

Esau runs to meet Jacob

Genesis 33:1-11

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

Jacob spent the night before terrified and God had already changed Esau's heart. What does that tell you about what God does while we worry?

2. What does it show me about people — and about me?

Esau had every right to be furious and he ran instead. What does it cost a person to do that?

3. What will I obey this week?

Who are you avoiding? What is the first small step toward them this week?

4. Who will I tell?

Who is dreading seeing somebody? What could you tell them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, Jacob had spent twenty years being afraid of this day, and his brother ran at him with his arms open. Thank you that the thing I am dreading might not be what I think.



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