



LIFE GROUP NOTES

Week Beginning: 21st July 2024



The Wrestler –Round one Genesis 25:19-34

Warm Up

As a child I often used to watch the wrestling on ITV on a Saturday afternoon. Big Daddy, Giant Haystacks and the rest. Maybe you followed WWF? Who was your favourite wrestler? Why?

Background and context

The story of Jacob is one of struggle. A man who struggles all his life, not to overcome hardship but to live up to his calling. Jacob was not necessarily a good man, he had many flaws but he was God's chosen man. At times he struggled to see the blessings he had and strived for more. The idea of 'The Wrestler' is a metaphor for Jacob's life. He wrestled in the womb, with his brother, his father, his uncle, with grief and with God.

Thinking it through: Main discussion/activity



READ Genesis 25:19-34. What are the surprising things in the passage? What is new? What don't you really understand?

Jacob's birth

1. Why was Jacob's birth miraculous? What other characters in Genesis had miraculous births?
2. Why are these miraculous births significant in God's plan for salvation? How does Zechariah 4:6 help?
3. How important was prayer in the account of Jacob's birth? Does God respond instantly? What should we learn from this?

Jacob's brother

4. What evidence is there that Jacob desired to be first and receive more blessing?
5. v 23. How was Jacob blind to the blessings he already had?
6. What is the greatest blessing we have? Have we received it all now?

Jacob's Bargain

7. Why do you think Jacob wants Esau's birthright? **Read v28.** What does he really crave?
8. **Read v34.** How is this a picture of the human condition?
9. Esau loses his birthright because of his lack of self control. How do we gain our birthright because of Jesus' self control?

Discipleship and Application



10. Why is it important to be persistent in prayer?
11. Why do we sometimes miss out on God's blessings?
12. **Read John 3:16.** What is our birthright? In what ways do humans "sell it"?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.