

Two brothers and a bowl of stew

Genesis 25:19-34

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?

God says the older will serve the younger before the twins are even born. What does that tell you about God knowing things ahead of time?

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

Esau sells what matters most for one hot meal. Why do people trade big things for small ones?

3. What will I obey this week?

What is one thing you will wait for this week instead of grabbing it right now?

4. Who will I tell?

Who do you know who is about to trade something big for something small? What could you say to 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, Esau traded something huge for something he wanted right now. Help me want the right things, and help me wait for them.



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