

Discussion Guide

The Wrestler
June 7, 2026

PART 1: RECAP. HAVE SOMEONE READ THIS OUT LOUD.

This week we are moving through several chapters of Genesis in order to gain a broader picture of the life of Jacob. Last week we read through Genesis 27, where we saw the sins of Jacob and each of his family members. This was just the start to a long and difficult journey for Jacob, where he ultimately wrestles with God both physically and spiritually. Through these chapters we see that we are all prone to falling into the trap of self-reliance, but that God offers us both strength and peace through him.

- When you were a kid, what was the silliest thing you did to try to get out of trouble?
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PART 2: HAVE SOMEONE READ GENESIS 32:22-32 OUT LOUD. ANSWER THESE QUESTIONS AS A GROUP.

- Why do you think Jacob chooses to be alone on the eve of Esau’s arrival?
 - What might God be trying to teach Jacob by wrestling with him? Why might this work better than other ways?
 - How does this story summarize Jacob’s life?
 - What does Jacob becoming “Israel” mean? What significance will this hold moving forward?
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PART 3: REFLECT. ANSWER THESE QUESTIONS TOGETHER.

- What 'wrestling match' with God have you experienced - a time of spiritual or emotional struggle that led to a change in your identity or direction?
 - In Genesis 28, God speaks to Jacob at Bethel and renews the covenant promise despite Jacob's deceit. How does this passage challenge your view of God's grace and faithfulness, even when we are struggling with sin?
 - Do you struggle to be open and honest about your struggles to God and others? How can you practice being honest about your struggles and seeking encouragement/support?
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KEY VERSE:

Genesis 32:28

Then he said, "Your name shall no longer be called Jacob, but Israel, for you have striven with God and with men, and have prevailed."

NEXT STEPS:

- I will pursue an authentic relationship with God
- I will put my full trust in God instead of being self-reliant
- I will practice honest prayer about the things I am wrestling with instead of dealing with it on my own

