

LESSON 2

A BOWL OF RED STEW

BEFORE YOU TEACH

The Birthright

A birthright was a privilege bestowed upon children born in patriarchal societies. This privilege or right varied depending on birth order, with special inheritance rights usually given to the firstborn son. The firstborn generally received a double portion of the estate upon the death of the father, and through him the family line was preserved (cf. Deut 21:17). The firstborn son could sell his birthright or give it away if he chose, but in so doing he would lose both the inheritance and his patriarchal position.

By selling his birthright for a bowl of stew, Esau overtly expressed his contempt for God, for that birthright included the covenant promise that God made to Abraham, which was to be passed on through the family line. God's covenant was made up of several specific promises: "I will make you a great nation; I will bless you and make your name great; and you shall be a blessing. I will bless those who bless you, and I will curse him who curses you; and in you all the families of earth shall be blessed" (Gen 12:2-3). Esau's act showed how little he valued God and His promises. In effect, Esau "despised" his birthright (Gen 25:34).

In the New Testament, God makes a covenant with those who have been baptized in the blood of the Lord Jesus. This is our birthright: the covenant of salvation and the promise that we will inherit the kingdom of God (Heb 9:15). God sealed us with the promise of the inheritance by giving each of us the Holy Spirit to dwell in us (Eph 1:13-14).

As we live in this world, it is sometimes easy for us to forget about our birthright, or our hope in heaven. Often our daily desires and ambitions blur our heavenly vision. If we are not alert and if we follow our own desires, we might even forfeit our salvation (Mk 8:36-37). Let us not be like Esau, who saw his present hunger as more important than his birthright. Instead, let us cherish our birthright in the same way as the apostle Paul: he counted everything as loss because of the surpassing worth of knowing Christ (Phil 3:8).

The Blessing

Although Jacob had bought the birthright of the firstborn from Esau, it was still not officially his until his father gave it to him. The bestowment of the birthright normally came in the form of a blessing. Before Isaac died, he performed a ceremony of blessing in which he officially handed over the birthright to the rightful heir.

Before the blessing was given, the father could take the birthright away from the oldest son and give it to a more deserving son. But after the blessing was carried out, the birthright was permanent and binding. This is why fathers usually waited until late in life to bestow the blessing.

BIBLE TEXT

Genesis 25:19-34; 27:1-28:5

BIBLE TRUTHS

1. God wants us to be honest.
2. God wants us to value our birthright.

LESSON OBJECTIVES

1. To always be honest in all that we say and do.
2. To always tell the truth and to never lie.
3. To cherish our covenant of salvation with God.

MEMORY VERSE

"Lying lips are an abomination to the Lord, but those who deal truthfully are His delight."

(Proverbs 12:22)

PRAYER

In the name of the Lord Jesus Christ, we pray. We thank You, Lord, for the beginning of this new quarter. Please help us to learn all the important things You want us to know, like being honest and getting along with one another. May Your Spirit guide us as we learn about Your word. Hallelujah! Amen.

Two Brothers

Even though Jacob and Esau were twins, they were two very different people, each with his own unique character and personality. Esau was outgoing, loved the outdoors, thrill-seeking, and impulsive. Jacob, on the other hand, was quiet, calm, a homebody, and a planner. Two people under the same roof could not have been more different!

Even though siblings are born into the same family,

very often each sibling will have his/her own unique character and personality. Think about your own relationship with your siblings (if applicable) and consider your similarities and differences.

Also consider the students in your class—how can you leverage their experiences and connect them to Jacob and Esau's relationship?

UNDERSTANDING YOUR STUDENTS

Your students probably have no problem with being honest—until honesty is no longer to their advantage. Most of the time, children are tempted to lie when they know they are going to get in trouble. People are naturally inclined to lie when they have done something wrong. But we as teachers can encourage our students to tell the truth by showing our unconditional love towards them. When the students do something wrong, we can reprimand their action and not their person. When they do have the courage to admit their wrongdoing, we should immediately acknowledge and appreciate their honesty.

