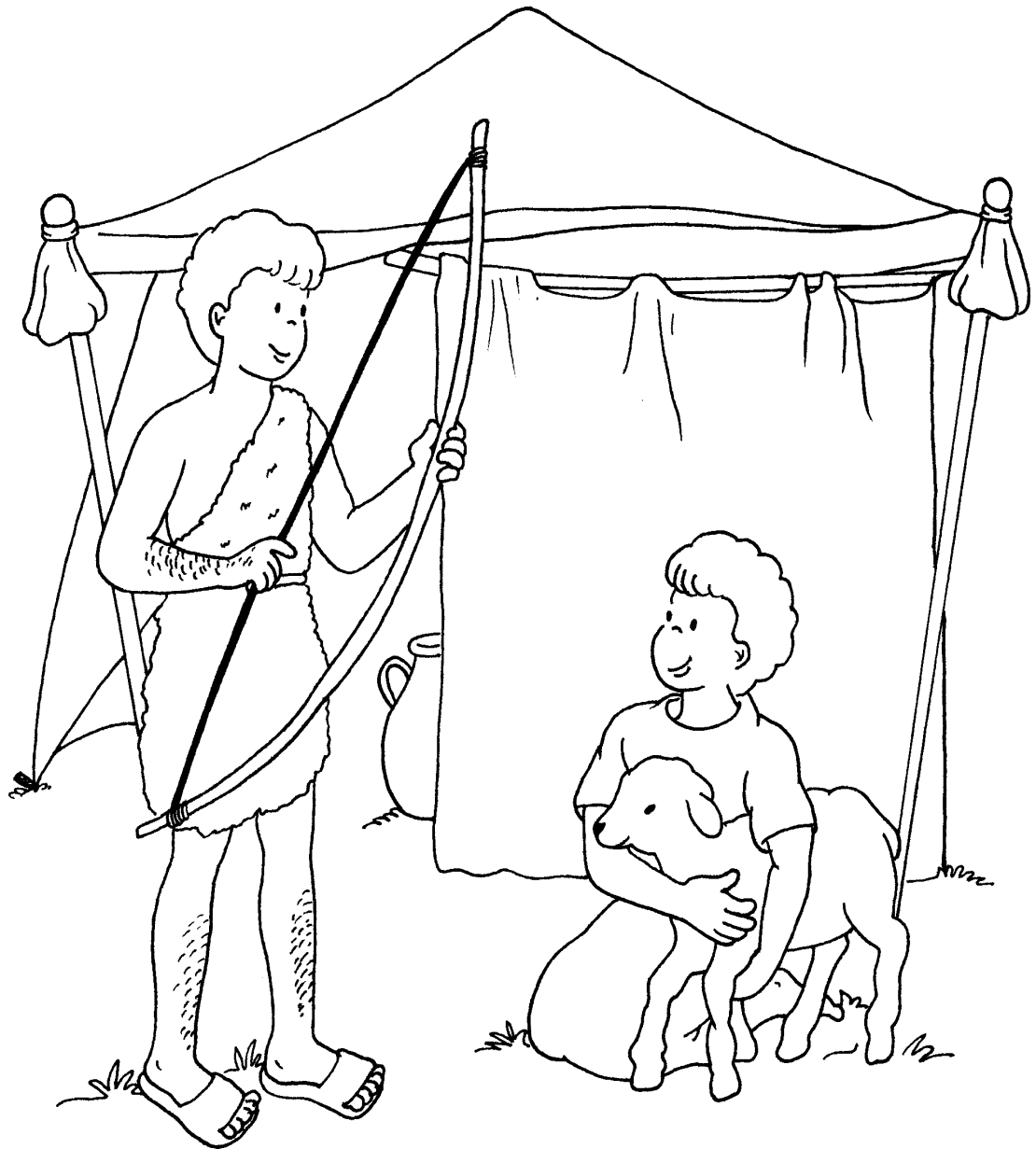
Isaac and Rebekah had twins – Jacob and Esau



