

Where Is God When We Hurt?

Session 3 ~ When Unresolved Conflict Resurfaces

Genesis 32—33

Jacob, whose name meant “heel grabber/deceiver,” and Esau, whose name meant “red/hairy,” began competing even before their birth. But when Jacob convinced his brother to sell his birthright and then deceived their father to steal his blessing, Esau wanted to kill Jacob. Therefore, Jacob fled to Haran where he married Rachel and Leah. Twenty years later, God instructed Jacob to return home.

When Jacob heard Esau was coming with 400 men to meet him, he was terrified, so he prayed.

- **Remembered** _____
- **Recognized** _____
- **Requested** _____
- **Reminded** _____

God answered Jacob’s prayer with a _____.

Resolving conflict requires _____.

When the angel/man asked Jacob his name, he forced Jacob to confess his _____.

Jacob’s name change was a turning point. Would he be Jacob / _____

or Israel / _____.

Resolving conflict requires _____.

Jacob discovered that _____ was the door to _____.

Resolving conflict requires _____.

Steps to conflict resolution:

1. **Amend** _____
2. **Adhere** _____
3. **Ask** _____
4. **Admit** _____
- Then** _____
5. **Apologize** _____
6. **Accept** _____

Discussion Questions

1. Describe Jacob's feelings when God told him to return home. What would you have done?
2. What stands out to you in Jacob's prayer? How did God answer his prayer?
3. Explain your understanding of Jacob's struggle with his unknown opponent. What was the purpose? How was it a turning point in Jacob's life? How do you think God wants to use the struggles in your life to change you?
4. Evaluate your success in resolving long-term animosity in your past. Do you have any unresolved conflicts in your life now? If so, what steps will you take to resolve them?