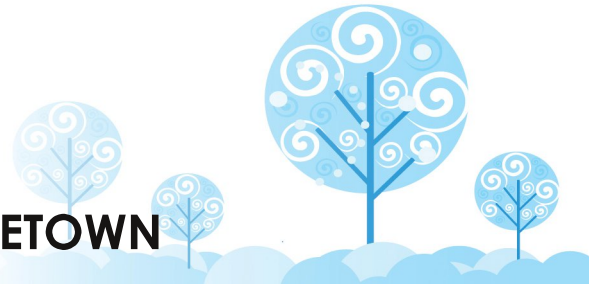


LESSON 12

JACOB GOES BACK TO HIS HOMETOWN



OBJECTIVES

1. To understand that God blessed Jacob abundantly.
2. To learn how Jacob remembered God's guidance and promise.
3. To learn how to ask for forgiveness after offending someone.

MEMORY VERSE

“Behold, how good and how pleasant it is for brethren to dwell together in unity!”

(Psalm 133:1)

PRAYER

1. Thank God for gathering us here so that we can worship and learn more about His words.
2. Thank You for the blessings You've given us.
3. Lord, You are almighty and loving; please protect us daily.
4. May God help us focus on this lesson and apply its teachings to our lives.



Overview

1. **Jacob journeys home to Canaan**
2. **A midnight visit, and a blessing**
3. **Two brothers reunite peacefully**
4. **Jacob returns to Canaan**
5. **Linking to the Ten Basic Beliefs**—One true God: Our God is a jealous God. We must obey and worship Him only.
7. **Life Application**
 - Bobby the Bully
 - Forgiveness
8. **Activity**—70 Times 7



Background Knowledge for Teachers

Name Change

For Hebrews, a person's name change serves more than the purpose of distinguishing oneself from others. The name is either descriptive of the parents' wishes or prophetic of their personality. In some cases, children get their names for a particular circumstance at the time of birth. It is also popular to give children names that sound like words or ideas for the parents to make a point, as in the naming of Jacob's children. However, it is of even greater significance when God gives a new name to a person (Gen 17:5,15). God marked the establishment of a covenant between Himself and Abraham and Sarah in their names, and we also see a similar promise in the change of Jacob's name to Israel. Not only that, Jacob's name became the name for an entire nation (Gen 35:11).

The Title of “Lord” and “Servant”

The title of “lord” is used as a form of respect, and is also the way a subordinate would address a person of superior rank, such as God, a king, or master. When Jacob called Esau “lord” and himself “servant,” he was showing humility before his brother. Likewise, when we call Jesus Christ “Lord,” we are showing our humility and respect to Him, and our obedience to His word.

The Hebrew word for “servant” often refers to slaves as well. When a servant speaks to his master, he addresses himself as “your servant” to express his humility and possibly to remind the master of his duty to provide protection when in need. In some cases, the addressing of servant becomes merely a formality, or a polite substitute for “I.” Although none of the patriarchs were actually slaves or hired laborers (except Joseph), they each referred to themselves as “servants” when speaking to others, especially to God.



Reaching Out to Your Students

Your students may sometimes have trouble forgiving others when they are offended or hurt. They may feel they deserve an apology. Although that may be true, your students need to understand the importance of forgiveness and being forgiven.

Forgiving others is important to our spiritual lives because God expects us to forgive others if we ask Him to forgive us. Whenever your students do something wrong against God, they may know that they should repent and ask for forgiveness, but they may not understand that they must first forgive others. When Jesus Christ gave His model prayer, He mentioned a condition about forgiveness of our sins: if we want God to "forgive us of our debts," we need to "forgive our debtors."



Opener

5 Minutes

Most, if not all, of your students have most likely offended or hurt other people. Ask your students to share some times when they intentionally or unintentionally hurt others, and what they did to get the other person to forgive them. Try to get them to imagine how the other person must have felt when they were offended.

