

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 1 • Unit 6 • Week 4

JACOB, ESAU AND FORGIVENESS

OBJECTIVE:

To help the children understand that God forgives us as we forgive others.

ATTENTION GETTER:

Supplies: Two to four packages of dominoes

Do:

- Divide children into two groups.
- Give each group a set of dominoes.
- Ask them to make a design with the dominoes that will fall over when one domino is pushed.
- Walk around the two groups. When you see that one group is almost finished, accidentally knock over a domino that wrecks the project.
- Apologize and as you're apologizing, bump into the other group's project and knock theirs over too.

Apologize again and then stop the projects:

Ask: What did you think when I knocked over your projects?

How would you feel if you knew it was an accident?

How would you feel if you knew I did it on purpose?

If I said I was sorry, would you still be mad at me?

Say: It can be hard to forgive people especially if they do hurtful things on purpose. It may be even harder to forgive if they do mean things again and again. Today we're going to learn that God forgives us as we forgive others. Now let's listen to a story of two brothers who had a lot to forgive.

BIBLE LESSON:

Do: Divide the students into two groups. Half will belong to Jacob's group, and the other half will belong to Esau's. Have the two groups face each other in the classroom.

You may choose to tell the story in one of the following ways:

- Have two adults read the roles of Jacob and Esau using simple costumes such as bathrobes, sandals and towels wrapped with fabric strips for headgear.
- The teacher may read both roles with hand puppets or paper doll puppets on a stick.

Say: Our Bible story comes from the book of Genesis. It's about two brothers—twin brothers—who didn't get along very well.

Do: As the characters read through the story, encourage the children in both groups to cheer for their characters.

Twin Troubles

By Lois Keffer

Esau: I'm Esau. My brother Jacob and I are twins, but I was the first to be born. That gave me the right to get almost all my father's money and land. My father is really proud of me because I'm a great hunter.

Jacob: I'm Jacob. One thing I can tell you about my twin brother Esau is that he's not too smart. One day he was out hunting and came back really hungry. I had just finished fixing a pot of soup. It smelled good, and Esau wanted some right away. So I said, "Sure, you can have the soup if you'll give me your right as the firstborn son." Esau agreed. I couldn't believe it. He traded away all his rights as firstborn son for a pot of soup!

Esau: One day when my father was very old, he called me in and asked me to go hunting and prepare him a meal of delicious meat. He told me that after he ate, he would give me his blessing. That was the one thing Jacob hadn't taken from me.

Jacob: So while Esau went off to hunt, my mother prepared a meal of goat meat. My father couldn't see very well, so we thought we could trick him into giving me his blessing if I pretended to be Esau. It worked! My father gave me the blessing for the oldest son before Esau got back from his hunting trip.

Esau: I hurried back from my hunting trip and prepared a tasty meal for my father. Then I took it to him, only to discover that he had just given his blessing to my scheming brother, Jacob. What a dirty trick! I decided right then that I would kill Jacob.

Jacob: My mother heard about Esau's plans to kill me, so she sent me far away to my uncle's

house. Saying goodbye to my parent's was hard because I didn't know if I'd ever see them again. I lived many years at my uncle's house. I got married and had a big family. But I longed to return to my old home. Still...Esau had threatened to kill me. And who could blame him? I had cheated him out of all of his rights as firstborn son.

Esau: Many years passed. One day I looked up and saw well-dressed servants coming toward me bringing flocks of goats, sheep, camels, cows and donkeys. They said they were from my brother, Jacob. So Jacob was on his way home. I'd wondered for a long time if I'd ever see him again.

Jacob: I prayed all night before I went to meet Esau. I asked God to protect me from Esau's anger for stealing his share of my father's possessions. You can imagine how I felt when I looked in the distance and saw Esau coming with about 400 men. I wondered if this would be the end of me.

Esau: Jacob wasn't prepared for the welcome I gave him. You can read about it in Genesis 33:4—"But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him. And they wept."

Ask: Did the ending of the story surprise you?

What would you have done if you were Esau?

In the end, why didn't Esau try to kill Jacob?

How do you think God felt when Jacob and Esau were fighting?

How do you think God felt when Jacob and Esau forgave each other?

Say: Sometimes it's hard to forgive people who do mean things to us. But the Bible tells us that we must forgive. Let's find out more about what forgiveness means.

LESSON APPLICATION:

Ring Toss Game

Supplies: Six 2-liter bottles (filled with water or soda)
Plastic rings from six-pack of soda (or any type of ring)
Masking tape
Hand puppets (optional)
Nickels (or candy for ring toss game)

Prepare: Cut apart several plastic rings that hold six-packs of soft drinks together.

- Do: Set up a ring toss game with six 2-liter bottles arranged in a triangle like bowling pins. Use masking tape to mark a “toss line” about three feet back. Children will try to toss the rings (plastic rings that hold six-packs of soft drinks together) over the necks of the bottles.
- Say: We’re going to play a ring toss game. Try to aim your ring to land over the neck of a bottle. But if you miss, you may ask me very politely for another ring to toss.
- Do: Play game, giving each child an opportunity.
- Say: Asking God for forgiveness when we sin or miss the mark—which is what sin means—is as easy as asking your teacher for another ring.
- Ask: Will God always forgive you when you ask Him to?
- Say: When we mess up we have to ask God to forgive us. That’s like asking your teacher for another ring. Then God wants us to try again—like tossing the ring again.

MUSIC:

“I Will Call Upon the Lord” (*Great Praise Songs for God’s Kids*, Word Music, 1995).

MEMORY VERSE:

Matthew 6:14 “For if you forgive men their trespasses, your heavenly Father will also forgive you.”

- Do: Explain that “trespasses” means sins—hurtful things that people sometimes do. Rehearse the memory verse a few times with the children repeating it. Form a circle. Take a small bean-bag or balloon and toss it to one of the children. Have them try to say the verse or as much of the verse as they can and then toss the bag to someone else. Give everyone a turn.

family activity

THE POINT:

To help the children understand that God forgives us as we forgive others.

ASK ME...

About the story of Esau and Jacob.

Why did Jacob leave home?

Why was Jacob still afraid of his brother Esau?

How did Esau act toward his brother when they met?

Did the ending of the story surprise you?

How do you feel when you are forgiven?

FAMILY TOGETHER TIME:

As a family discuss the following questions:

- What would our family be like if we didn't forgive each other?
- How many friends would we have if we didn't forgive?
- What happens when people don't forgive each other?
- How does God expect us to act when we do something wrong?
- How does God expect us to act when someone does something wrong to us?

Instructions: Cut the strip off the bottom of this page. You will see this week's memory verse on the back. After your child has learned the verse, glue the two ends together, forming a link of a paper chain. Each lesson's memory verse will add a new link to their chain of Bible knowledge.

—cut along dotted line—

(Teacher's note: please write the memory verse on the back of this page at the bottom.)