

**Theme: JACOB AND RACHEL** God keeps His promises to us.

**Object:** Distribute the colouring sheet and markers to each child.

**Scripture:** Genesis 29:15-28

Today we're talking about promises. Has anyone ever broken a promise to you? Have you ever made a promise to someone that you broke? Perhaps you promised your mom you'd clean your room, but instead you went out to play and forgot all about your promise. You may have even made a promise to someone even though you didn't plan to keep it. Unfortunately, most of us have done that: made a promise that we didn't keep.

Today's Bible lesson is about how Jacob and Rachel met and fell in love—but more than that, it's about making promises and keeping them.

A man named Laban had two daughters. Rachel was the younger sister, and Jacob loved her.

*Have children draw a heart on or near Rachel on their colouring sheet.*

Leah was the older sister, but Jacob didn't really love her.

Have children draw a sad face on or near Leah on their handout.

Laban gave Jacob a job and a place to live. Then Laban said, "You shouldn't work for me without pay just because we're relatives. Tell me how much your wages should be."

Have children draw a light bulb above Jacob on their handout.

Jacob thought about this. He was crazy about Rachel, so he said, "I'll work for you for seven years if you let me have your younger daughter Rachel as my wife."

Laban agreed. So Jacob worked seven years for Rachel. Seven years! That's a long time. Let's draw 7 circles around Jacob, Rachel, and Leah to get just an *idea* of what that's like.

*Have children draw seven circles around Jacob, Rachel, and Leah, counting loudly on each circle.*

But even though it was a long time, to Jacob it only seemed like a few days, because he loved Rachel so much and was so excited to marry her. Finally, after seven years, he went to Laban and said, "I've worked for you for seven years. Now, give me my wife." So Laban brought together all the people of the place and gave a big feast to celebrate.

*Have children draw something from a wedding or party on their handout.*

But when Jacob lifted the veil of his bride he discovered that it was Leah instead of Rachel. When he realized Laban had switched his bride, Jacob was angry. "What have you done to me?" he cried. "Didn't I work seven years for Rachel? Why have you tricked me?"

*Have children draw a sad face on or by Jacob on their handout.*

But Laban didn't apologize or offer to make it right. You can imagine that Jacob was pretty upset. He wanted Laban to keep his promise. Finally, Laban said, "Alright. If you'll work for me seven more years, then you may have Rachel for your wife."

Seven more years! But Jacob really, really loved Rachel. So he agreed.

*Have children draw seven circles around Jacob, Rachel, and Leah, counting loudly on each circle.*

Finally, after seven *more* years had passed, Laban actually kept his promise and gave Jacob his daughter Rachel as his wife.

*Have children draw happy faces by Jacob and Rachel on their handout.*

Laban wasn't very good at keeping his promises, but God is. When God makes a promise, you *know* He'll keep it. God wants us to be faithful and to keep our promises, too. God promised Jacob that all peoples on earth would be blessed by him and his children. ( Gen;29: 14-15 ) and He kept that promise even though Laban tried to keep Jacob from marrying Rachel for 14 years.

God, thank You for keeping Your promises to us. Thank You for being here to help us. Please help us faithfully keep the promises we make to others. In Jesus' name, amen.



**Jacob's Dream and Marriage**

## Let's Sing a Song!

### Song: "My God Is So Great" – Traditional

My God is so great, (Stretch out both arms)

So strong and so mighty, (Show your muscles by bending your elbows and making a fist)  
there's nothing that He cannot do. (Shake one finger back and forth)

My God is so great, (Stretch out both arms)

So strong and so mighty, (Show your muscles by bending your elbows and making a fist)  
there's nothing that He cannot do. (Shake one finger back and forth)

The mountains are His (Hold fingers together above your head)

The valleys are His (Keep fingers together but lower to your knees)

The stars are His handy work too. (wiggle fingers all above your head)

My God is so great, (Stretch out both arms)

So strong and so mighty, (Show your muscles by bending your elbows and making a fist)  
there's nothing that He cannot do. (Shake one finger back and forth)

For you and you and you and me. (point to each other)

### Song: "J-E-S-U-S" - Traditional (Sung to the tune of Bingo)

(Sung to the tune of B-I-N-G-O), children can sing ;

"There is a name I love to sing and JESUS is His name O;

J-E-S-U-S, J-E-S-U-S, J-E-S-U-S and JESUS is His name.

