

## **Jacob and Esau**

The Gospel Project: Unit 3 Session 1

Genesis 25; 27

Midweek Bible Class

Week of October 26<sup>th</sup>, 2025

**Christ Connection:** God's covenant with Abraham continued to the next generation. Esau sold his birthright, giving Jacob the right to the wonderful blessings God promised to his father Abraham. Through Jacob's family, God would send the promised Savior to bring blessing and salvation to the world.

**Big Picture Question:** PS: Who is in control of everything? God is in control of everything. Elem: Who is in control of everything? God is in control of everything in heaven and on earth. Nothing is outside of God's good plan.

**Memory Verse:** PS: God can make bad things good. Genesis 50:20; Elem: You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." Genesis 50:20

**Spiritual Discipline:** Confession: telling the truth about our sin, while acknowledging the holiness of God

**Leader Bible Study:** Begin today by thinking about this simple yet profound question: Why do we tell the truth when we've done something wrong? As leaders, our integrity in confession not only sets a standard for honesty but also models the heart of true friendship. Read Ephesians 4:25.

In this verse, we're called to put away falsehood and speak truthfully to our neighbors, because we are all members of one body. The act of confession- being transparent in our faults- isn't

just a moral choice; it's a relational one, deeply rooted in the love of Christ.

Confessing means coming forward with the truth, particularly when we've done something wrong. It's a courageous act of admitting our sin, and it's a direct reflection of Jesus' teachings. Remember, everyone sins and messes up, but it's our honesty about these missteps that opens the door to our acceptance of forgiveness. Jesus, in His boundless love, offers us redemption and years for us to live with joyful hearts. In confession, we emulate Jesus' example of unwavering truthfulness. It is an outward sign of our contrition and a commitment to personal growth. And in this act, God stands ready to assist us in changing our hearts to make better choices in the future.

When we are forthright with our friends, our actions speak volumes about our desire to embody Christ-like qualities. This transparency is the cornerstone of trust and forms the bedrock of a friendship that reflects Jesus' love. Honesty not only reinforces our relationships but also strengthens the bond within one spiritual community. In the coming week, as you prepare to lead kids challenge yourself to practice confession on a daily basis. Seek out moments where honesty can transform an ordinary interaction into a testament of faith and fellowship.

Remember, confession is not a sigh of weakness but rather a bold step toward a more authentic, Christ-centered friendship. Invite the Holy Spirit to guide your discussions and to instill a spirit of candor within your group. As you walk in truth, watch as your relationships deepen, and your community grows stronger in the unity that God so deeply cherishes. Spend time praying for the Holy Spirit to guide you with wisdom as you prepare to share with your group about the spiritual discipline of confession.

[Welcome](#)

**Sing Songs**

## **Island Hop**

Materials: 5 hula hoops, music

Spread hula hoops around the floor; these will be the islands. Explain to the kids that when the music starts they can walk, hop, or dance around the room. When the music stops, they must quickly find an island to stand on. After each round, take away one or two hula hoops. The last kid to be out of an island with the music stops is out until the next game. Kids can share islands. The last kid playing wins.

## ***Learn About Confession***

### **Review Spiritual Disciplines**

Materials: none

Say, ***“During this time each week we come together to learn about and practice spiritual disciplines.”***

Ask, ***“What is a spiritual discipline?”***

Say, ***“A spiritual discipline is a practice, or a repeated action, that we do to help us grow in love for God and godliness. Some examples of spiritual disciplines are worship, prayer, celebration, fasting, Bible study, service, rest, and generosity. Let’s get started.”***

### **Introduce the Discipline of Confession**

Materials: none

Say, ***“Today we’re going to dive into a new spiritual discipline that we call confession. Confession is when we tell the truth about the wrong things we’ve done. Unlike God who is perfect and***

***holy, we often sin, or choose actions that go against God's plan. Because God loves us, we can say that we're sorry for our sins. We know that we can tell God anything because He has offered us forgiveness through Jesus. Confession is being honest with God because He loves us."***

### **Group Game: Mystery Item Reveal**

Materials: none

In this game, words paint the picture. Explain that one kid will secretly pick an object in the room and describe it to the group- no names allowed! Some descriptors can include what it looks like, what it does, or how high or low it is in the room. Encourage her to use her creativity to give clues. Give her a set amount of time to offer clues, while the rest of the group guesses. The first kid to guess correctly gets to go next. Continue until each kid has had a turn.