Confessing our wrongdoings is an important step to repentance and, more importantly, forgiveness. Help your students understand that God is always willing to forgive, but we must be willing to confess and repent. Only when we confess our wrongdoings will we be open to God's loving forgiveness. As teachers, we can demonstrate this unconditional love by showing our forgiveness when a student does wrong. As the students experience the goodness of forgiveness, they will learn to face their wrongdoing with bravery and seek the forgiveness of the Lord.

VOCABULARY

- twins:** two babies born from the same mother at the same time
- birthright:** special rights a firstborn son receives; includes becoming the family leader and a double portion of the family property (today, our birthright is God's promise for us to go to heaven)
- swear:** to promise; the Lord Jesus has told us not to swear but to simply tell the truth
- blessing:** something good from God; when you bless someone, you are saying you want God to give what is best for them
- curse:** to wish harm upon someone or something

REVIEW

Last week, we learned the importance of being a peacemaker. We reviewed the story of Isaac and the difficulties he encountered when building wells. Isaac had to move because the king told him to leave, so after he moved, he dug a well so that his family could have water. However, after he dug his first well, herdsmen came and stole the well, saying it was theirs. Instead of fighting with them, Isaac moved on and found another place to dig a well. Once again, the herdsmen came back and took the well from Isaac. They had stolen his wells twice, but did he get angry with them? No! Isaac was a peacemaker, so he continued on to another place to dig another well. Finally, he dug his third well and no one came to steal it from him.

Later, Isaac moved to Beersheba and something miraculous happened there! God appeared to Isaac and blessed him, saying that He was with him and that He would multiply his descendants. After his meeting with God, Isaac built an altar to worship and praise God. He then settled his family down and asked his servants to dig a well nearby. Then one day, King Abimelech came to visit Isaac. He was the same king who had told Isaac to move in the first place! Why was he here? King Abimelech had seen that God was with Isaac, so he wanted to make an oath of peace. King Abimelech would not hurt Isaac and Isaac would not hurt King Abimelech. In the end, God blessed Isaac greatly for being a peacemaker. We learned that we should strive to become like Isaac and seek peace, not strife.

BIBLE STORY

Jacob and Esau

Last quarter, we learned about Abraham and his son Isaac. Do you remember who Isaac married? Right, Rebekah! They got married when Isaac was forty years old, but Rebekah was barren. So Isaac prayed to God for her to have children. Finally, when Isaac was sixty years old, God gave Isaac and Rebekah children. In fact, He gave them twins! But these twins didn't look alike at all, and when they grew up, they were very different. These twins were named Jacob and Esau.

Esau was born first. When he was born, he was red and hairy. That's what his name means—"hairy." After Esau came his twin, holding on tight to his heel! So they named him Jacob, which means "holding on to the heel." In Hebrew, "holding on to the heel" also means "he tricks people." Today, we will learn about how Jacob tricked his older brother.

A Bowl of Stew for a Birthright

When the boys grew up, they liked to do different things. Esau liked to stay outdoors, so he became a skillful hunter. Jacob was a quiet person and liked to stay near the tents. Esau would often go out hunting for animals, which could be cooked and eaten. Isaac really liked Esau because he would bring home the tasty meat to eat, but Rebekah favored Jacob.

One day, Esau went out to hunt animals as usual, and Jacob was at home. Jacob had just finished cooking some red stew when Esau came home from hunting. Esau was so hungry, and his mouth watered when he smelled the stew.

Esau said to Jacob, "Quick, let me have some of that red stew! I'm starving!"

Now as you know, Esau was the firstborn son. In those days, the firstborn son got special rights. When he grew up, he would become the family's leader and would receive twice as much of the family property as anyone else. All of these special rights were part of something called a birthright. A firstborn son could sell his birthright or give it away.

Jacob wanted Esau's birthright so he told Esau, "I will give you a bowl of red stew for your birthright."