*Sing again but clap in place of the first J and sing E-S-U-S; then sing again and clap 2 times for the first 2 letters and sing S-U-S, etc, until there is 5 times of clapping in place of all 5 letters of JESUS!*

# **A Promise Fulfilled**

## **Group Activities**

Sermon Title: ["A Promise Fulfilled"](#)

Scripture Reading: Genesis 29:15-28

### **ROLE PLAYING:**

Give children an opportunity to role play today's story, with different children being Laban, Rachel, Jacob, Leah and the family! As the story is told, children can put on veils, robes (or blankets, etc) and play out today's story. The teacher can add small parts to the story for children to act out, such as working the ground, eating together, etc.

### **TRICK RELAY:**

Children will divide into teams and each team will follow what the teacher tells them to do to try and trick the children with movements and motions. Let the children would like to trick leadership, and let each one try to trick the other team.

### **FIND RACHEL:**

This can be played like HIDE AND SEEK, but children can all find Rachel, Leah and Laban -- depending on which name tag card they are holding. Other children will hunt for those 3 people from our story today! If time allows, let other children be Rachel, Leah and Laban to be found.

### **JACOB AND RACHEL MAZE:**

Set up an obstacle course with chairs, blankets, or anything that can be used as obstacles to walk or run around. The first child to run the obstacle race will be Jacob with "Rachel" at the end of the course. When Rachel is reached by Jacob, then they will run to two more children who will then become Jacob and Rachel and continue to play the maze run as time allows.

### **WORD SCRAMBLING:**

Scramble words from today's lesson, such as Laban, Jacob, Leah, Rachel, promises, faithful, trust, etc and let children put the letters in the correct order on a poster that is labeled PROMISES. This scrambling can either be done with letters for each word in an envelope to be glued in the correct order on the poster board, or written on a slip of paper for children to write the letters in the right order.

### **PROMISES ACROSTIC:**

The teacher can write PROMISES down the left side of a piece of paper for each student. Tell children to write a word next to each letter that starts with that letter, for ideas of how to keep promises. ( eg. P= pray for help, R= remember your promise, O= open your heart etc)

### **PROMISES, TRUST AND FAITHFUL LETTERS:**

Children can hunt for words around the room that the teacher has written on slips of paper. When I child find a word, they must tape the word next to a letter that the word begins with on the PROMISES, TRUST OR FAITHFUL acrostic poster board. Ex: Pray would be placed next to the "P" on the PROMISES acrostic poster board; Tell others would be placed on the TRUST acrostic for the "T", Forbearing could be placed by the "F" on Faithful acrostic, etc. If time doesn't allow all three words from today's lesson to be played, then the teacher can only use one of the three words, or other variations to the learning time.

### **LOVE PLATES:**

Provide each child with a paper plate to color and decorate with hearts, LOVE words and promises written on the plate in colorful markers. Hang the plates by a piece of yarn and let children hang their LOVE plates around the room to remind them of God's LOVE for each of them and that GOD keeps His promises to us.

### **PROMISE PAINTING:**

Children can do some PROMISE finger painting on a piece of paper with finger paints and after blending all the finger paints together, may use their fingers to write the words, GOD KEEPS HIS PROMISES.

### **PROMISE PRAYER LIST:**

Children can be given a long strip of paper about 3 inches wide. Fold the paper back and forth accordian style and let children write Promise words or draw pics of things that they would like to promise to do this week. Encourage children to write ideas that they really feel they will be able to keep. Take their Promise prayer list home and color or check off each promise through out the week that they were able to keep!

