



# Quiet Time

January 11-17, 2026

Genesis 25:23 (ESV)

And the LORD said to her,  
"Two nations are in your womb,  
and two peoples from within you shall be divided;  
the one shall be stronger than the other,  
the older shall serve the younger."

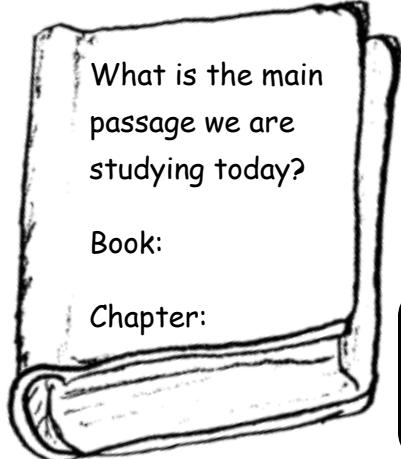
God Chooses  
Jacob  
over Esau





## Sermon notes

As you attend church service with your family, use these next two pages to help you listen and learn. We want you to worship with us by singing to God, praying, and listening to God's Word being read and taught.



**Title of Sermon:**

**What is the Big Idea of the passage?**



**Which song from today's service is your favorite and why?**





Words you heard but don't know...

What are we learning about God from this passage?

Write or draw something that you heard in the sermon today.

Fill in the blanks below during the service, and then talk to your parents about them on the way home.

I heard \_\_\_\_\_

but was confused or had a hard time believing it.

Hearing and believing this about God is... \_\_\_\_\_

\_\_\_\_\_ ...changes the way I...



## God Chooses Jacob over Esau - Monday

➤ Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Genesis 25:19-23; Romans 9:10-16; Ephesians 1:3-4

What problem did Rebekah have (v 21)?

- a. She was sick.
- c. She was blind.
- b. She was barren (couldn't have kids).

God told Abraham that he would become a great nation through Isaac. So, Rebekah's problem is a pretty big problem, similar to Sarah's problem. What did Isaac do because of her problem (v 21)?

- a. He had a child by her maid.
- c. He prayed to the LORD.
- b. He got another wife.

What did the LORD do (v 21)?

- a. Let Isaac marry someone else
- b. Gave children to Rebekah

How many babies was Rebekah carrying in her womb (v 23)?

1   2   4   6

Each of Rebekah's babies would be made into a great nation, and God made clear that the younger twin would be His promised son, the one through whom He'd send the Savior. Once again, we see a miraculous birth to show that only God can solve man's sin problem.

When did God choose Jacob to be the promised son (*Romans 9:11*)?

Circle all the right answers:

Before he was born	Before he'd done any sin
Before he'd done any good	After he was born
After he sinned	After he called upon the Lord

What does this teach us about who receives God's mercy and salvation (*Romans 9:15-16*)?

- a. God only gives mercy to those who deserve it.
- b. God only gives mercy to those who worship Him.
- c. God decides who'll receive His mercy before anyone is born.

Just as God chose Jacob to be the promised son before he was born, so God has chosen all those who will bow to Him in Christ before the creation of the world. Ask God to give you His mercy that you might be given His life.

**Complete your Prayer Journal for today, and pray about it.**

## God Chooses Jacob over Esau - Tuesday

➤ Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Genesis 25:23-34

Which twin was the 1<sup>st</sup> to be born (v 25)? \_\_\_\_\_

What was the 2<sup>nd</sup> born twin doing to the 1<sup>st</sup> born (v 26)? \_\_\_\_\_

What was the 2<sup>nd</sup> born twin's name since he did this (v 26)? \_\_\_\_\_

What does his name mean (*Following Jesus Bible*, p 25, Note <sup>1</sup>)?

a. He hears      b. He provides      c. He cheats

Jacob's name describes what Jacob would be like as he got older. He did whatever he could to get his way and to get what he wanted in life. God had His own plans for Jacob, and Jacob would find that he was fighting God's plans. Who's plans do you think will take place?

a. God's plans for Jacob.      b. Jacob's plans for Jacob.

Isaac and Rebekah had a favorite son. Who did Isaac love (v 28)?

\_\_\_\_\_ Who did Rebekah love (v 28)? \_\_\_\_\_

They treated one son more special than another. This was not right, and it would cause problems in their family. Jacob and Esau also caused problems for the family. What did Jacob want from Esau (v 31)?

\_\_\_\_\_ This was a blessing given to the 1<sup>st</sup> born son to be the leader of the family when the father died, and therefore, to receive twice the amount of inheritance. What did Esau say was going to happen to him if he didn't eat something (v 32)? \_\_\_\_\_

Esau wasn't really going to die if he didn't eat that stew. He wasn't thinking right about the special gift to the 1<sup>st</sup> born, and Jacob took advantage of Esau's sinful heart. Just like his name means, Jacob cheated Esau out of the blessing of the 1<sup>st</sup> born.