In addition, ask the students how they felt when someone offended them. Ask them what are some things that others have done to gain their forgiveness.

Remind them that it is not easy to forgive or be forgiven, but as we will soon learn, forgiveness brings about joy and happiness.



Vocabulary

pacify: to calm someone down; to make peace with someone
distressed: to be anxious or troubled



Bible Discovery & Spiritual Teaching

30-35 Minutes

Jacob Journeys Home

In the last lesson, Jacob was on his way back to his original home. After making a pact with Jacob, Laban returned home. Jacob began his long journey home to be reunited with his brother when two angels of God met him on the way! God was truly showing Jacob how much He cared for him by letting Jacob know that he was not traveling alone, or without help. After seeing the angels, Jacob named the place "Mahanaim," or "double camp," meaning that there was both the camp of his family, and the camp of God's angels in that place.

Let's open our Bibles to Genesis 32, and focus on verses 1-8. Before meeting his brother, Jacob sent messengers ahead of him to his brother Esau in the land of Seir, the country of Edom. He entrusted the messengers not only to inform Esau of his returning home, but also to try to pave a peaceful way home, as Jacob was very

worried that Esau was still angry with him. When Jacob's messengers returned, his fears increased when they told him that Esau was coming to meet him...with four hundred men!! So Jacob split his whole group into two companies, thinking, "If Esau comes and attacks one group, the group that is left may escape."

This was not the only thing that Jacob did, though. Let's read what other important action Jacob took when he was in fear, in Genesis 32:9-12. We know that Jacob is a very smart and sometimes devious man, but we can see from this passage that he never forgot this very important thing: to turn to God when he was in trouble.

After praying, he spent the night there, and then he picked out some gifts for his brother Esau.

These are all the presents he picked out:

- 200 female goats
- 20 male goats
- 200 ewes (female sheep)
- 20 rams
- 30 female camels with their young
- 40 cows
- 10 bulls
- 20 female donkeys
- 10 young donkeys

Can you imagine all of these animals? He put them in the care of his servants, each herd by itself, telling each group to travel one at a time. When each met his brother, they were to tell him that their herd was a gift for him, and that Jacob was coming behind them. Why do you think he did this? (To try to gain favor with Esau by presenting him gift after gift. Perhaps even if Esau was still angry and planned on attacking him with his four hundred men, all of these gifts would change his mind.)

FOR TEACHERS

Pause the lesson and have the students fill out Bible Discovery Worksheet #1.

Jacob prayed to God when he was afraid and needed protection. We must put all our faith in God when we seek Him, and be reassured that He will never leave or forsake us. Because, after all, God is our strength and protector.

FOR TEACHERS

For the following three sections, there are corresponding questions in Bible Discovery Worksheet #2. Encourage the students to fill in the blanks as they follow along the rest of the lesson. The answers are underlined.

A Midnight Encounter

After sending off his presents, Jacob stayed the night in Mahanaim once again. In the middle of the night, though, he woke and took his closest family and servants, and crossed over the nearby ford. He then sent his family ahead of him, leaving Jacob by himself. What happens next is a very momentous occasion in Jewish history. Let's read Genesis 32:24-30 together. [Section 1 answers: "Mahanaim / double camp," "wrestled / God," "hip," and "blessed."]]

Why do you think this event is so important? (Jacob's new name became the same name for an entire nation of people.) Long before Jacob was born, God made a promise with Abram, and signified it by renaming him Abraham. Here, God blessed Jacob in the same way, by giving Him a new name. And although Jacob might not have known it

at the time, his new name later became the name of whole nation, and this nation became a unique country that had a very special relationship with God. Not only is this a really amazing display of God's power, but it's also proof that God keeps His promises, even if He made the promise hundreds of years ago! Do you think you'd be able to remember a promise for that long?