A birthright was a very special thing. It was important to be the head of a family, and it was valuable because you would get twice as much of the family property as anyone else. But Esau wasn't thinking about how important his birthright was. He was thinking about his empty stomach, and how much he wanted that red stew.

A Bad Decision

So Esau said to Jacob, "Look, I'm about to starve to death. What do I care about my birthright?"

Then Jacob said to Esau, "First swear to me that you really are going to sell me your birthright." In ancient times

people made promises by swearing. So Esau swore to Jacob and sold him his birthright—all for a bowl of red stew.

Rebekah's Plan

Years went by and Isaac became very old. Because of his old age, he could no longer see. Isaac knew that he was about to die, so he called for Esau so that he could bless him and give him his birthright. Isaac didn't know that Esau had sold his birthright to his brother for a bowl of red stew. Isaac told Esau to get his bow and arrow and hunt some of the tasty animals he liked to eat so much. When Esau came back, he would bless him.

All this time, Rebekah was listening to what Isaac had told Esau. She hurried to tell Jacob what she had heard and said, "Listen, my son. Go and get two young goats from the flock. I'll cook them just the way your father likes it. Then take the food to your father to eat, and he will bless you."

But Jacob said, "Esau and I are nothing alike. Esau is hairy, and I have smooth skin. What if my father touches me? When he finds out I am not Esau, he will curse me instead of bless me."

Rebekah answered Jacob, "Don't worry, let him blame me, then. Just go and do what I say."

So Jacob went and got two young goats and Rebekah cooked them. Then she had him wear Esau's best clothes and put some goatskin on Jacob's hands and neck so that he would be hairy to the touch. Jacob was ready to take his father the tasty food.

Isaac Blesses Jacob by Accident

As Jacob walked in, he said, "Here I am, my father."

Isaac couldn't see, so he asked, "Who are you, my son?"

Jacob answered, "I'm Esau your firstborn. I have done as you told me. Please sit up and eat some of this tasty food so you can give me your blessing."

Isaac asked, "How did you find it so quickly, my son?" Jacob answered, "The Lord your God helped me find it." Isaac still wasn't sure if it was Esau, so he said to Jacob, "Come over here so I can touch you. Then I'll know if you're really Esau or not."

So Jacob went close to his father and Isaac touched his hands and neck. Isaac was puzzled because Jacob felt like Esau, but he didn't sound like him. He asked again, "Are you really my son Esau?"

Jacob lied, "I am."

So Isaac told Jacob to bring him the food and he ate and drank. After he had eaten, he asked Jacob to kiss him and when he smelled the scent of Esau's clothes that Jacob was wearing, he blessed Jacob, saying, "May God make you rich, and may you rule over the nations and your brothers. May those who wish you harm go through

harm, and may those who wish you good go through good."

Jacob Is Found Out

After Isaac had finished blessing him and Jacob had barely left, Esau came in from hunting. He also had prepared some tasty food and brought it to his father, wanting to get the blessing.

When Isaac heard Esau, he asked, "Who are you?"

Esau answered, "I am your firstborn son, Esau."

Isaac then trembled and said, "Who was it then that just came in? I ate the food he brought and I blessed him!"

Both Isaac and Esau realized that it was Jacob who had tricked them. Esau cried out loudly and said, "Jacob has taken away my birthright, and now he has taken away my blessing! But can't you bless me, too?"

Since Jacob had received the best blessing, there wasn't much left for Esau. But Isaac said to Esau, "You will live by the sword and will serve your brother. When you grow tired of it, you will stop serving your brother."

Jacob Runs Away to Laban

Because Jacob had tricked him, Esau was very angry at him. In fact, Esau was so angry that he wanted to kill him. Esau decided to wait until his father passed away, and then he would kill him.

Rebekah found out what Esau was planning to do, and told Jacob, "Your brother is going to kill you. Run away to my brother (Jacob's uncle) Laban's house. Stay with him, and when Esau isn't angry with you anymore, I'll send for you to come back home."

