



# HEALTHY HABITS @HOME

## The Week of Sep. 8 - Focus Bible Passages: Genesis 25, 27-28, 32, 50

### A Car ride discussion:

What's one thing from church this Sunday about God that we can delight in?

From our time together on Sunday, what's one way we can live differently this week?

Who is one person we saw or missed at church who we could connect with this week?



### A Prayer to Pray:

Father, thank you for the stories you share with us in Scripture that display your amazing providence, even over the sinful acts of mankind. We ask for your forgiveness where our faith and obedience has been weak, and we beg you to meet with us this week "face to face."

In Jesus's name, Amen.



### A Family Devotion Starter

Read Genesis 25:23-32 and Genesis 27 (or summarize this chapter to your kids).

- How would you describe Jacob's character and morals to this point? How did Esau feel about his brother Jacob at the end of ch. 27?

Read Genesis 32:1-12

- After 20 years, God sent Jacob back to his homeland. How does he feel about seeing his brother Esau again? Where does he turn in vs. 9-12 for help?

Read Genesis 32:22-32

- Jacob wrestled all night with God before meeting Esau. What all changed about Jacob because of this encounter?
- When have you wrestled with God? What changed about you because of it?
- How might God be calling you to wrestle with him now?

Read Genesis 45:5 and 50:15-21

- Who does Joseph say was responsible for sending him to Egypt? What does that tell us about how God works? (See also Acts 2:23)