Two Brothers Reunite

After this very eventful night, at long last, Jacob met with Esau personally. Seeing the four hundred men with his brother, Jacob grouped up his maidservants with their children in front, with Leah and her children behind, and finally Rachel and himself coming to meet Esau last.

FOR TEACHERS

Optional section, if you have time.

Do you remember that Jacob had twelve sons in total?

How many of their names can you think of right now? Who were their mothers?

- Leah: Reuben (the firstborn), Simeon, Levi, Judah, Issachar, and Zebulun.
- Bilhah (Rachel's maidservant): Dan and Naphtali.
- Rachel: Joseph and Benjamin.
- Zilpah (Leah's maidservant): Gad and Asher.

Chronologically, Jacob's children would be listed in the following order: Reuben, Simeon, Levi, Judah, Dan, Naphtali, Gad, Asher, Issachar, Zebulun, (Dinah the only daughter), Joseph, Benjamin*.

*Benjamin was not born while Jacob was working under Laban, but much later, after Jacob had been living in Canaan for some time and eventually returned to Bethel. Rachel died giving birth to Benjamin, and named him Ben-Oni, "son of my sorrow," though Jacob called him Benjamin (Gen 35:16-18).

When he greeted Esau though, he did not greet him as a brother. Let's read how Jacob greeted Esau in Genesis 33:3-11.

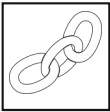
What did Jacob do in greeting? He bowed down seven times, called himself "your servant," and insisted that Esau accept the many gifts that he was offering. Even up to the moment he met Esau, Jacob was afraid that his older brother would be angry with him for his past actions, but we can see that Esau greeted Jacob with an embrace and a kiss, while in tears. Despite this promising welcome, Jacob remained humble, even calling his brother "my lord" (vv. 8, 13)! Although they did not treat each other well in the past, Jacob humbled himself to the level of a servant, and through his gifts, did his best to reunite peacefully with his brother. Esau, too, did not make any indication that he thought of Jacob's past deeds, and greeted Jacob as a brother, not as an enemy.

Jacob Returns to Canaan

Jacob had finally returned to his birthplace. Let's read

what he did upon coming near one of the cities his father had lived near (Gen 33:18-20). What two key things did Jacob do? What can we learn from these? Jacob set up his tents outside the city. This is important because no one in the city had the same religious beliefs as he did. He separated himself and his family from non-believers. We also have to separate ourselves from the world. The second thing Jacob did was build an altar to God. The fact

that it is the very first thing he did means that Jacob prioritized God first, before anything else. An altar is also a constant reminder of our covenant with God, of God's existence in our lives, and of our dependence on His power. Building up our own "altars" will bring us closer to God, because it means that we are always thinking of Him when we are at home.



Linking to the Ten Basic Beliefs

2-5 Minutes

One True God

Our God protects and cares for us in so many ways, ways we can't imagine or don't even think of. Everything from the distance and placement of the earth from the sun, to every aspect of our lives. There are many testimonies of church members shouting "Hallelujah!" when they needed protection from God. But one of the most important things we need to do is believe that God will protect us. Jacob prayed, but he was still afraid at first. Sometimes it's difficult to completely put our trust and our lives in God's hands, but we need to always remember that there's nothing to fear when we have this one true God.



Check for Understanding

5 Minutes

1. **Jacob sent messengers to announce his coming to his brother Esau. When the messengers came back, what did they tell Jacob?** Esau was coming to meet him with 400 men.
2. **After Jacob heard what the messengers told him, what did he decide to do?** He split his people into two groups, and then sent many gifts to meet Esau ahead of him.
3. **When God realized that Jacob would not let go, what did He do to Jacob?** He touched the socket of Jacob's hip so that it became out of joint.
4. **After Jacob wrestled with God, what was the new name He gave to Jacob?** Israel.
5. **When the two brothers finally reunited, how did Esau greet Jacob?** He greeted him with a kiss and weeping.