So Jacob had to leave his beloved home and run to a faraway place. This was the last time he would see his mother.

Jacob had first tricked Esau into trading his birthright for a bowl of red stew, and now he had lied to his father so that he would give him the blessing. At first, it seemed like he gained something, or got something good by lying, but his lying actually caused a lot of trouble. First of all, he had to run away from the home he loved so much, and he wouldn't be able to go back there for many, many years. Second, he had to leave his mother, and he would never see her again after that. Lastly, he made his brother Esau his enemy, and later, even their children would fight.

Today, even though it may seem like lying is the easiest way out, it never pays in the end. It often causes more trouble when we are found out. We also know that it is against God's command to lie and to trick people. In the end, God will judge us for everything that we do. So let us always keep the word of God in our hearts and be honest even when it is hard.

CHECK FOR UNDERSTANDING

- 1. How were Jacob and Esau different?** Jacob was quiet and liked to stay near the tents; Esau liked to stay outdoors and hunt animals.
- 2. What did Esau trade his birthright for?** A bowl of red stew.
- 3. What did Jacob do in order to get the blessing from his father?** He pretended to be Esau.
- 4. Because Jacob tricked Esau and took his blessing, what did Esau want to do?** He wanted to kill Jacob.
- 5. Where did Jacob run away to?** His uncle Laban's house.
- 6. What does it mean to be honest?** To tell the truth.
- 7. Like Jacob, sometimes it's hard for us to always be honest. When is it hard for you to be honest?** Answers may vary.
- 8. Can you think of a situation when you did something wrong, but you were honest when someone asked you about it?** Answers may vary.
- 9. How can we remind ourselves to always be honest?** Read today's memory verse to find out what God thinks about being honest.

MEMORY VERSE PRACTICE

Please reinforce the memory verse every week.
You can practice the memory verse with your students anytime during class.

"Lying lips are an abomination to the Lord, but those who deal truthfully are His delight." (Proverbs 12:22)

SPIRITUAL TEACHING & LIFE APPLICATION

1. It is wrong to lie to or trick others for our own gain and to harm others.

1. Ask the students to turn their Bibles to Exodus 20, and ask if the students know what is recorded in this chapter (i.e., the Ten Commandments).
2. Ask the students, "Is there a commandment that talks about lying? Which verse is it in?" Call on one of them to read it aloud. (Verse 16: "You shall not bear false witness against your neighbor.")
3. Explain that to bear false witness is to lie, and purposely lying in order to harm another person so that we gain something is wrong.
4. In today's Bible story, who lied and who was tricked? (Jacob lied, and Esau and Isaac were tricked.)
5. Why did Jacob trick and lie to his father? (In order to gain something for himself.)
6. What happened to Jacob in the end? (He had to run away from his brother Esau, because Esau wanted to kill him.)
7. In the end, Jacob hurt his family and himself by first lying to gain something for himself.

God does not want us to hurt others but to love them as ourselves. Would we want to be lied to or tricked? Of course not! So it is wrong to lie to or trick others for our gain or to hurt others.

2. It is always best to tell the truth even if we might be in trouble. Don't lie; be truthful.

1. Ask the students to brainstorm why they might want to lie sometimes. (When one of them mentions, "to get out of trouble," you can stop.)
2. Sometimes we lie in order to get out of trouble. But oftentimes trouble comes because we lie. Sometimes we have to say another lie to cover up the first lie. Then we are in real trouble.
3. God knows that we all make mistakes, and He is willing to forgive our mistakes if we truly repent (i.e., say that we're sorry for what we did and try our best not to do it again). What do you think God would say to someone who is really sorry for something they have done? (Read Ps 86:5.) Now if the person lies and says, "I haven't done anything wrong," how would God feel about it? (Read 1 Jn 1:10.)
4. In the same way, if we lie to our parents or teachers because we don't want to get in trouble, we might be in more trouble. But on the other hand, if we make a mistake and say that we're sorry, we'll find that our parents and teachers are also very willing to say, "It's OK, just try not to do it again."

