Have you ever felt lonely? Really alone? Or felt that there was no one you could talk to? That was how Jacob felt when he had to leave home. Then God shared a special time with him. After that, Jacob never felt lonely.

Isaac and Rebekah’s twins, Esau and Jacob, had never liked each other very much. But now the situation was much worse. Jacob had tricked their father into giving him a special blessing. It was a blessing that Esau should have received.

Esau was so angry at Jacob that he wanted to kill him! So their mother, Rebekah, decided to send Jacob to his uncle Laban. “Stay with your uncle for a while, Jacob. Give your brother time to cool his anger,” she said sadly. Little did she know that she would never see Jacob again.

So Jacob started out on the long trip to Laban’s home. His mother’s brother, his uncle Laban, lived a long way from Jacob’s parents. It was almost 500 miles through strange and dangerous country. Jacob was all alone, and he was frightened. He had no servants to protect him from wild beasts or robbers. And he wasn’t used to sleeping on the hard ground. He traveled as fast as he could. He knew he was running for his life. He knew his brother wanted to kill him.

In a day or two Jacob arrived at a special place. His grandfather Abraham had once built an altar there to worship God. Jacob was so tired that night. He may not even have known he was in such a special place. He just wrapped up in his blanket and went to sleep with his head on a rock.

That night Jacob had an unusual dream. Not an ordinary dream, but a special dream from God. In his dream Jacob saw a huge ladder or staircase. It reached all the way from the earth to heaven. Jacob saw angels going up and down the ladder. God spoke to him. “I am the Lord, the God of Abraham and Isaac. I will be with you and protect you wherever you go. And I will bring you back to this land. I will not leave you” (Genesis 28:15, ICB).
Jacob sat up and looked around. “The Lord is here!” he exclaimed. “He is in this place, and I didn’t know it!”

Jacob got up early the next morning. The stars were just beginning to fade away. And the sun was just beginning to light the eastern sky. Jacob wanted to do something to mark this special place. The Lord Himself had spoken to him there. So he took the stone he had used for a pillow and set it upright in the ground. He poured oil over it and dedicated it to God. And then he named this special place Bethel, “The House of God.”

So Jacob continued on his journey. He was no longer afraid of his brother. He was not afraid of wild beasts or robbers. He knew for sure that the Lord was with him. The Lord was protecting him. God had told him so!
**S A B B A T H**

**DO** Jacob walked about 500 miles (830 kilometers) to his uncle Laban’s home. Go for a walk with your family today. Figure out how far you walked. Divide the distance you walked into 500 (or 830). How long would it take your family to walk 500 miles (or 830 kilometers)?

**THINK** As you walk, imagine Jacob’s feelings. Try to appear happy, anxious, sad, tired. Ask your family to guess what you are feeling.

**PRAY** Is it always good to run away when bad things happen? Thank God for being with you in good and bad times.

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**S U N D A Y**

**READ** During worship, read and discuss Genesis 28:10–15. Talk about different ways God speaks to you. Then ask God to help you listen to His voice.

**DRAW** Draw and cut a ladder shape from a piece of paper. Write your memory verse on the rungs. Use this to teach the verse to your family. Review your memory verse every day.

**DO** Climb some stairs and imagine that you are climbing Jacob’s ladder to heaven.

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**M O N D A Y**

**READ** With your family, read and discuss Genesis 28:16–22. Why was Jacob glad? What did he promise God he would do? Ask your family to lie on the floor for a few minutes. Ask: How well do you think Jacob slept on the lumpy ground? Thank God for your bed.

**DO** Survey your family. When does each person usually go to bed? When do they get up? How many hours does each one sleep? Ask God to watch over your family as you sleep.

**DO** Jacob used a stone for a pillow. Feel your pillow, then replace it with a large book. How do you think you would sleep on the book?

> In Bible times, people often slept on headrests of wood, clay, stone, or metal. So Jacob’s pillow of stone was not unusual.

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**T U E S D A Y**

**THINK** With your family, read and discuss God’s promise in Joshua 1:9. Is it for you and your family? How is God’s family different from your family at home? (For example, it’s bigger; people choose to belong to God’s family.)

**MAKE** Make a card for a friend. Tell them you are glad they are part of God’s family.

**PRAY** Thank God you belong to His family.

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**W E D N E S D A Y**

**READ** For worship today, read and discuss Proverbs 3:5, 6. What does this text mean to you and your family? Ask to see your birth certificate. What does it tell you? What do people do when they join the church? What kind of certificate do they get? Ask an adult to show you their certificate.

**MAKE** Make a model angel to remind you that God sends angels to help us. Show it to your family.

**SING** Sing “We Are Climbing Jacob’s Ladder” (Sing for Joy, no. 126). Thank God for Bible stories that teach us His promises.
During worship, read and discuss Genesis 28:10–15. Talk about different ways God speaks to you. Then ask God to help you listen to His voice.

Draw and cut a ladder shape from a piece of paper. Write your memory verse on the rungs. Use this to teach the verse to your family. Review your memory verse every day.

Climb some stairs and imagine that you are climbing Jacob’s ladder to heaven.

With your family, read and discuss God’s promise in Joshua 1:9. Is it for you and your family? How is God’s family different from your family at home? (For example, it’s bigger; people choose to belong to God’s family.)

Make a card for a friend. Tell them you are glad they are part of God’s family.

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Make a model angel to remind you that God sends angels to help us. Show it to your family.

Sing “We Are Climbing Jacob’s Ladder” (Sing for Joy, no. 126). Thank God for Bible stories that teach us His promises.

Read Genesis 28:10–22 together during worship today. Be Jacob as you act it out for your family. Ask someone to say God’s words. Tell three things you have learned from this story. Ask your family to tell something too.

Sing some praise songs, then say your memory verse together. Thank God for His promises.

SHARE Share the lesson story with your family. How much did Jacob say he would give as a thank offering to God? Discuss how your family can give a thank offering to God. Does it have to be money? What special project could your family do?

DO Count the number of steps on the stairs in your house. Imagine there is an angel on each step. Could there be? Why?

PRAY Thank God for His protecting angels.

Puzzle

Directions: Help Jacob find his way through the strange countryside to the holy place he named Bethel. Write what Bethel means.

of Good – o = _________
Directions: Think of your community as you study these two pages. Draw a picture of your house about where it would be located in relationship to the school, market, and church. Then underline each place you might find a member of God’s family.