

Together @ Home

Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.



Bible Passage

Today we will be exploring together, the story of Jacob and Esau

You can find the story in your Bible in:

Genesis 25:19–34

Read the story together – choose a Bible translation or children’s story version which best suits your group.



A prayer to say together

Dear God,

Thank you for the story of Jacob and Esau which reminds us that we are all different and unique. Thank you that even though you created us all to be different your love for all of us is the same, we are all precious to you.

We pray for those who are apart from their families during lockdown and who miss being able to spend time together. We pray that they would find ways to connect and feel loved.

Amen

Discussion

A question for adults to ask children

What differences can you find between Jacob and his twin Esau?

Jacob and Esau may have been twins but they were different, even when they were newly born you could spot the difference – the Bible says that Esau was very red and had lots of hair when he was born.

Esau loved to spend time outdoors hunting while Jacob preferred to spend time at home. Isaac loved to eat the animals Esau hunted while Rebekah loved that Jacob spent time with her in their tents.

We are blessed that Father God loves everybody in the world equally, we are all his favourites!

A question for children to ask adults

What is something about me that you love?

Spend some time recognising and sharing the things that make your children special to you.

Family Activity 1

You will need: paper, pens, craft materials

What is it that makes your family unique and special? Why not design a family crest together.

You could include things that you like to do as a family together or divide it into sections that reflect each member of your family and the things that make them unique.





A verse to remember

I praise you because you made me in an amazing and wonderful way.

Try to learn this verse together, you could come up with some actions to help you remember it . Why not decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week?

Why not spend some time looking in a mirror and thanking God for all the different things about you that make you special and unique!

Family Activity 2



You will need: Scarves, a timer

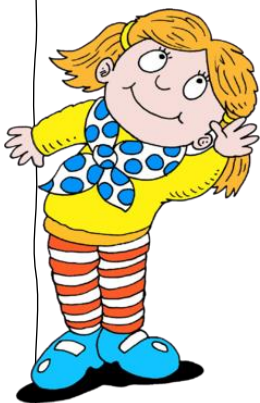
When Jacob and Esau were born Jacob was holding on tight to Esau's heel! Connect yourselves together and have a family three-legged race. Use a scarf to tie two people together by the ankle, then make them complete the course. If you have space, have a race across a room or garden. If you have an odd number of people in your family, you can take it in turns and time how long each pair takes.

If you have limited space, why not set yourself a challenge of an activity of route around the house to complete whilst connected together.

Active Listening

Each one of us is different and unique. The Bible tells us that God knows everything about us right down to the numbers of hairs on our heads.

Why not set aside some time to practice listening to God together – ask God to speak to you about some of the unique and special things He loves about you.



Remember that God can speak to us through feelings, pictures in our heads, words or dreams. God can also use us to speak to others, ask God to give you a message of encouragement for somebody else in your family.

Red Stew Challenge

In today's story Esau gave up his birth right to Jacob in exchange for a bowl of Red Stew. Why not create your own red stew family recipe to cook together.

