

WEEK 5 LESSON GUIDE

Staycation!

BIG IDEA

We can make peace with others.

BIBLE

Jacob and Esau Meet Again:
Genesis 32:6-21, 33:1-11; Romans 8:26-39

LARGE GROUP TIME

We have come to the final week of our *Staycation!* We have learned a lot about Abraham and his family. Abraham's grandsons, Jacob and Esau, didn't get along so well. Last time we heard about them, they were still upset with each other. **Could there be a second chance for them?**

[Consider contacting families and letting kids come to church in their pajamas this month! Give your space a cozy feel with blankets, beanbag chairs, stuffed animals, cushions, and rugs. Play a fun song with a family or house theme as kids arrive. This week, check out "[All Of You](#)" (From "Encanto").]

WHAT? What are we talking about today?

MUSIC | Worship

- **INSTRUCTIONS:** You can lead kids in worship with any songs of your choice, but here are some suggestions that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Everyday I'm Blessed" (Crowder)
 - "Big House" (From "A Week Away")
 - "You and Me" (Grow Kids VBS)
 - "My Heart Your Home" (Maverick City Music)
 - "Boundary Line" (Elevation Church Kids)

ACTIVITY | Rock, Paper, Scissors Relay

- What's a *Staycation!* without some good, old-fashioned games? Today we're going to play Rock, Paper, Scissors . . . but with a twist. It's a relay!
- **INSTRUCTIONS:** Split the group into two teams and line them up on opposite sides of the room. Make one path between the teams by laying hula hoops on the ground. When the leader says "start," one person from each team will hop forward, along the path. When the players from both teams meet along the path, they play

"rock, paper, scissors." The one who lost has to quickly run back to their team and tag the next player on their team to get on the path, while the one who won gets to continue on the path until cut off by their new opponent in which case they play "rock, paper, scissors." The first team to successfully get everyone to the other side of the room wins! (To see how the game is played, watch [this video](#).)

✂ **SPECIAL NEEDS HACK:** To simplify this game, have the winner hop all the way to the other side without a new challenger hopping onto the path. The one who lost returns to their team's line, too. Then the next pair of players from both teams can face off. For kids with limited mobility, instead of using a path, kids can meet in the middle to play "rock, paper, scissors." The team with the most players at the end of the allotted time wins.

ACTIVITY | Cool It

- Even during the best family *Staycation!*, family members can sometimes get on each other's nerves or make each other mad . . . right?
- All month long, we've heard about fun, crazy, and stressful family situations. You could probably add your own stories, too! **But what are some practical ways that we can cool it, or choose peace, when we feel like we want to do the opposite?**
- Let's practice some ideas to bring peace together. You'll be given a situation that might get on your nerves, and then a prompt on how to respond with peace instead of anger. Here we go!
 - Your brother destroyed your new Lego build on purpose. Ah! That's frustrating, right? Instead of reacting, let's take three big deep breaths. In through our nose, and out through our mouth three times. Good job!
 - Your mom said you can't go to your friend's house because you have to do your homework first. Bummer! Friends are more fun than math, but how can we respond in a peaceful way, even though we're disappointed? Let's all think of two things we're grateful for about our mom or other adult in your family. Go ahead. Let that thankfulness melt away your disappointment.

QUESTION | What is something that brings you peace?

- After a long *Staycation!* sometimes we need some peace and quiet.
- Because we are all different, we experience peace differently. Some of us like to go for a walk outside while others of us like to play video games in order to give ourselves a break.
- **What do you like to do when you feel tired? What brings you peace?**
 - ✂ **PRETEEN HACK:** Ask preteens, "What is something you have argued about with your best friend, or brother or sister?" Since they might not be comfortable sharing out loud, they can answer on sticky notes and stick them on a wall or board then kids can do a gallery walk to see the different responses. Then talk with kids about what are some things they might do to strive for peace the next time similar situations arise.

