

LESSON OVERVIEW

Big Idea: The story of Jacob and Esau is a lesson on self-control

Key Question: How can we show self-control in our lives?

Memory Verse: "A person without self-control is like a city with broken-down walls." **Proverbs 25:28**

Overview: We're continuing in our series about guarding against things that can ruin our lives. Last week, we looked at the story of Abraham and Lot and how selfishness caused trouble for Lot. We need to be more like Abraham who was selfless. Today we're going to talk about self-control. Self-control is all about making good choices. We're going to look at a story in the Old testament about twin brothers who learned an important lesson in self-control. Even though they were twins, Jacob and Esau were very different. Esau was a hairy hunter. Jacob was a homebody who loved to cook. Esau was the older twin which meant he had a more important position in the family than did Jacob. Esau had the birthright, which meant when their Dad died, Esau would get twice as much money and stuff than Jacob. It was a big deal. One day, Esau came home after a long day and he was really hungry. Jacob had just cooked a yummy soup and it was all Esau could think about. He wanted soup and he wanted a lot of it. But before Jacob would share, he made Esau give him his birthright and Esau agreed. What a bad trade! Esau had no self-control and he ended up trading away his future for a bowl of soup! Don't let a lack of self control ruin your life.

CLASSROOM AGENDA

5 min **PLAY:** Begin working on Activity Page #1.

5 min **WARM UP:** Have you ever made a bad trade with a friend? Explain. What did you learn from that experience?

5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)

20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.

5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.

5 min **EXPLORE:** Read [2 Timothy 1:7](#). What doesn't God give us? What does he give us instead? In what areas of your life do you need to work on self control?

10 min **PLAY:** Do the group activity from Activity Page #2.

5 min **CLOSE:**

- Share prayer requests and pray as a class.
- Encourage kids to use the Family Guide at home with their parents.

TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together.

When we want something bad enough, we're willing to give away a lot in order to get it. That's what Esau did in the story we'll learn about today.

Answer: By making choices that honor God.

Self-control is about making good choices and not letting ourselves get carried away by our emotions. The best way to know if you're making good choices is by obeying what the Bible says. God gave us the Bible as our instruction manual for life. It tells us what we should and shouldn't do. So, we are showing self control when we choose to obey God even when we're tempted to do something else.

Bonus Questions: What is self-control? What book helps us to make good choices?

4-5th: How can a lack of self-control hurt us? What are some areas in your life where you need to have more self-control?

God **doesn't** want us to have fear or to be timid. (**lack courage or confidence**) Instead, God **gives** us power, love and self-discipline (another word for self-control). That is such good news! God gives us the power and desire to make good choices. Remember that when you're tempted to make a bad trade or choice. God has given you the ability to say, "No" to the bad stuff and "Yes" to the good stuff.

Make sure kids bring their Family guide home or tell them to go online to pursueGOD.org/kids to find this week's lesson.

ACTIVITY PAGE #2

Classroom Activities 2nd-5th

Option #1

Jacob and Esau King of the Hill

- Tape a square on the floor and choose one kid to start in the square as the King.
- Have the other kids line up single file facing the King.
- The King and the first kid in line will face off. Ask a question from below, the first to answer correctly wins the round. If the King wins, he gets to stay in the square. If the kid in line wins, he gets to be King and the other kid goes to the back of the line.

Questions:

1. What are the names of the brothers we learned about today. (Jacob and Esau)
2. Who was the hairy one? (Esau)
3. Who cooked a yummy soup? (Jacob)
4. True or False: Jacob and Esau were twins. (T)
5. Who died on the cross for our sins? (Jesus)
6. Who lacked self control in the story? (Esau)
7. What is a birthright? (oldest gets more stuff)
8. From what book in the Bible is our memory verse found? (Proverbs)
9. True or False: Esau made a good trade. (F)
10. What is the Big Idea today? (see teacher notes)

Supplies needed

- Tape

Bonus Activity:

Play **Fast Facts**.