Life Application

10 Minutes

1. Bobby the Bully

Objective: To remind students to rely on God when they are insecure or need protection.

[Hand out Life Application Worksheet #1. Read the story with the students or ask them to quietly read to themselves. After they have finished reading, go over the discussion questions as a class.]

2. Forgiveness

Objective: To remind students that forgiving others and asking for forgiveness are both necessary and dependent on each other.

[Hand out Life Application Worksheet #2. Read the story with the students or ask them to quietly read to themselves. After they have finished reading, go over the questions with the students. Guide them in filling in the blanks and completing the worksheet.]



Activity

70 Times 7

10-15 Minutes

Objective: To help the students understand forgiveness.

Materials

- Paper plate, one per student
- Colorful Sharpies or permanent markers
- Plastic eggs, one per student
- White glue/paste
- One bowl
- Small, round birdseed

Pre-Class Preparation

Before class, write 70×7 on the sides of the eggs. (This represents the story in Matthew 18:21-35 about how many times should we forgive.) Then write, "Forgive as the Lord forgave you! (Colossians 3:13)," on the paper plate. Put the birdseed into a bowl from which the students can scoop out the seeds. If you want to save time, you can also glue seven seeds to the plastic eggs first for each student before class. Complete one craft beforehand to use as an example during class.

Instructions

1. Have each student glue seven seeds to the plastic eggs. Do this first to give the glue time to dry. Have the students draw pictures of how they might feel when they have been forgiven, or when they forgive others (happy pictures, or simply bright colors).
2. Once their pictures are complete and the glue is dry, have them fill their egg with the birdseed and put on the lid.
3. When finished, show the students how many seeds are in each container by dumping them out onto your own paper plate. Explain to the students how this represents how many times they are to forgive one sin. Are you to forgive someone only 7 times like the number of seeds on the lid? No! They are to forgive 70 times 7. Help the students understand that this means an endless number of times. Encourage them to keep their seeds as a reminder, maybe even planting them with their parents' help at home, so that they can remember that forgiveness never ends as long as there is room to grow.

HOMEWORK ANSWER KEY


1. seven
2. hip
3. Israel, God, men
4. True
5. True
6. False; he pitched his tents outside the city.
7. He alone went ahead of everyone to meet Esau.
8. He embraced and kissed Jacob.
9. He camped outside the city and built an altar to God. These are important because we must keep ourselves separate from the world. We have to prioritize God before anything else, and we should build an altar to remind us of God.
10. It teaches us about the one true God. Our God protects and cares for us in so many ways, ways we can't imagine or don't even think of.

Jacob Goes Back to His Hometown

Jacob Journeys Home

In the first chart are some Bible verses about God's protection. Read them and unscramble the words to fill in the blanks. In the second chart, write down which of the verses would best apply to the situation.

Verse	What the verse says about God's protection
Psalms 18:2	God is our _____. prtocorte
2 Timothy 4:17-18	God _____ us. sesnhetrngt
2 Thessalonians 3:3	God protects us from _____. eivl
1 Corinthians 10:13	God protects us while we are being _____. tmtdpee
Psalms 56:9	God protects us from our _____. misnee
Psalms 91:3-7	God protects us from _____. gadern
Psalms 57:1	God protects us until _____ has passed. disasret
Psalms 121:3-8	God is always _____ us. ptiocrnetg
Joshua 1:5	God's protection never _____ or forsakes us. leseva

Scenario	Which verse would apply to the situation?
A mean bully at school always enjoys sneaking up on you and scaring you. He also likes to trip you when you're walking in the hallways or outdoors.	
Mary is a church member in an African country, and they are currently experiencing a drought with very little water to drink. She, her family, and other church members have managed to get by during the two months because they continue to rely on God and remember His promise of protection.	
A church brother was in New York City during September 11th and close to the buildings that collapsed. Many people died or got hurt that day, but he was reminded of a verse in Psalms about God's wonderful protection.	
Jan, her mother, and her little brother were driving on a stormy night when the cars in front stopped suddenly! Jan's mother yelled out "Hallelujah!" and miraculously the car stopped in time and did not hit anyone or anything.	
Alex and his family were walking back to their apartment and, as they were approaching the front steps to their building, two thieves appeared out of the shadows and pointed a knife at them. They demanded money and any jewelry. But Alex quickly decided to shout "Hallelujah!" and this miraculously scared the evil thieves away.	