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Genesis 32:6-21, 33:1-11 (Jacob and Esau Meet Again)

- We've gotten to learn a lot about Abraham's family in the last few weeks. The last time we heard about Abraham's grandson, Jacob, he was all alone in the wilderness and he had a crazy dream. Even though he had made some mistakes, God reminded him that he was always a part of God's family. Let's check in with Jacob and his brother Esau again to see if they were ever able to heal from the hurt they had experienced. *[Show video.]*

- **INSTRUCTIONS:** Set up for the Bible story as though it's a slumber party! Wear pajamas (have kids come in PJs, too!), and have kids sit on the floor on blankets, cushions, and pillows. Show [this video](#) then continue teaching the story from Genesis 32:6-21, 33:1-11.
- Jacob and Esau had a rough relationship. Jacob stole Esau's birthright, which was a blessing for his future. Esau was so angry about this that Jacob actually felt like he had to run away from home.
- Now, years had passed. They had both gotten married and had families of their own. Jacob heard that Esau wanted to reconnect with him face to face. This made Jacob afraid.
- In the dream Jacob had before, God had promised to Jacob that he would always be a part of God's family. So in this passage of Scripture, Jacob prays as though he is reminding God of the promises God had made. But actually, by lifting up this prayer, Jacob was reminding himself of God's promises even though he was very afraid of what would happen when he would have to meet up with his brother.
- Jacob sent a bunch of gifts ahead with his messengers to try to see if they would help Esau forgive him, but when Esau saw Jacob, he ran forward and hugged him. He didn't want all the things . . . he was just happy to see his twin brother again.
- Because God had given him peace, Jacob was able to walk forward and begin to repair his relationship with his brother.

BIG IDEA | We can make peace with others.

- **INSTRUCTIONS:** Prepare an empty drawer filled with odds and ends, but write the Big Idea on a wallet. Pull out a bunch of items from the drawer until you find the right item. You could also invite a volunteer to come to the front and find it for you.
- I cannot find my wallet. I am getting worried about it. I have looked in my car, in my backpack, and even in the cookie jar. Maybe it is in the junk drawer. Act like you are hunting through the junk drawer. Take different items out one at a time. Finally, put out the wallet, and pull out a wallet with the Big Idea written on it. Here it is! Look, it also has our Big Idea for today. **We can make peace with others.**

VIDEO | Staycation!, Episode 5

- **INSTRUCTIONS:** Play this week's episode of [Grow TV](#).

ACTIVITY | Build A House

- Today, on the last day of our Staycation!, we are going to build a house . . . a very sweet house!
- **INSTRUCTIONS:** Lay out graham crackers, frosting, licorice, and gummy bears on a table and give kids twenty seconds to grab as many supplies as they can. After the time is up, tell the kids that they will be building a house in a group of three. Remind the kids not to eat the houses. After they finish, give them each an individually wrapped candy. (See a worked example [here](#).)
- **Did any of you get all of the supplies you wanted?**
- **Were you excited to share, or was it hard to let someone else use the supplies you worked so hard to get?**
- It can be hard to share our stuff with someone else — especially if we just fought them for a precious piece of licorice! But God reminds us that **we can make peace with others.**

ACTIVITY | Family Service Project

- **INSTRUCTIONS:** This activity is personal to your congregation and community. Work with your co-ministry leaders and develop a plan in which kids and families can serve your church or your community to promote peace.
- We've all experienced a time when we were stressed or afraid. We all need peace. Everyone needs peace.

- We live in a community where there are a lot of needs. There are people who are sick, people who feel lonely, and people who feel afraid.
- Today, let's brainstorm ways we can share peace with others.
 - We can write letters to people who are far from their families, like people who are incarcerated or people who are in the hospital.
 - We can also pick up trash around our schools or neighborhoods.
- **What ideas do you have?** Let's each write down one idea of how we can share peace with our community. You can take that home and invite your family to serve the community with you.