See who's the quickest to answer correctly.

1. Esau lacked ___(self control)
2. Jacob made a yummy ___.(soup)
3. Self control helps us to avoid making ___(bad) trades.

Option #2

Jacob and Esau Soup Craft

- Give each kid a paper plate half.
- Give each kid a soup template (**page 5**).
- Have kids cut out some of the vegetables.
 - Have them color the plate black for the pot.
 - Have them color each vegetable a different color.
- Have them glue the vegetables to the back side of the plate so it looks like the vegetables are cooking in the pot.
- Then, have them glue the phrase to the front of the plate.
- As the kids work, remind them of the story of Jacob and Esau and how Esau's lack of self control led him to make a bad trade. Remind the kids how important self control is in their lives so they don't make bad trades (or bad choices).

Supplies needed

- White paper plates cut in half, 1 half per kid
- Soup template (pg. 5), 1 per kid
- Scissors
- Crayons
- Glue

Bonus Activity:

Play **True or False**.

See who's the quickest to answer correctly.

1. Esau lacked self control. (T)
2. Jacob made a yummy pasta dish. (F)
3. We should have self control. (T)

A Worthless Bowl of Soup | The Story of Esau | Sabotage #2 (Kids)

 www.pursuegod.org/a-worthless-bowl-of-soup-the-story-of-esau-sabotage-2-kids/

Jacob and Esau were _____

Since Esau was born first he got something called the “birthright”. This meant that he would get more stuff from their Dad when he died. So, if their dad had three cows Esau would get two and Jacob would only get one. This deal was great for Esau.

Jacob and Esau _____ the same things

Esau _____ his birthright for a bowl of _____

Why would Esau give up so much for a bowl of soup? Was it because soup was his favorite food? NO! It was because he didn’t have any self control. He was willing to give up something important for his future to be happy for just a moment. Remember, Esau was known for making bad choices. This one tops them all!

We need _____ so we don’t make bad trades

We can learn an important lesson from Esau. We need to have self control in our lives so we don’t trade away the important things for unimportant things. For example, choosing nice friends who encourage us to honor God, instead of mean friends who encourage us to do bad things. Or, choosing to work hard at school instead of choosing to be lazy.

Answers: twins, didn’t like, sold, soup, self control

Questions:

1. *What was your favorite part of the video? What is one thing you learned from the video?*
2. *Have you ever made a bad trade with a friend? Explain. What did you learn from that experience?*
3. *Which twin was older?*
4. *What was the birthright? Why was that a big deal back then?*
5. *What did Jacob do to trick Esau? Why do you think Esau make a bad trade?*
6. *Read [2 Timothy 1:7](#). What doesn’t God give us? What does he give us instead? In what areas of your life do you need to work on self control?*
7. *How will you apply this lesson to your life this week?*

Bonus Questions: Use these passages to have more conversations this week.

1. *Read [Ephesians 6:1](#). How can self control help you to obey your parents?*
2. *Read [Psalm 141:3](#). How can self control help you to watch what you say?*

