

Blessings and Birthrights

Bible Verse

The LORD bless you and keep you. (Numbers 6:24)

Did You Know?

The birth of Jacob and Esau, twin sons of Isaac and Rebekah, continues the story of the descendants of Abraham. It is through Jacob, who had twelve sons, that the descendants of Abraham really began to multiply.

Rebekah's sons fought with each other before they were born, setting the stage for a complex relationship that lasted throughout their lives. When Rebekah asked God why her pregnancy was so difficult, God told her that two nations were struggling inside of her. Rebekah eventually gave birth to twin boys. Esau was born first, but the second son, Jacob, came out holding on to Esau's heel.

As the oldest son, Esau was entitled to the birthright. The birthright was a blessing and conferral of rights usually passed on to the oldest son. Israel and some other ancient cultures gave special privileges to the oldest son in a family. The birthright brought with it a leadership role in the family and a larger share of the inheritance. Although the birthright was usually passed on to the oldest son, other stories of the time indicated that it could be forfeited.

The ancient Hebrew concept of "blessing" is also important to our story. It was believed that a blessing released a power that determined the character and future of the person being blessed. Once spoken, it could not be taken back. Genesis 27 tells the story of Rebekah and Jacob conspiring to convince Isaac to bless Jacob instead of Esau.

For more Bible background information, go to DeepBlueKids.com.

Exploration Points

Children will:

- hear the story of Jacob and Esau.
- explore the story of Jacob and Esau through cooking experiences.
- discover that no matter what we do, God blesses us.
- learn that we can share God's love and bless others.

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UNIT 3

Cooking Station

Bible Story

Genesis 25:29-34;
27:1-46

Anchor Point

God blesses us.

My Plan

- ☐ Bible Story—Blessings and Birthrights
- ☐ The Bible Verse in Two Parts
- ☐ Make Raisin Biscuits
All Children
- ☐ Make Soup Mix
All Children
- ☐ Make Easy Soup
Younger Children
- ☐ Make Olive Dip
Older Children
- ☐ Worship



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Station Setup

Write the Bible verse on a large sheet of mural paper or a piece of posterboard, and hang it where the children can see it. (The LORD bless you and keep you. Numbers 6:24)

BIBLE STORY—BLESSINGS AND BIRTHRIGHTS

SAY: Our Bible story today is about two brothers. It's found in the book of Genesis, the first book in the Bible.

- Tell the children the following story:

This is the story of how Esau traded his birthright for a bowl of soup and a piece of bread. Well, there's more to the story than that. But it must have been really good soup and bread! Or else Esau didn't think much of his birthright. I'll tell you what happened.

Esau and Jacob were the twin sons of Isaac and Rebekah. Even though Jacob and Esau were twins, they were different from each other. Esau was an outdoorsman who liked to hunt. Jacob was quieter and liked to stay at home. In those days, the birthright was a special blessing given to the oldest son. Esau would receive the birthright when Isaac died since he was the oldest.

One day Jacob was making soup. Esau came in from the field and he was hungry. He smelled the soup Jacob was cooking and said, "Give me some of that stew!"

Jacob saw a chance to get something from his brother and said, "I'll give you some soup if you sell me your birthright." And just like that, Esau traded his birthright for a bowl of stew that Jacob was making and some bread. I hope it was really good soup!

Now when Isaac grew old, he called Esau to him. He told Esau to go hunting and make him some food. After Isaac ate the food, he would give Esau his blessing. You see, Isaac didn't know about the birthright/soup trade.

Rebekah overheard Isaac talking to Esau. She called Jacob and told him that she would make some food for him to take to Isaac so that Jacob would receive the blessing instead of Esau. Jacob went along with Rebekah's plan. Jacob went into Isaac's tent, gave him the food, and asked for a blessing. When Isaac asked who he was, Jacob told him, "I'm Esau, your oldest son." Isaac was tricked into giving Esau's blessing to Jacob.

When Esau returned from hunting and went to Isaac, he discovered what Jacob had done. Esau was furious with Jacob. When Rebekah heard how mad Esau was, she sent Jacob away to live with her brother so he would be safe.

THE BIBLE VERSE IN TWO PARTS

- Show the children the Bible verse poster.
- Encourage the children to read the verse with you.

SAY: In the Bible story Isaac gave Jacob a blessing. This verse is a blessing from the Bible. Divide the class into two groups.

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SAY: We're going to divide our verse into two parts. The first part will be, "The Lord bless you." The second part will be, "and keep you." When I point to your group, you'll say the first part of the Bible verse. The other group will then say the second part.

- Point to each group several times and encourage the children to say the Bible verse.

Activity Options

Choose from the following activities as your time and the children's interests allow.

MAKE RAISIN BISCUITS—ALL CHILDREN

Supplies: **Leader's Guide—p. 7,** mixing bowl, measuring cups and spoons, fork, small glasses or biscuit cutter, cookie sheet, pot holders, flour, baking powder, salt, milk, oil, raisins, hand-washing supplies

Before Class: Make copies of "Raisin Biscuits" (p. 7).

- Preheat the oven to 450 degrees.

SAY: In our Bible story today, Esau traded his birthright to Jacob for a bowl of soup and some bread. We are going to make raisin biscuits today. In Bible times fruit was dried as a way to keep it longer since there was no refrigeration.

ASK: What fruit turns into raisins when it is dried? (*grapes*)

- Have the children wash their hands.
- Let the children work together and follow the recipe to make raisin biscuits.
- Have the children measure the flour, baking powder, and salt into a bowl and stir them together using a fork.
- Let the children pour milk into a measuring cup.
- