



## OVERVIEW

Jacob wrestles through the night with a mysterious man—later revealed as God. In his struggle, Jacob refuses to let go until he receives a blessing. The encounter leaves him both wounded and transformed, with a new name: Israel. This moment reveals how prayer can be a place of wrestling with God, where we bring our desperation, honesty, and persistence, and in return, God meets us with grace and transformation.

## OHANA TIME!

 **Icebreaker:** Jacob received a new name, Israel. Have you ever had a nickname that stuck? What's the story behind it? **Or** If you could “wrestle” with anyone (famous person, fictional character, etc.), who would it be and why?

 **Activity:** Participate in the Ministry Fair as a group!

## PRAYER

**Pray:** “Lord, teach us to wrestle with You in prayer with honesty and persistence, and transform us as You bless us.”

## BIBLE: READ GENESIS 32:24-30

1. Who does Jacob wrestle with through the night, and how is this figure later identified?
2. What physical outcome does Jacob experience as a result of the wrestling (v. 25, 31)?
3. What new name does God give Jacob, and what does it mean (v. 28)?
4. How does Jacob describe the encounter in verse 30?
5. Why do you think God allowed Jacob to wrestle with Him all night instead of ending the struggle immediately?
6. What does Jacob's determination (“I will not let you go unless you bless me”) teach us about persistence in prayer?
7. How does Jacob's new name, Israel (“he struggles with God”), reflect his relationship with God and the life of God's people?
8. What do you think it means that Jacob both walked away blessed and limping? How does that connect to our own experiences of prayer?

## APPLICATION

1. Think of a situation in your life where you have been desperate for God's help. How does Jacob's all-night struggle encourage you to be more honest and persistent in bringing your struggles before God in prayer?
2. Jacob walked away both blessed and changed (with a limp and a new name). How have your own times of prayer changed you—not just your situation? How might God be more interested in shaping *you* than simply giving what you ask for?

