

# JACOB AND ESAU: SELF-CONTROL

## Week 2

Props: Create a banner that says "Don't ruin your life with..." written on it. Then add words "Selfishness," "No self-control" and "Pride" in varying talk bubble shapes and colors.

### **-SLIDE- Welcome (Start kid's countdown once all classes are present)**

Hey kids! Welcome to kid's church. I'm so glad you could be here today.

### **-SLIDE- Series Intro (2 min)**

Last week we started a new series called Sabotage! Remember, sabotage is just a fancy word for choosing to do things that can ruin your life. We're looking at some famous characters in the Bible who chose to do some bad things that ended up ruining their lives. Who did we talk about last week? **(allow kids to answer)** Right, Abraham and Lot! Who was the selfish one? **(allow kids to answer)** Right, Lot was selfish, but did his selfishness help him? **(allow kids to answer)** No way! Lot ended up getting less than he wanted but Abraham's unselfishness got him more than he thought. Selfishness makes God sad but unselfishness makes God happy.

Today we're going to talk about Jacob and Esau. Jacob and Esau were twins! Does anyone know someone who is a twin? **(allow kids to answer)** Do they look alike? **(allow kids to answer)** Some twins look exactly alike but not Jacob and Esau. They looked very different and they acted differently, too.

We'll talk more about this in a few minutes, but first, let's stand and sing.

### **-SONG- We Shine (3 min)**

Good job. I think God loves hearing all your voices praising him! Now let's say our Big Idea together.

### **-SLIDE- Big Idea: The story of Jacob and Esau is a lesson on self-control. (repeat)**

### **-VIDEO- Sabotage 2 (4 min)**

### **-SLIDE- Recap (3 min)**

So, what did we learn from the video today? Let's review...

- True or False: Jacob and Esau were the same in every way. (False)

- Esau sold his \_\_\_\_\_ for a bowl of soup. (birthright)
- We need self-control so we don't make a bad \_\_\_\_\_. (trade/choice)

Great job you guys! Wow, what a crazy story. You see, birthrights were really important back then. If you were born first, even by a few seconds, you got the birthright. That was a huge advantage for Esau because it meant his future was secure. But Esau found a way to mess things up for himself when he made a bad trade. What did Esau trade with Jacob? **(allow kids to answer)** Right, he traded his birthright for a bowl of soup! What did we learn was Esau's problem that led him to make such a bad trade? **(allow kids to answer)** Right, he lacked self-control! He was hungry and decided he would do anything for a bowl of soup. His lack of self-control changed his future forever. Now, Jacob had the birthright and Esau had a lousy bowl of soup.

We need to make sure we learn a lesson from this story. We need to have self-control in our lives so we don't trade important things for unimportant things.

That reminds me of our memory verse. Let's all stand and read it together.

**-SLIDE- Memory Verse:** "A person without **(arms in X)** self-control **(arms wrap self)** is like a city **(arms up tall)** with broken-down **(right arm falls)** walls **(left arm falls).**" Proverbs 25:28 **(Repeat)**

You guys are awesome! You see, back in Bible times, cities were protected by big walls so bad guys couldn't come in and destroy them. That's how self-control works in our lives, it's like a protective wall that keeps stuff out that could ruin us. So, make sure self-control is part of your life.

Now let's stand together and sing one last song to God.

**-SONG- Lean On Me (3 min)**

Okay, let's all say the Big Idea together one last time!

**-SLIDE- Big Idea: The story of Jacob and Esau is a lesson on self-control. (Repeat)**

**-SLIDE- Let's Pray (then dismiss)**