Wait a minute! Who did God choose to get the 1<sup>st</sup> born son's blessing (v 23)? \_\_\_\_\_ While Jacob and Esau had their own plans, God planned for Jacob to receive the blessing of the 1<sup>st</sup> born. They tried to get their way, but God was controlling it all. You may try to get your own way, but God planned your life before you were born. Trust Him and His good plans.

**Complete your Prayer Journal for today, and pray about it.**

## God Chooses Jacob over Esau - Wednesday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Genesis 27:1-13; James 4:1-2

How is Isaac described in these verses (vv 1-2)? \_\_\_\_\_

What did Isaac want Esau to do (vv 3-4)? \_\_\_\_\_

What was Isaac going to do when Esau returned (v 4)? \_\_\_\_\_

Who was listening to Isaac and Esau (v 5)? \_\_\_\_\_

What was her plan (v 9)? \_\_\_\_\_

Why was she going to do this (v 10)? \_\_\_\_\_

God told Isaac and Rebekah the younger son was going to be the promised son before he was born. We've seen how Jacob tried to cheat Esau out of the blessing. Now, we see Isaac trying to give that blessing to Esau, and Rebekah trying to trick Isaac into giving it to Jacob.

There isn't mention of God's plans, but God is at work behind the scenes. Rebekah loved Jacob and wanted to make sure he was blessed. Isaac loved Esau and wanted to make sure Esau was blessed. Based upon what Isaac and Rebekah are doing and James 4:1-2, what do you think is going to happen in this family?

F \_\_\_\_\_ and q \_\_\_\_\_

Though Jacob was to be blessed, Rebekah's actions didn't please God, and as a result, there would be much fighting in her family. She should've trusted God to do what He said He was going to do.

Have you ever acted like Jacob with your parents, in which you do something nice for them to get something in return?

This is not good, and it does not please God, either. God wants you to obey and honor your parents because you love Him and trust in Him to do what He says.

**Complete your Prayer Journal for today, and pray about it.**

## God Chooses Jacob over Esau - Thursday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Genesis 27:14-29; Ephesians 2:1-5

What did Rebekah put on Jacob to make him feel and smell like Esau (vv 15-16)? \_\_\_\_\_

Isaac didn't believe Jacob was Esau and questioned Jacob 5 times before finally giving Jacob the blessing of the 1<sup>st</sup> born. What were the 5 questions, or tests:

1. Verse 18 = Who \_\_\_\_\_
2. Verse 20 = How \_\_\_\_\_
3. Verse 21 = Come near that I may \_\_\_\_\_
4. Verse 24 = Are \_\_\_\_\_
5. Verse 27 = Isaac \_\_\_\_\_

Isaac wanted to hear Jacob's voice, feel his skin, and smell his clothes. Isaac was surprised by how quickly an animal had been found, killed, and prepared. What reason did Jacob give for the quick hunt (v 20)? "Because the \_\_\_\_\_".

Whose God gave Jacob success (v 20)? "Your" = \_\_\_\_\_

This story shows us something very important about Jacob. He wanted his father's blessing, but he didn't follow his father's God. He was so far from God that he used "God" as a lie to cover his sin!

Rebekah and Jacob were able to fool Isaac, but they haven't considered the promises and works of God. Jacob has done nothing that deserves anything but the discipline of God, and yet Isaac blesses Jacob in the name of the LORD God!

No one deserves the blessing of God. Ephesians 2:3 says that everyone lives like Jacob apart from God's mercy and grace. We all live in a way to please ourselves and deserve God's wrath. God's plans were to make selfish sinners alive in Christ to serve God instead. Are you still living like Jacob, seeking to please yourself, or do you want God to make you alive in Christ to serve Him instead?

**Complete your Prayer Journal for today, and pray about it.**

## God Chooses Jacob over Esau - Friday

- Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** *Genesis 27:30-40; Romans 9:11-13*

Right after Isaac had blessed Jacob, Esau gets back from hunting, prepares a meal, and comes to Isaac. How did Isaac respond when he realized he had blessed Jacob instead of Esau (v 33)?

- a. Rejoiced
- b. Trembled
- c. Thanked God

How did Esau respond (vv 34, 38)?

- a. Rejoiced
- b. Wept
- c. Thanked God

Who claimed to be the one giving the blessing (v 37)?

- a. God
- b. Isaac
- c. Jacob
- d. Esau

According to *Romans 9:11-13*, who was really giving Jacob the blessing? a. God      b. Isaac      c. Jacob      d. Esau

God told Adam and Eve He was going to send a savior. God told Abraham that every nation would be blessed through one of his children. God told Isaac and Rebekah that the older son would serve the younger son. Whatever God has planned will take place. No one and no thing can stop God from doing what He has planned.