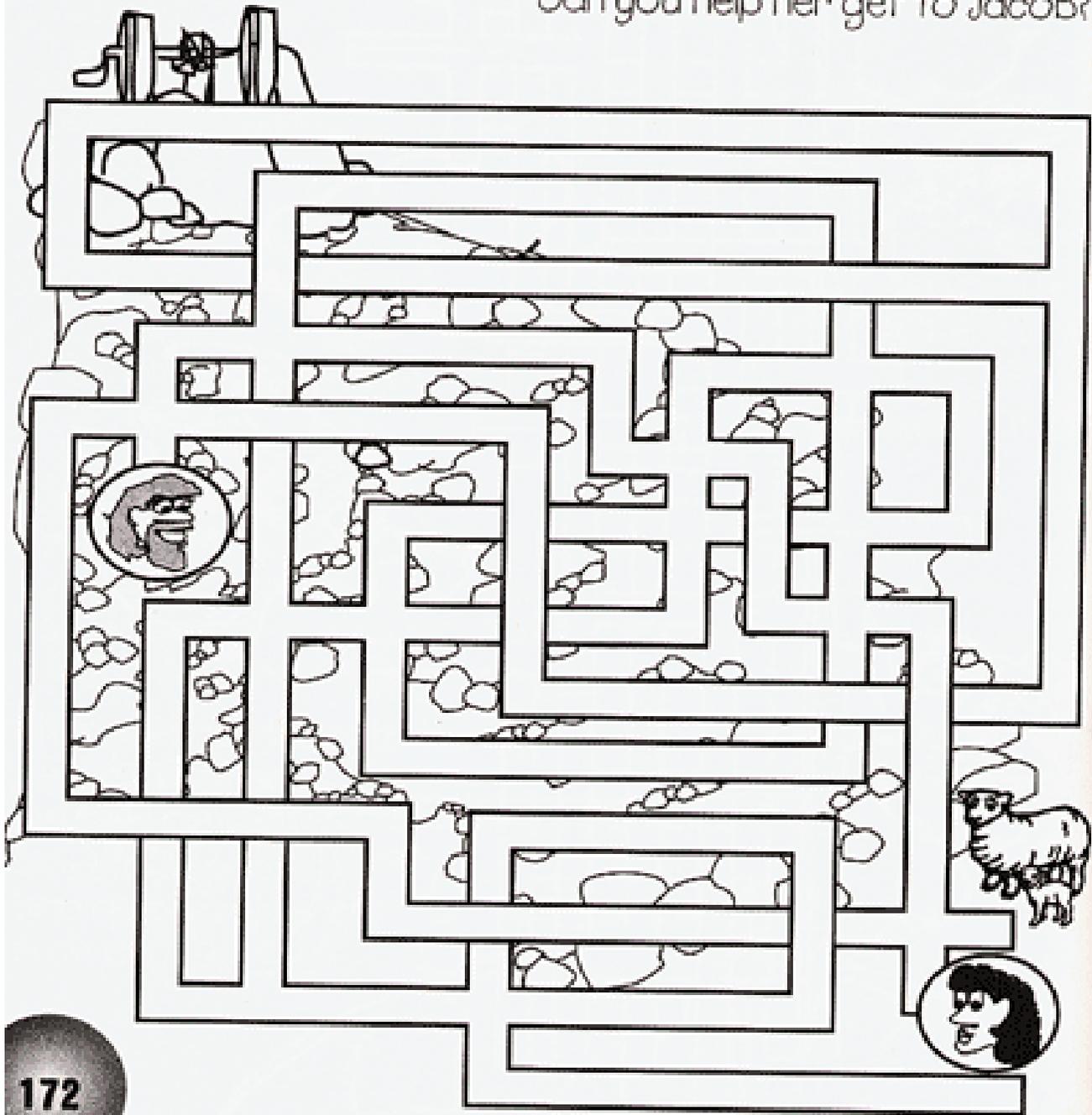
### **SHARE A SNACK:**

Let children choose a snack/treat from a basket after PROMISING to do something that they know they can keep as a promise, as they share their idea with the teacher before receiving their snack. The teacher should be very careful to tell EACH child that, "I PROMISE TO PRAY FOR YOU THIS WEEK! Encourage children to keep their promises this week.

# Genesis 29•1-14

## Jacob meets Rachel at the well of Haran...

Rachel is bringing her father's sheep to the well for water.  
Can you help her get to Jacob?



# Jacob & Rachel

And then Laban gave him his daughter Rachel to be his wife. Genesis 29:28b (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



## A Love Story

|   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| S | B | I | E | L | H | F | O | C | U  | W  | M  | Y  | J  | P  | G  | Z  | T  | V  | X  | R  | Q  | A  | N  | D  | K  |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

- 14-23-9-8-2 \_\_\_\_\_
- 5-23-2-23-24 \_\_\_\_\_
- 21-23-9-6-23-4-5 \_\_\_\_\_
- 5-4-23-6 \_\_\_\_\_
- 25-23-10-16-6-18-4-21-1 \_\_\_\_\_
- 11-8-21-26 \_\_\_\_\_
- 1-4-19-4-24 \_\_\_\_\_
- 13-4-23-21-1 \_\_\_\_\_
- 25-4-9-4-3-19-4-25 \_\_\_\_\_
- 5-8-19-4 \_\_\_\_\_

|         |       |       |       |           |
|---------|-------|-------|-------|-----------|
| RACHAEL | YEARS | LABAN | WORK  | DAUGHTERS |
| LOVE    | LEAH  | SEVEN | JACOB | DECEIVED  |