Jacob Goes Back to His Hometown

A Midnight Encounter

1. Jacob stayed in the place he called _____, which means "_____."
2. Jacob _____ with _____ for the entire night, until it was dawn.
3. When Jacob refused to let go, God touched the socket of Jacob's _____, and it came out of joint.
4. Jacob would not let go until God _____ him.

Two Brothers Reunite

1. How did Jacob greet Esau?



2. How did Esau greet Jacob?

3. What does this tell us about their attitudes towards each other?

Jacob Returns to Canaan

Upon returning to his homeland, there were two key things that Jacob did. Identify them, and briefly explain what we can learn from each.

a.

b.



Bobby the Bully

Objective: To remind students to rely on God when they are insecure or need protection.

Instructions: Read the story, and then answer the discussion questions.

Jason moved to a new house the summer before starting fourth grade. He soon made friends with Steve, his next-door neighbor who was his age. Steve told him about Bobby who lived about two blocks away from them. Bobby would be in fifth grade in the fall but he could pass for a seventh grader. Everyone called him "Bobby the Bully" because he always picked on kids weaker than him. Steve told Jason that he had given his lunch money to Bobby many times before so that he would not hurt him or make fun of him. Then, one day, as Jason was playing basketball with Steve, he saw Bobby push a boy off his bike and take off with it.



As the summer was ending, Jason grew more and more concerned. Occasionally, he would remember to pray to God about it. He told God about Bobby and how he was afraid of him. Jason also recalled the story about how Daniel was not afraid even when the king ordered the soldiers to throw him into the lions' den. In the end, God protected Daniel by shutting all the lions' mouths. Jason thought to himself: "Surely, God will protect me, too!" However, Jason was still afraid. Then, Jason asked Steve to show him all the places where Bobby normally hung around or passed by every day to get to school so that he could avoid running into him.

Part of trusting in God is **believing** in what you ask of Him. For example, if you pray every day about your struggle and fears, you must believe that God can **help** you. If you have any doubt, then you haven't put all of your trust in God yet. You can always ask God to help give you a **greater faith** in believing in His **power** if you have this problem.

Discussion Questions

1. If you were Jason, what would you do?
2. What are some things that Jason can do to show that he trusts in God's protection?
3. If you know of a bully in your school, what can you do to show you trust in God's power?

Forgiveness

Objective: To remind students that forgiving others and asking for forgiveness are both necessary and dependent on each other.

Instructions: Read the story below first, before answering the questions that follow.

During a 6th grade science experiment, Rick's partner Perry accidentally dropped a glass beaker, shattering it. The teacher came over and asked who did it and what happened. Because Perry wasn't friends with Rick, he didn't care, so he blamed the whole thing on Rick saying that he made him drop it. Rick was angry, of course, but Perry was really good at lying and convinced the teacher. A lot of people actually avoided Perry because of this. Perry didn't really have any friends. The teacher ended up believing Perry and thus took five points off Rick's assignment grade.

Two months later, Perry was out sick for three days and so in the morning, his teacher asked Rick to pick up Perry's homework at the end of the day and bring it to Perry's house, since they lived a block away from each other. At first Rick thought, "After what Perry did to me last time, why would I do a favor for him?! I'll just make up an excuse at the end of the day and not bring it to Perry so that he'll fall behind on his schoolwork—that'll show him." But later in the day, he realized that this is wrong. He had just learned in RE class that past week about not taking revenge on others, and about how, above all else, we must show forgiveness if we want God to forgive us too. So Rick still brought the homework to Perry that afternoon.

