

Wrestling until morning

Genesis 32:22-32

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 lets Jacob wrestle him all night and then blesses him. What kind of God does that?

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

Jacob walks away with a new name and a limp. Can something change you and hurt at the same time?

3. What will I obey this week?

What is one thing you will keep praying about this week instead of giving up on?

4. Who will I tell?

Who could you pray with this week, and not stop?

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 held on to you all night and would not let go.
Thank you that you let him. Help me keep holding on when
things are hard.*



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