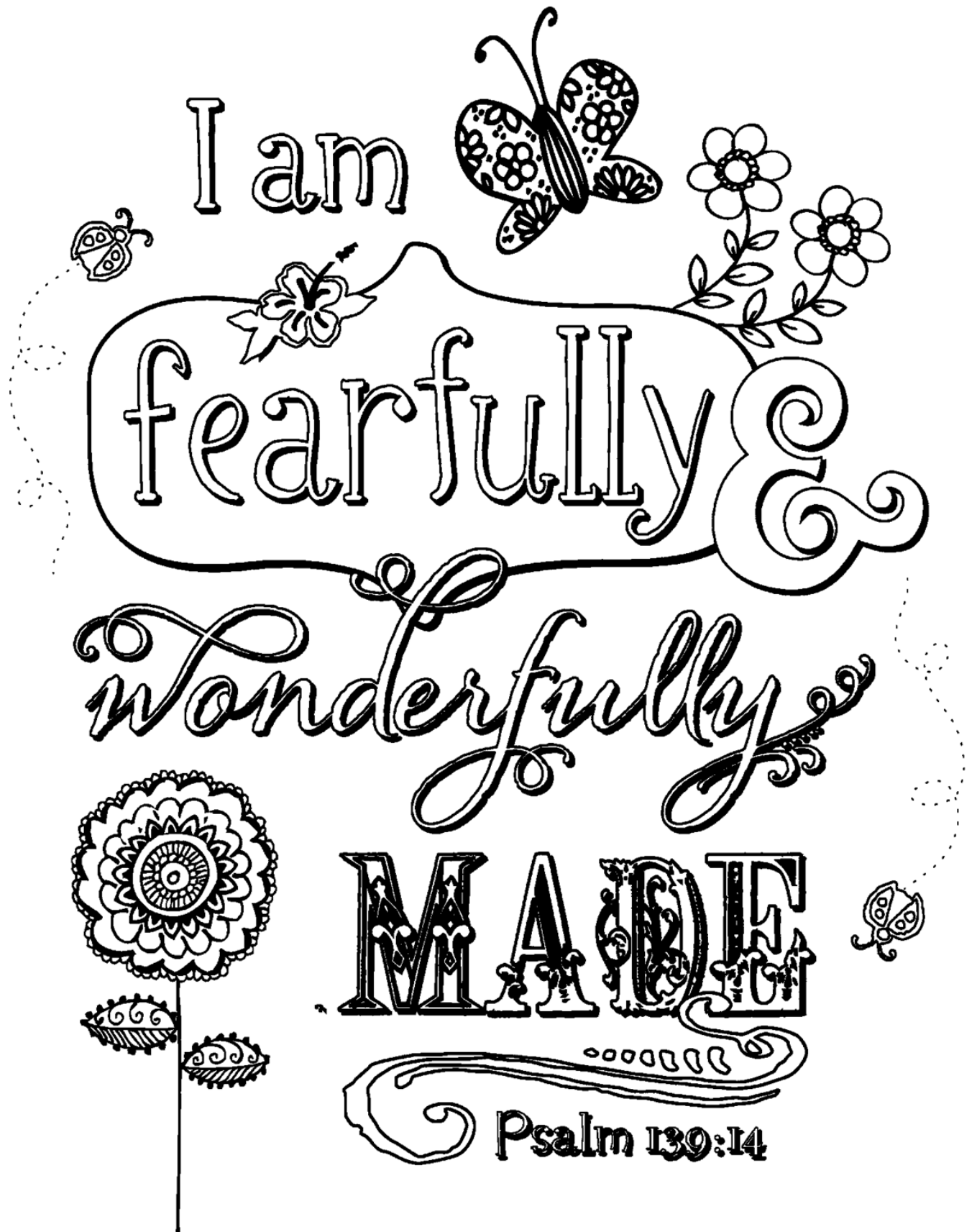
Use tomatoes, red pepper, chilli or other red vegetables to flavour your meal.

If you like spicy dishes you might like to try cooking a traditional Nigerian Red Stew which uses hot peppers to give it flavour.



A colouring page you could print and colour together

Today's colouring page comes from JoDitt. Visit <http://joditt.com/free-christian-coloring-pages-adults/> for more free colouring pages.



PUZZLE SHEET



Can you find all these red foods hidden in the word search?

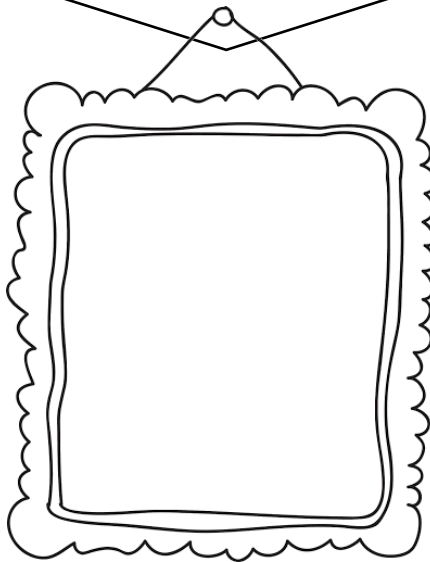
Each of us is different, unique and special to God. Draw your own self portrait in this frame!

How many stew pots can you find hidden on the page?

s r
 t y e u
 r o j d o l
 a v m e v z b h
 w w g a b e e d a o
 b c x w t a l t x d r u
 e c h k v o x v z k g v v v
 r g n f l u y e e h w x j x c k
 r z p m q k n r t t u t u x h k j b
 y s e b r t k w r o c o a p i e q x z s
 k r r a d i s h e a a y f l t g b w w j
 n r i u a j o b k k y l c f j e e z
 u e i h u z n v e i h f m e e l
 v b f g i a g y u z r f t h
 d p y d r d p y i o p j
 e s k c c v o j o j
 u a y q k d t y
 x r w m a r
 z t t r
 o p



- tomato
- raspberry
- strawberry
- radish
- chilli
- sweet potato
- cranberry
- ketchup
- red velvet cake



Can you find 7 differences between these two pictures of Jacob and Esau?

