

Why Esau Sold His Birthright

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Lesson Overview

In today's lesson, we're going to learn about Isaac's twin sons named Jacob and Esau. Esau was the older brother which meant that he got the birthright. The birthright meant that when Isaac died, Esau would get all of his money and land. That was a big deal. Esau grew up to be a skilled hunter so he spent a lot of time out in the wilderness. Jacob was more of a homebody and enjoyed to cook. One day, Jacob made a delicious stew. When Esau came home from a long day, all he wanted was the stew. He was starving. Jacob decided to take advantage of the situation and told Esau he could have the stew if he gave up his birthright to him. Now, anyone would know this is a bad trade. You don't give up your inheritance for a bowl of soup but that's what Esau did. Esau lacked an important quality in his life -self control. He gave up his future because he was hungry. Let's learn from this story that we should practice self-control in our own lives by not giving up big things for little things.

Big Idea

Esau lacked self control when he gave up a big thing for a small thing.

Key Question

How can we show self-control in our lives?

Memory Verse

Proverbs 25:28 "A person without self-control is like a city with broken-down walls."

Classroom Agenda

1. (5 min) **Let kids start working on Activity Page #1.**
2. (5 min) **WARM UP: Have you ever made a bad trade with a friend or sibling? Explain** (Tip: Sometimes we think that what someone else has is better than what we have but that's not always true. That's what Esau learned. He made a bad trade and it changed his whole life.)
3. (5 min) **PREVIEW: Write out the Big Idea, Memory Verse, and Key Question on a whiteboard.** Have the kids copy it down on Activity Page #1 (if applicable).
4. (20 min) **LARGE GROUP: Gather for songs and videos with other kids.** Then return to class to finish this guide.
5. (2 min) **RECAP: Read the Lesson Overview (see above).**
6. (3 min) **KQ: Answer the Key Question.** (Answer: **By making choices that honor God.** (Self control is about making the right choices and not letting our emotions dictate what we do. The right choices can be found in the Bible. It tells us how to live and it tells us the stuff we need to avoid. So, we're showing self control when we choose to obey what the Bible says.)
 - **Bonus Questions:** What is self control? What book tells us how to make good choices? **4-5th** Share a time you showed self control in a situation in your life.
7. (5 min) **EXPLORE: Read 2 Timothy 1:7. What doesn't God give us? What does he give us instead? In what areas of your life do you need to work on self control?** (Answer: God doesn't give us fear or lack of courage. He give us love, power and self control. So, when we're faced with a situation where we're tempted to do something we know we shouldn't, we can remember that God has given us the power to say "No" to naughty stuff.)
8. (10 min) **PLAY: Choose a group activity from Activity Page #2.**
9. (5 min) **CLOSE: Share prayer requests and pray as a class.** Encourage kids to use the Family Guide at home with their parents - and remind them to go online to pursueGODkids.org to find this week's lesson video.

Teacher instructions: Choose an activity for your classroom.

OPTION 1: KING OF THE HILL LESSON REVIEW

Instructions:

- Before class, tape a square on the floor.
- Choose one kid to start as the “king” by having them stand in the square. Have the rest of the class line up single file facing the “king”.
- Have the “king” and the first kid in line have a face off. Ask a question from below, first to raise their hand gets a chance to answer. If the “king” is correct, they get to stay in the square. If the kid in line is correct, they get to become “king” and the other goes to the end of the line.

Questions:

1. What are the names of the brothers we learned about today. (Jacob and Esau)
2. Who was older? (Esau)
3. Who cooked a yummy soup? (Jacob)
4. True or False: Jacob and Esau were twins. (T)
5. Who died on the cross for our sins? (Jesus)
6. Who lacked self control in the story? (Esau)
7. What is a birthright? (oldest gets more stuff)
8. From what book in the Bible is our memory verse found? (Proverbs)
9. True or False: Esau made a good trade. (F)
10. What is the Big Idea today? (see teacher notes)

Supplies needed: Tape

OPTION 2: JACOB'S STEW CRAFT

Instructions:

- Give each kid a Stew template (page 5). Give each kid a paper plate half.
- Have kids cut out each vegetable and the Big Idea and verse.
- Have kids color the plate black to look like a pot. Have them color their veggies.
- Then, have them tape each vegetable to the upper back side of the plate to make it look like a pot of stew. Then have them glue the Big idea and verse onto their pot.
- As they work, read the story of Jacob and Esau from Genesis 25:27-34. Remind the kids how important self control is in their lives. Esau lacked self control and made a bad trade-his birthright for a bowl of stew.