SCRIPTURE | Romans 8:26-39

- **INSTRUCTIONS:** *Read Romans 8:26-39.*
- It may seem unnatural to live peacefully with others all of this time, but this passage reminds us that all things work together for our good.
- It may not be the "good" that we imagined — but it's even better because it's God's good plan for us. We saw this in the story about Jacob and Esau. Things worked out for their good.
- In verse 29, we are told that we are becoming like God's son, Jesus. Even though Jesus was mistreated, mocked, and eventually killed, he never stopped being a person of peace.
- As we continue to trust God, God will make us more like Jesus. Even in the hardest of times, we can have peace and **we can make peace with others.**

NOW WHAT? *What does God want us to do about it?*

REFLECTION | In My House

- **INSTRUCTIONS:** *Using the house printable, kids can write specific ways that they can choose to live in peace with the people who live in their home.*
 - ✂ **PRETEEN HACK:** *Have preteens design a mini doormat with a phrase or word on it that will remind them of today's story, or they can write out the Big Idea. Consider having them design it on blank business cards or small patches of fabric using fabric markers.*
- Today we are going to take some time to talk to God. We will be writing our prayers and thoughts inside our own paper houses. Let's ask God to help us make peace in our homes.

ACTIVITY | That's A Stretch

- **INSTRUCTIONS:** *Invite kids to stand up and space themselves out around the room.*
 - ✂ **PRETEEN HACK:** *Talk with preteens about productive conversations they can have with someone after they've gotten into an altercation with someone. How can they reach out to make things right? You can even play out a few scenarios with your group if it will help them visualize how to apply the concept of peacemaking. Remember this does not apply to situations where kids are being victimized or abused, so pay attention to the narratives your kids are bringing you.*
 - ✂ **SPECIAL NEEDS HACK:** *Use the breathing exercise portions of the calming exercise to ensure all can participate regardless of mobility limitations. Put on calming music and practice breathing techniques together.*
- I know what you're thinking. . . . It is almost *impossible* to always live at peace with others. But it is possible when we rely on God's help.

- Today, we are going to stretch, and as we do, we are going to pray and ask for God to help us experience God's peace.
- For our first stretch, sit down with legs in "criss-cross applesauce." Take a nice big inhale, and on the exhale stretch forward.
 - God, thank you for promising that you are with us in every moment. Even when we feel frustrated or afraid, help us experience your peace.
- For our next stretch, stand tall, slightly bend your knees, and clasp your hands behind your back. Breathe in, and as you breathe out, bend forward and bring your arms over your head.
 - God, thank you for making us more like Jesus each day. We want to be people of peace.
- For our last stretch, lie down on your back. Take a big breath in through your nose and exhale through your mouth. Lay your arms to your sides and just relax.
 - God, help us to live at peace with others. We can't do it on our own, but with your help, we can.

MEMORY VERSE | Galatians 6:10 (NIV)

- **"Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."**
- **INSTRUCTIONS:** Tape (use painter's tape so it doesn't hurt kids) one of the memory cards to the forehead of each kid. Have the kids work together, without talking, and line up so that the words of the memory verse are in order. **(Don't forget to also check out the memory verse signs – a combination of SEE and ASL – available in your Programming folder or at growcurriculum.org/Galatians6-10.)**

PRAYER

- Dear God, we know it's not always easy to get along with others, but you show us that it's not impossible to make peace. Help us to be the first to reach out and say sorry and give us open hearts to accept other people's apologies. Thank you for being the true giver of peace. Amen.

SMALL GROUP TIME

DISCUSSION

- What did Jacob bring Esau so that he would forgive him?
- What did the messengers tell Jacob?
- What did Jacob do when he finally saw his brother again?
- Read Romans 8:28. Why is making peace with others also for our good?
- What are some ways you can show peace with others?
- When is it easy to forgive? When is it difficult? How can we still have peace even when it's difficult?
- Who is a peaceful person in your life? What is better about your life because of that person?

ACTIVITY | Blessing in a Bag

- **INSTRUCTIONS:** For this activity, give each kid the paper bag they have been decorating during Staycation! Provide kids with paper, pens, and crayons so that they can write a note or draw a picture for the recipient of the bag. Finish your time by praying together as a group.
- Today you are going to finish your Blessing in a Bag by adding the soap and washcloths you brought.
- Then, let's write a note or draw a picture for the person who will receive this bag, reminding them that they are loved.
- Let's finish by praying that the person who receives this bag will experience God's peace.