Say, ***"In this game, our goal was to uncover the object that was being described. When we practice the spiritual discipline of confession, we reveal the truth about our sin and failings to both God and to others."***

### **Read the Bible**

Materials: Bibles

Say, ***"Today we're going to think about a really big question: Why should we tell the truth when we've done something we know is wrong? Telling the truth like this is called confession, and the Bible tells us that this is an important part of our relationship with Jesus. Confession means we tell the truth about the times we mess up. It's not always easy, but it's what Jesus taught us to do. He knows that everyone makes bad choices, but we can always confess those things to Him because His forgiveness is***

***enough to cover all our sins. Jesus loves us so much, and He wants us to live in the freedom that being honest brings.***

***Let's look at a verse from the Bible, Ephesians 4:25, and read it together."***

Read Ephesians 4:25.

Say, ***"The Bible tells us that when we confess when we do something wrong, it helps build strong relationship, both with God and with our friends.***

***In Bible study this week, we learned what happens when we do not tell the truth. Jacob was not truthful to Isaac when he took Esau's special blessing. Because Jacob was not truthful, it had a very bad impact on his relationship with his entire family.***

***When we tell the truth about our sin, it's telling God, 'I'm really sorry, and I want to live according to Your plan.' God is always there to offer us His forgiveness and help us become more like him. And guess what? Confession doesn't just improve our relationship with God. When we're honest with our friends, they can trust us more, and our friendship grows stronger.***

***Telling the truth isn't just for grown-ups; it's for kids, too! It shows we're brave and that we want to be close friends with God and those around us."***

## **Christ Connection**

Materials: none

Say, ***"When we confess, or tell God about the things we have done wrong, it puts us in a position to receive His love. Jesus, God's Son, came to earth and showed us the perfect way to live. He loved us so much that He forgave all our sin when he died on the cross and then came back to life. This means when we***

***choose to follow Him, we can be part of God's family forever. Not only does God want us to be honest with Him about our sin, He made a way for us to be in relationship with Him again, through Jesus. Confession is possible because of God's great love for us."***

### **Group Demonstration: The Truth Bubble**

Materials: clear dish of water, pepper, dish soap

Place the dish of water where everyone can see is and work through the following demonstration.

Say, ***"Our dish of water here represents our hearts- pure and clean, as Jesus wants them to be. But sometimes, we make choices that go against God's plan, like lying or not sharing with others. (Sprinkle pepper in the water as you discuss different sins.) Much like this pepper is covering the entire surface of the water, our sin touches each part of our lives and can even stretch beyond us and influence those we love. (Hold up dish soap.) This dish soap can remind us of confession. When we admit our wrongs and ask Jesus for forgiveness, it's like adding a drop of soap to the water. What happened to the pepper? (Allow responses.) It scattered to the edges of the bowl. When we first came to believe in Jesus and confess our sins to Him, the Bible tells us that He is faithful to forgive and cleanse all of our sins. And as we continue to follow Jesus, we will still stumble in sin, but we can confess those things to God and be reminded that not only has Jesus forgiven us, but He promised to help us in those areas. Let's remember to always confess our sins to Jesus so that we can experience the forgiveness and relationship He offers to us."***

**Follow Up on Last Week's Challenge**

Materials: none

Ask, ***“Who can tell me what our challenge was from last week?”***

Say, ***“That’s right, last week our challenge was to pray when we practice generosity. We were encouraged to thank God for the opportunity to be generous toward others and also ask that He would extend our act of generosity even further than we could imagine.”***

Ask, ***“What was difficult about completing the challenge? What went well?”***

### **Introduce This Week’s Challenge**

Materials: none

Say, ***“This week, if you make a choice that hurts a friend or someone in your family, like using unkind words, or not following through on a commitment, have the courage to tell them and ask for their forgiveness. When we get together next time, we’ll chat about what it was like to confess, and how you felt in your heart afterward. Remember, telling each other when we’ve done something wrong helps build trust, and that’s what make friendship really strong.”***

### **[Love God by Practicing Confession](#)**

#### **Confession Cross**

Materials: index card and pencils

Give each kid an index card and something to write with. Challenge them to think of something from this past week that they need to confess. Encourage them to either write or draw a picture of what comes to mind on their piece of paper. Explain that this will only be

between them and Jesus, so they can be honest. Remind kids that when we confess our sins, we are being honest with God. When they are ready, guide the kids to fold up the index card and tape their confession to the cross. Emphasize that Jesus had done all that is needed for us to experience forgiveness and power over sin. Close by giving everyone time to pray individually or with someone else in the group.

### **Close in Prayer**

Materials: none

Use the scripted prayer, pray in your own words, or ask a student to pray.

Say, ***“Jesus, thank You for always being ready to listen when we need to confess our sin. We praise You for always being ready and willing to forgive us, even when we make a mistake! Amen.”***