Perry was surprised to see Rick show up at his door with the homework. For the first time, Perry felt sorry for what he had done to Rick. When Perry finally went back to school, he invited Rick back to his house to play. Over time, the two even became good friends.



We learned today that Esau forgave his brother Jacob, and Jacob held nothing against Esau for wanting to kill him. Today, if we can forgive others, God will forgive us, too. It's even part of the Lord's prayer: "forgive us our debts, as we forgive our debtors." We are saying, "God, forgive us of our sins that we have committed against You, just as we have forgiven those who have offended us."

1. What does the Bible tell us about forgiveness? Read Matthew 18:21-22 and Luke 17:3-4. What does "seventy times seven" mean?

It means an unlimited number of times. We should always _____ others, without counting the number of times we do.

2. Why should we forgive others? Read what Paul says in Ephesians 4:32.

We should forgive others because _____.

3. What are the benefits of forgiving? Read Mark 11:25-26.

Forgiving others is necessary for _____.

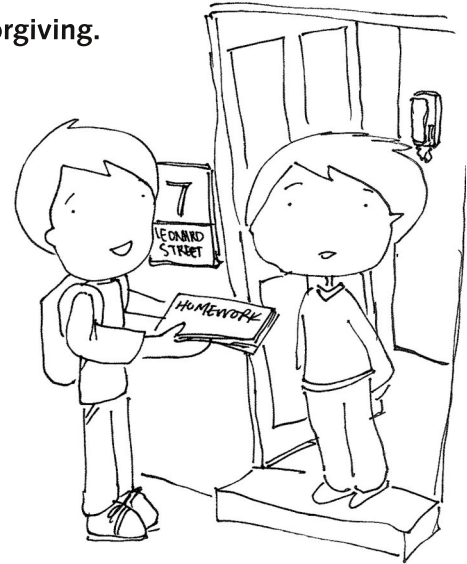
4. Spiritual cleansing. Read James 5:15-16.

James says that the elders of the church should pray over those who are sick and the Lord will make them well, adding, "And if he has committed _____, he will be _____."

5. Examples of forgiveness in the Bible

Read the verses and write down the person who was doing the forgiving.

- Genesis 33:4-15 _____
- Genesis 45:8-15 _____
- Numbers 12:1-13 _____
- 2 Samuel 19:18-23 _____
- 1 Kings 1:52-53 _____
- Luke 23:34 _____
- Acts 7:59-60 _____
- 2 Timothy 4:16 _____



6. Read Matthew 6:12.

Write out this verse, which is a part of the Lord's prayer.

Tips to help you forgive

- Make a resolution to _____ others (Luke 17:3-5).
- Do not seek revenge or repay _____ for _____. Let God handle it in His perfect way (1 Peter 3:9).
- Ask Jesus to help you release the anger inside you (Ephesians 4:26-27, 31).
- Pray for a forgiving heart and remind yourself about what the Bible says about the subject.
- _____ for those who have hurt you (Matthew 5:44).

Jacob Goes Back to His Hometown

Jacob Journeys Home

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Scenario	Which verse would apply to the situation?
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Mary is a church member in an African country, and they are currently experiencing a drought with very little water to drink. She, her family, and other church members have managed to get by during the two months because they continue to rely on God and remember His promise of protection.	(Psalms 57:1)
A church brother was in New York City during September 11th and close to the buildings that collapsed. Many people died or got hurt that day, but he was reminded of a verse in Psalms about God's wonderful protection.	(Psalms 91:3-7)
Jan, her mother, and her little brother were driving on a stormy night when the cars in front stopped suddenly! Jan's mother yelled out "Hallelujah!" and miraculously the car stopped in time and did not hit anyone or anything.	(Psalms 18:2)
Alex and his family were walking back to their apartment and, as they were approaching the front steps to their building, two thieves appeared out of the shadows and pointed a knife at them. They demanded money and any jewelry. But Alex quickly decided to shout "Hallelujah!" and this miraculously scared the evil thieves away.	(2 Thessalonians 3:3)

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Perry was surprised to see Rick show up at his door with the homework. For the first time, Perry felt sorry for what he had done to Rick. When Perry finally went back to school, he invited Rick back to his house to play. Over time, the two even became good friends.