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## ILLUSTRATION

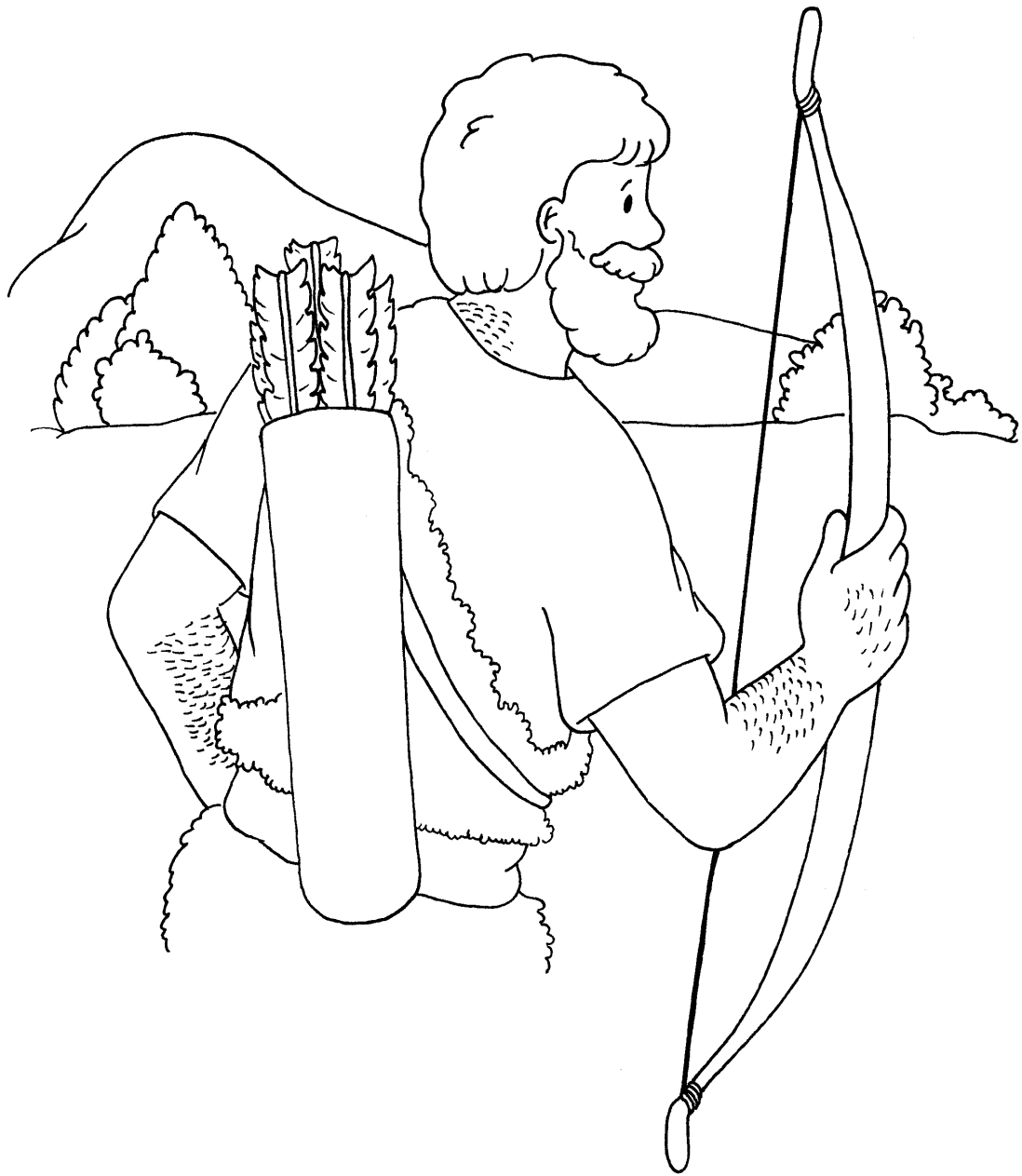
Esau was the first-born and he lived in the countryside and loved to hunt. Jacob preferred to be at home with his mother. He was her favorite child.



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## ILLUSTRATION

One day when Esau got home from hunting he was very hungry and Jacob gave him some soup and tried to make a deal with him.





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## ILLUSTRATION

"If you give me your inheritance I will give you some soup." Esau accepted the proposal because he was hungry and wasn't thinking about his rights as the first-born son.



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## ILLUSTRATION

Isaac was old and blind. He called Esau in to give him the blessing.



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## ILLUSTRATION

With his mother's help, Jacob tricked his father. Isaac gave Jacob the blessing instead of Esau. Esau was very angry and wanted to kill Jacob.



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## ILLUSTRATION

Jacob fled and worked for a man named Laban for many years. Jacob married two of Laban's daughters. Then one day God told him to go back home.



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## ILLUSTRATION

Jacob was a rich man with many children. But, he was still scared of his brother Esau.



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## ILLUSTRATION

Jacob sent ahead gifts to his brother. And when Esau met Jacob he gave him a hug and forgave him.



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## ACTIVITY SHEET FORGIVENESS

Fill in the information below. With your teacher or another friend, spend time praying for the situation you've written about.

<b>Difficult situation Or someone who did something against you</b>	<b>My reaction to the situation</b>	<b>What God asks of me</b>	<b>My decision</b>