3. We should keep our birthright by not following the world.

1. At the very moment we were baptized, God washed away our sins and gave us the promise of eternal life in heaven. When we receive the Holy Spirit, God seals us with the promise of inheritance of the heavenly kingdom (Eph 1:13-14). Each one of us has this "birthright," the right to inherit the kingdom of God. But we need to make sure that we keep this birthright and cherish it. We should not be like Esau and give it up for something else in this world.
2. Ask the students to write down the name of the toy that is most precious to them. It has to be so precious that they would not give it up for anything.
3. Now, ask a volunteer to come up and tell the class his most precious toy. Show the volunteer a regular classroom object (a stapler or a marker) and offer it to him in exchange for his favorite toy. The student will probably say "No."
4. Next, ask another volunteer to come up and tell the class his most precious toy. Show the volunteer a bag of candy and offer it to him in exchange for his favorite toy. The student will probably say "No."
5. Next, ask another volunteer to come up and tell the class his most precious toy. Show the volunteer another toy that you have brought (could be your favorite) and offer it to him in exchange for his favorite toy. If he says "No," then it is clear that he really likes the toy. If he says "Yes," then tell him it is your favorite toy and that you will not exchange it with him.

The purpose of this exercise is for the students to understand that when we cherish something very much, we will not give it up for something else. God's salvation and covenant with us is so precious that we must keep it and cherish it. We should not give it up for something else (Mk 8:36-37).

When we truly cherish our salvation, then other things in this world are not worth nearly as much (Phil 3:8).

 ACTIVITIES

1

Rita and Patrick Learn to Get Along

- Objectives:** 1. Students will understand the importance of getting along.
2. Students will be able to show kindness to one another.

Sometimes Rita and her brother Patrick fight with each other.
Sometimes Patrick hits Rita.
Then he tries to hide from their mother.
Once, he hid in the clothes hamper, but his mother found him anyway.
She grounded him for hitting Rita.
Fighting always makes people sad.

Sometimes, both Rita and Patrick want to take a shower first.
But they can't both be first. They have to take turns.

But even when Rita and Patrick fight, they really do love each other.
They don't want to make each other sad.

Sometimes Rita and Patrick start to cry when they fight.
Then one of them says something funny.
They stop crying and then laugh.
It is more fun to laugh than to fight.
Soon they forget about the fight.

Questions to Think About

1. What is the one thing that your brother or sister does that makes you the most angry or sad? How do you usually react (e.g., cry, tell your mom, hit him or her)?
2. What do you enjoy doing most with your brother or sister that is fun and makes you happy?
3. We can show our love to our siblings by being kind to them and by being generous. How can we show kindness? How can we be generous? Try being kind and generous for a week.
4. We can also show love to our siblings by forgiving them. What does forgiveness mean? Also, if we are in the wrong, we have to practice saying "I'm sorry." How do we know when to say "I'm sorry"?

2

Picture Frame Bookmark

Objective: To remind students that God likes people who tell the truth.

Materials

- 2" x 5" cardstock, 2 pieces per student
- Colored pencils
- Markers
- Scissors
- A 1" x 1" picture of each student, optional

Preparations

For each student, prepare 2 pieces of 2" x 5" cardstock and cut out a 1" circle in the middle of one of them.

Instructions

1. On the cardstock with the circle, have the students use a bold marker or a pen to write, "The Lord delights in [student's name] who is truthful."
2. Let the students decorate both pieces of cardstock.
3. Place the student's picture between the 2 pieces of cardstock so that the student's face fits in the 1" circle.
4. Glue or tape the picture down, and glue the 2 pieces of cardstock together. (If you are unable to prepare a picture for the students, let them do this step at home.)

3

Comic Book

Objective: To remind students to be honest and good Christians.