We learned today that Esau forgave his brother Jacob, and Jacob held nothing against Esau for wanting to kill him. Today, if we can forgive others, God will forgive us, too. It's even part of the Lord's prayer: "forgive us our debts, as we forgive our debtors." We are saying, "God, forgive us of our sins that we have committed against You, just as we have forgiven those who have offended us."

1. What does the Bible tell us about forgiveness? Read Matthew 18:21-22 and Luke 17:3-4. What does "seventy times seven" mean?

It means an unlimited number of times. We should always forgive others, without counting the number of times we do.

2. Why should we forgive others? Read what Paul says in Ephesians 4:32.

We should forgive others because God has forgiven us.

3. What are the benefits of forgiving? Read Mark 11:25-26.

Forgiving others is necessary for our own forgiveness.

4. Spiritual cleansing. Read James 5:15-16.

James says that the elders of the church should pray over those who are sick and the Lord will make them well, adding, "And if he has committed sins, he will be forgiven."

5. Examples of forgiveness in the Bible

Read the verses and write down the name of the person who was doing the forgiving.

- Genesis 33:4-15 *Esau and Jacob*
- Genesis 45:8-15 *Joseph*
- Numbers 12:1-13 *Moses*
- 2 Samuel 19:18-23 *David*
- 1 Kings 1:52-53 *Solomon*
- Luke 23:34 *Jesus*
- Acts 7:59-60 *Stephen*
- 2 Timothy 4:16 *Paul*

6. Read Matthew 6:12.

Write out this verse, which is a part of the Lord's prayer.

"And forgive us our debts, as we forgive our debtors."

Tips to help you forgive

- Make a resolution to forgive others (Luke 17:3-5).
- Do not seek revenge or repay evil for evil. Let God handle it in His perfect way (1 Peter 3:9).
- Ask Jesus to help you release the anger inside you (Ephesians 4:26-27, 31).
- Pray for a forgiving heart and remind yourself about what the Bible says about the subject.
- Pray for those who have hurt you (Matthew 5:44).

E2 Year 1 Book 2 Lesson 12—Jacob Goes Back to His Hometown

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Weekly Bible Reading: _____

Bible Reading: Check each box when you complete that day's reading.

Prayer: Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

What I Learned from the Bible This Week

1. _____

2. _____

Memory Verse

Please write down this week's memory verse. **(Psalm 133:1)**

Fill In the Blank

1. Before Jacob went up close to Esau, he bowed down to the ground _____ times to show his respect to Esau.
2. As the Man was wrestling with Jacob, He saw that He could not win over Jacob, so the Man touched the socket of Jacob's _____.
3. After Jacob wrestled with God, He said to him: "Your name will no longer be Jacob, but _____, because you have struggled with _____ and with _____ and have overcome."

True or False

4. Jacob thought that Esau still hated him and was coming to kill him. _____
5. Jacob remembered to pray to God about his meeting with Esau and what was troubling him. _____
6. Jacob settled inside the city, Shechem, upon returning home to Canaan. _____

Short Answer

7. What did Jacob do when he lifted up his eyes and saw Esau coming with his 400 men?
8. When Esau saw his brother Jacob, who had tricked him two times before, what did he do?
9. When Jacob finally settled down in Canaan, what were two key actions of his, and why are these important to us?
10. Which of the Ten Basic Beliefs does this lesson teach us about? Name it and explain.