Supplies needed: Stew template (pg. 5, 1 set per kid), Paper plates (cut in half, 1 half per kid), Scissors, Crayons, Tape, Glue

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BIBLE STORYLINE

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Esau was a strong man with a weak will. And that made it easy for his brother to trick him.

Key Points:

- Isaac had twin boys named _____ and _____. Genesis 25:25-26
- Esau was the _____ twin so he was supposed to be the _____ one.
- _____ tricked Esau and stole his _____. Genesis 25:33
- It's foolish to give up something _____ for something _____.

Memory Verse:

Proverbs 25:28 A person without self-control is like a city with broken-down walls.

See Also: [Self-Control](#), [Choices](#)

Talk About It

1. *What's your favorite part of the video? What's one thing you learned from it?*
2. *Have you ever made a bad trade with a friend or sibling? Explain.*
3. *What were the names of the twins in the story today?*
4. *What did Jacob take from Esau?*
5. *Read 2 Timothy 1:7. What doesn't God give us? What does he give us instead? In what areas of your life do you need to work on self control?*
6. *How will you apply this lesson to your life this week?*

Instructions: Color the picture.

ESAU LACKED SELF
CONTROL WHEN HE
GAVE UP SOMETHING
BIG FOR SOMETHING
SMALL

Key Question

*How can we show self control
in our lives?*

Memory Verse

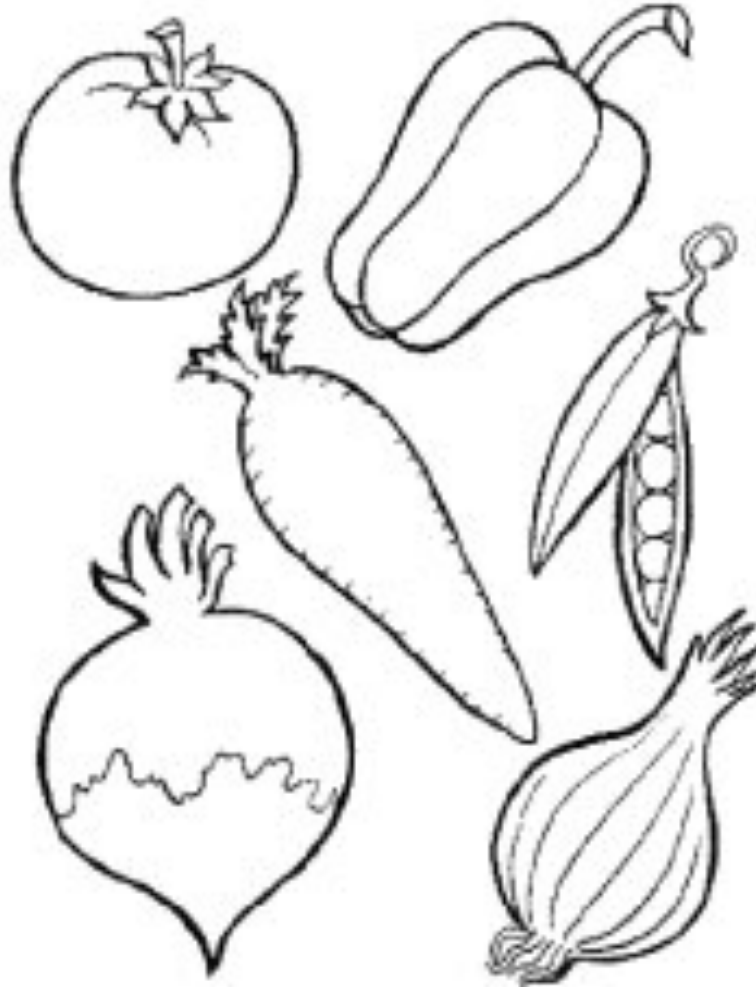
*Proverbs 25:28 "A person
without self-control is like a
city with broken-down walls."*



JACOB AND ESAU

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ESAU LACKED SELF CONTROL WHEN HE GAVE UP SOMETHING BIG FOR SOMETHING SMALL.

Proverbs 25:28 "A person without self-control is like a city with broken-down walls."