

Hello from the Junior Fun Church at Fareham Methodist Church

Today we will be exploring together, the story of Jacob wrestling God. You can find it in your Bible in the book of **Genesis Chapter 32 verses 22-31**.



First, put some ice cubes in a bowl and keep them frozen until you're ready to use them. Have ready some salt, a straw and a piece of paper towel. (and a hair dryer for an adult to use!)

Have you ever watched a wrestling match? Wrestling is a popular sport all over the world. Wrestlers have to be strong and determined to win. Wrestling isn't a modern invention, though. It's one of the oldest sports in the world, and it dates back thousands of years.

In today's Bible lesson, Jacob spent an entire night wrestling with an angel of God. After an entire night of wrestling, God's angel told Jacob to walk away. Jacob left the wrestling match with a new name and a limp from his hurt hip.

We sometimes struggle with God, too. We may want to do things our way instead of His way.

Take a paper towel. ***How do you think you can most quickly melt an ice cube?***

You can use a straw to blow hot air on it, sprinkle salt on it, or hold it to try to melt it most quickly.

You have one minute to try to melt the ice cube using your chosen method.

Meanwhile, let an adult use a hair dryer and blow hot air on another ice cube.

Call time after one minute, then compare what has happened.

Which way was more effective?

We expect that the adult's ice cube melted much faster because they had more power.

With God's power, we can do even greater things.

We can stop doing things our way and follow God's way.

Dear God, please help us remember that You are the One who knows what's best for us. We can follow Your will and trust You. In Jesus' name, **Amen**

If you wish listen to and join in with this song: <https://youtu.be/wYjwmDKKnmk>