



# Quiet Time

January 18-24, 2026

Genesis 32:28 (ESV)

Then he said,  
"Your name shall no longer be called Jacob, but Israel,  
for you have striven with God and with men,  
and have prevailed."

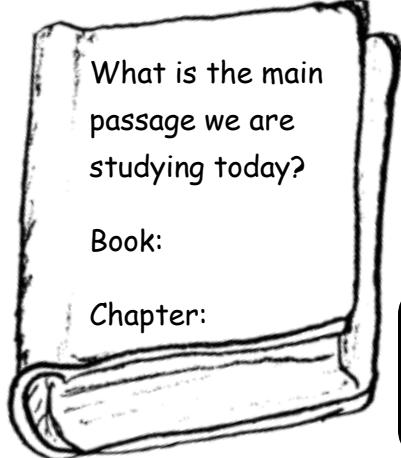
Jacob  
Wrestles  
with God





## 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...



## Jacob Wrestles with God - 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 32:1-2

Jacob had taken Esau's birthright and then stole the blessing from him, too. Esau wanted to kill Jacob, so Rebekah sent Jacob away. Traveling to stay with one of Rebekah's relatives, Jacob slept outside with his head upon a rock. That night, God sent him a dream in which Jacob saw a ladder going right up into heaven, with angels on it! Jacob worshipped the LORD calling this place, Bethel, meaning, 'the house of God.'

Jacob was gone for 20 years! He married and had many children. He decided to set off for "home."

### Pray

Dear LORD God, You chose Jacob. You bring events and people into their lives to change them into the kind of people that are pleasing to You. Thank You for loving me and changing me to be like Jesus.

Draw a picture of what Jacob saw as he camped out in the wilderness (verse 1).

### Application

God gave His Son to die for sins and raised Him from the dead to give forgiveness and eternal life to all who believe in Him. He also shows His love by changing us to be like Jesus. Jesus was **patient**. He was **compassionate**. He was always **serving others**. He **obeyed his parents**. How does God want to change you right now to be more like Jesus? \_\_\_\_\_

How is He working to make those changes in you? \_\_\_\_\_

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

## Jacob Wrestles with God - 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 32:3-5

Jacob was nervous. Rebekah had never told him it was okay to return. Jacob knew Esau might still be angry.

### Pray

Dear LORD God,

Your word tells us that  
"A gift in secret averts  
anger, and a concealed  
bribe, strong wrath"  
(Proverbs 21:14).

Jacob hoped to change  
Esau's heart, but only  
You change hearts.  
Teach me to come to You  
when I am afraid of  
others and to rely on  
Your power to change  
hearts.

Who did Jacob send ahead of his caravan to find out if Esau was still mad? M\_\_\_\_\_

What gifts did Jacob send to Esau to find favor in his eyes? (You may draw the gifts.)

### Application

Jacob had always been one to do things his own way. He needed to learn to rely upon the LORD.

Sometimes people get mad at us, too, or a bully begins picking on us. How can you rely on the LORD's power to help you during those times? \_\_\_\_\_

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

## Jacob Wrestles with God - 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 32:6-9

Jacob's servants returned with bad news. Esau was coming... with 400 men!

### Pray

Dear LORD God, when I am afraid, I must put my trust in You. You alone can help! You are faithful. I know You will hear me when I cry out to You.

How did Jacob respond? Circle every correct answer:

He threw a party

He began crying

He was very afraid

He split his family into 2 groups

He prayed

### Application

We are all afraid some of the time. Maybe you find thunderstorms scary or worry about dark places in your bedroom or house. Yet, there are no 'dark places' in God's view. He knows and sees all, and you can always call upon Him.

List a time when you are often afraid: \_\_\_\_\_

Take post-it notes and put them in your Bible on pages that have *Psalm 56* and *Isaiah 12*. The next time you fear, turn to the Bible, read these verses, and then tell God you are trusting in Him to keep you safe.

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

## Jacob Wrestles with God - 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 32:9-12

Jacob was afraid, and so he prayed.

### Pray

Dear LORD God, You always keep Your Word! Even though none of us is worthy of Your love and goodness, You are faithful to every promise You make to us. I praise You for this!

### Application

Jacob threw himself on God's mercy. He knew that God keeps His promises. Jacob prays those promises back to God. He admits his lack of worthiness and pleads to the LORD for help.

Notice what Jacob prayed and fill in the missing words:

"O LORD who \_\_\_\_\_ to me,  
'Return to your land and to  
your kindred that I may do you  
\_\_\_\_\_.'"

"I am not \_\_\_\_\_ of your  
love and faithful deeds.

"Please \_\_\_\_\_ me from  
the hand of my brother...  
for I \_\_\_\_\_ him...."

"But you \_\_\_\_\_, 'I will surely  
do you \_\_\_\_\_, and make your  
offspring as the sand of the  
sea, which cannot be numbered  
for multitude.'"

These are good examples of how we should pray to the LORD:

- Remember His character
- Recount His promises
- Admit our sinfulness
- Ask for & rely on His help

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

## Jacob Wrestles with God - 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 32:22-29

Jacob sent gifts and then separated himself from his family and men. That night, Jacob had an encounter with the LORD that would forever change him.

### Pray

Dear LORD God, You are the ruler of Your people. We must submit to Your will for us and live life Your way. Teach me to deny myself, take up my cross, and truly follow You today and every day.

What happened that night under the stars? (You may draw it or write about it.)

After that night, God renamed Jacob. What was his new name?

I \_\_\_\_\_

### Application

Jacob had to be "broken" physically before he would finally and forever submit to God. You and I must also learn to yield to God and His ways for us.

Ask a parent to help you think of one way you need to yield your life to God and write it down. Do you talk back to your parents? Fail to obey them all the way, right away, and in a happy way? Are you putting games before quiet time with God?

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**Pray** and ask God to "break" this attitude, action, or inaction from your life.

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

## Jacob Wrestles with God - 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 33:1-4

Humbled and depending on God alone, Jacob goes out to meet Esau.

**Pray**

Dear LORD God, all things are possible with You. You bring blessings into the lives of Your people so that even our enemies live at peace with us. When I am having trouble with people, help me to remember Jacob and Esau and seek Your face in prayer, first!

What happens when Esau and Jacob meet? You may draw it or write about it.

### Application

How happy Jacob must have been to see his brother and to be welcomed home by him. God restored their relationship. God does what people cannot!

In this lesson we learned:

- Do not fear man and trust God.
- Confess your need for God.
- Rely on God's promises in prayer
- Write a lesson YOU learned in the box. →

Something I learned this week was...

**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

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E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

# Prayer Journal *...continued*

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## Wednesday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

## Thursday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

T \_\_\_\_\_

# Prayer Journal *...continued*

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## Friday

H \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

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## Saturday

H \_\_\_\_\_

E \_\_\_\_\_

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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!**

**7:00-8:30 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.*