Here, we will need an artist to draw 4 scenes. In these scenes there should be some dialogue that is already written, and some that the students will fill in. At the bottom of each scene, write the Bible verse that is indicated.

Scene 1

- Draw a boy and a girl both smiling with the same speech bubble, "God wants us to be _____." (The students should fill in the blank: "honest")
- Proverbs 12:22

Scene 2

- Draw 2 boys and 2 girls who are playing basketball on different teams. One of the boys has a speech bubble that says, "Seven plus two points—hey, we beat you, we have ten points!" The other boy, his teammate, will have a blank speech bubble. (The students should fill in what the teammate should say.)
- Exodus 20:16

Scene 3

- Draw a girl who looks embarrassed because she's hiding the fact that she just broke her dad's favorite gadget (cell phone, computer, etc.). Draw the dad with a speech bubble, "Sweetie, do you have something to say?" Draw a blank speech bubble for the girl. (The students will fill in what the girl should say.)
- 1 John 1:8

Scene 4

- Draw a boy and a girl looking at a permission slip for a field trip to the zoo on Saturday. The girl has a speech bubble that says, "Let's ask Mom to sign this so that we can go to the zoo with our classmates." The boy has a speech bubble that says, "I would rather _____ on Saturday because God wants us to keep His commandments. Let's skip this little field trip so that we can go to _____ to worship God, which is more precious."
- Philippians 3:8

HOMEWORK ANSWER KEY

1. "Lying lips are an abomination to the Lord, but those who deal truthfully are His delight." (Proverbs 12:22)
2. Esau is hairy, but Jacob has smooth skin. Esau likes to hunt, but Jacob likes to stay home.
3. B
4. C
5. True
6. True
7. fled/ran
8. The person will be very angry. We will sin against God by lying. God will be very sad that we didn't tell the truth.
9. "For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You."
10. Answers may vary.

E1 Year 1 Book 2 Lesson 2—A Bowl of Red Stew

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Bible Truths: 1. God wants us to be honest.
2. God wants us to value our birthright.

Lesson Objectives: 1. To always be honest in all that we say and do.
2. To always tell the truth and to never lie.
3. To cherish our covenant of salvation with God.

Bible Reading: Please put a checkmark in the space when you complete the reading each day.

Prayer: Please put a checkmark in the space on the days you prayed to God.

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------|-----|-----|-----|-----|-----|-----|-----|
| Bible Reading | | | | | | | |
| Prayer | | | | | | | |

Memory Verse

Please write down this week's memory verse.

(Proverbs 12:22)

What I Learned from the Bible This Week

1. _____
2. _____
3. _____

Homework Assignment

Understanding What You Have Learned

1. Write down the memory verse without looking.

2. How were Jacob and Esau different? Draw Jacob and Esau—what did they look like and what did they like to do? (Use the back of the paper if you need more space.)

Multiple Choice

3. _____ : What did Esau trade his birthright for?

- a. A new set of clothes.
- b. A bowl of red stew.
- c. A set of bow and arrows for hunting.

4. _____ : Because Jacob tricked Esau and took his blessing, what did Esau want to do?

- a. He wanted Jacob to run away.
- b. He wanted Jacob to cook him more red stew.
- c. He wanted to kill Jacob.

True or False

5. Jacob pretended to be Esau in order to get the blessing from his father. _____

6. We should not lie because it is a commandment from God. _____

Fill In the Blank

7. Jacob _____ to his uncle Laban's house. He lived there for many years and would never see his mother Rebekah again.

Life Application

8. If we lie or trick someone, how would it hurt the person, ourselves, and God?

9. Work with a parent. Have you ever lied or wanted to lie so that you wouldn't get in trouble? Share with your parent about a time like this. Sometimes we forget that the best way out of trouble is to admit our mistakes and ask for forgiveness. Please copy down Psalm 86:5.

10. Every night before bed, grade yourself on how well you have done to be honest for that day. Write down a short prayer asking God to help you continue to be honest.