PUZZLE # 1

Jacob and Esau Maze

BIG IDEA →

KEY QUESTION →

MEMORY VERSE →

“A person without _____ is like a city with _____-down walls.”
Proverbs 25:_____

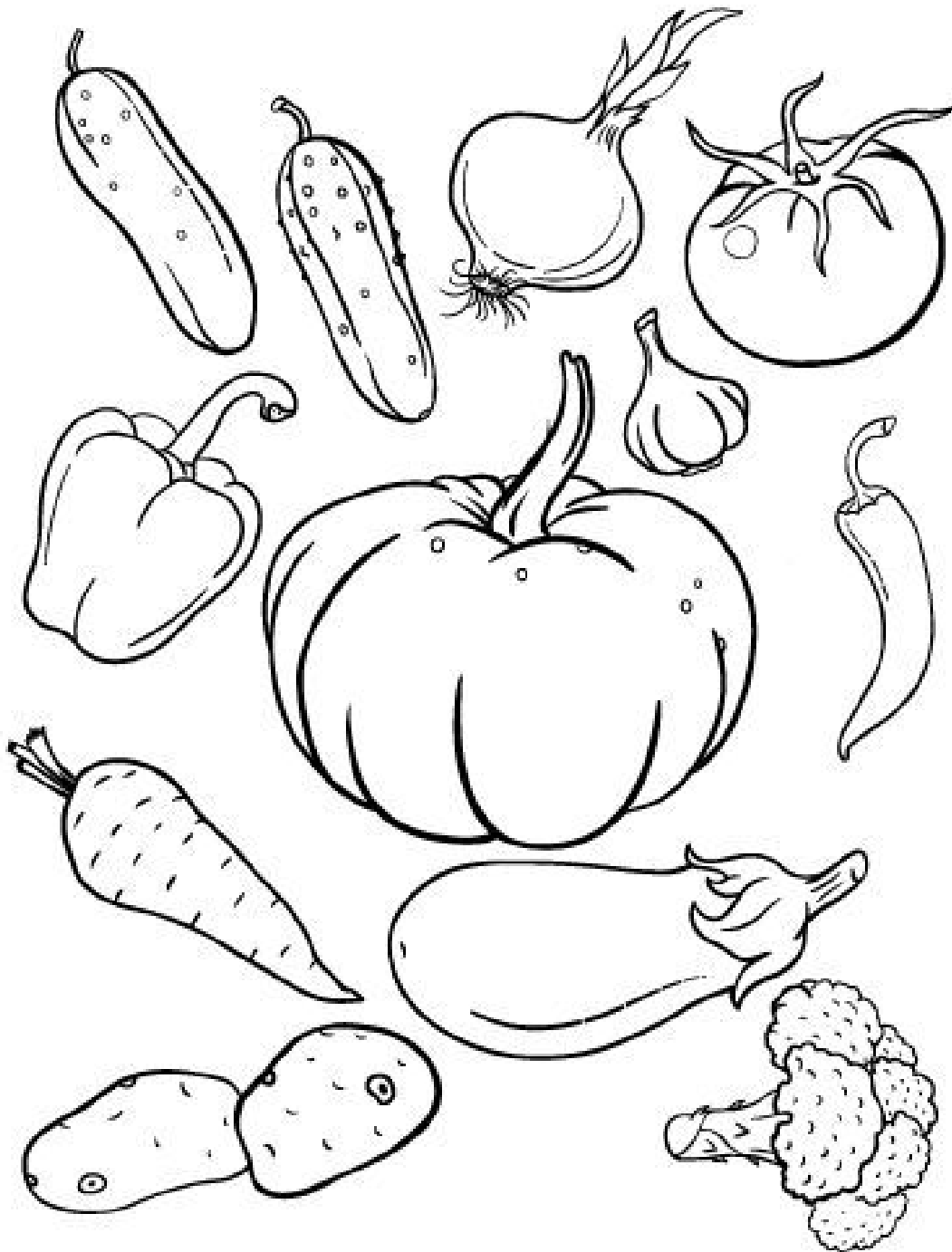
PUZZLE #2

R Y B T W I N S U H R S V
E T C E N S O A Q U I E T
M N M O J A C E O N B T I
R E B E K A H M S T Q A N
A W L Q D C C N B E N E S
F T D I A F E O C R I R M
S E R E S A U N B P Y T E
R M Z G L I N E M S D N B
A D H A I R Y I I C P I O

JACOB
PRAY
HAIRY
HUNTER
ISAAC

TWINS
REBEKAH
INTREAT
FAIR
FARMER

RED
TWENTY
ESAU
QUIET



DON'T BE LIKE ESAU WHO
TRADED HIS FUTURE FOR
A BOWL OF SOUP

"A man without self-control
is like a city with
broken-down walls"

PROVERBS 25:28