Can your parents keep God from doing what He wants? Yes No

Can you stop God from doing what He wants? Yes No

God chose to bless Jacob long before Jacob was born. God knew that Jacob would be a liar and cheater, but God had plans to make Jacob His child. This is not the end of God's story of blessing Jacob.

God knew you'd be a sinner who lies and disobeys, too. God knows how old you'll be when you die and how you'll die. There is nothing you can do to deserve God's love, and there is nothing you can do to keep God from loving you.

Jacob WANTED his father to bless him, but he NEEDED God to bless him. You may WANT to please your parents, but you NEED to please God, which you cannot do apart from His choosing to bless you by His grace. Will you ask God to bless you by His grace and make you pleasing in His sight?

**Complete your Prayer Journal for today, and pray about it.**

## God Chooses Jacob over Esau - Saturday

➤ Say the memory verse to mom, dad, or older sibling.

**Pray:** Dear Father, help me to understand what I read in Your Word.

**Read:** Genesis 27:41-28:5

What did Esau want to do to Jacob once Isaac died (v 41)? \_\_\_\_\_

Who found out about Esau's plan (v 42)? \_\_\_\_\_

What did she tell Jacob to do (v 43)? \_\_\_\_\_

What did Isaac tell Jacob to do (v 2)? \_\_\_\_\_

Why did Isaac want Jacob to do this (v 1)? \_\_\_\_\_

What blessing did Isaac ask God Almighty to give to Jacob (v 4)? \_\_\_\_\_

Isaac and Rebekah both sent Jacob to Haran, the place where Abraham's family had lived. Each of them had a different reason for sending Jacob there, but we are reminded in verses 3-4 that God Almighty is the One at work in Jacob's life.

In Genesis 17:1, the Lord introduces Himself to Abraham as God Almighty, and in that verse, Abraham is commanded to walk before God blameless. Jacob cannot be described as blameless in our story, but because God Almighty has chosen him, God Almighty will work in Jacob to change him as well.

Romans 8:29-30 promises that God Almighty will make blameless all He chooses to bless as His children.

Romans 8:29-30 (ESV) <sup>-29</sup> For those whom he foreknew he also pre-destined to be c\_\_\_\_\_ to the image of his Son, in order that he might be the firstborn among many brothers. <sup>30</sup> And those whom he predestined he also c\_\_\_\_\_, and those whom he called he also j\_\_\_\_\_, and those whom he justified he also g\_\_\_\_\_.

Do you want God Almighty to bless you? If so, then pray that He would change you to be like His Son, Jesus Christ.

**Complete your Prayer Journal for today, and pray about it.**

# Prayer Journal

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H onor God with your praises and respect  
E xamine your life for sin and confess it to God  
A sk God to supply for your personal needs  
R equest God's help for the needs of others  
T hank God for blessing you every day

## Monday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

## Tuesday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

# Prayer Journal *...continued*

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## Wednesday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

## Thursday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

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# Prayer Journal *...continued*

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## Friday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

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## Saturday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

## Gray Road Baptist Church, Children's Ministries

This quiet time lesson was written to coincide with the Generations of Grace Sunday School curriculum. The daily lessons represented are in conjunction with the teacher's manual to provide a fluid, consistent message to your children both in Sunday school and in their private devotions.

MacArthur, John. *The MacArthur Study Bible; & Early Elementary, Generations of Grace.* ©

[www.generationsofgrace.com](http://www.generationsofgrace.com)



**Come join us on Wednesday nights in the gym!**

**7:00-8:130 p.m.**

### UNIT #8: The God Who Loves

#### Unit #8: What is God's love for His people like?

**Unit #8 Answer:** More than they could ever deserve.

**Unit #8 Verse:** *1 Chronicles 16:34*

*Oh give thanks to the LORD, for He is good; for His steadfast love endures forever!*

**Big Idea #35:** God blesses all people with many good gifts.

**Big Idea #35 Verse:** *Psalm 145:17*

**Big Idea #36:** God loved His people before they loved Him.

**Big Idea #36 Verse:** *Ephesians 1:4*

**Big Idea #37:** God showed the depths of His love by giving His own, beloved Son to save His people.

**Big Idea #37 Verse:** *1 John 4:10*

**Big Idea #38:** God loves His people by caring for their needs.

**Big Idea #38 Verse:** *Psalm 23:1-2*

**Big Idea #39:** God uses everything in His people's lives for their good and His glory.

**Big Idea #39 Verse:** *Romans 8:28*

**Big Idea #40:** God will never stop loving His people.

**Big Idea #40 Verse:** *Romans 8:38-39*

*For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*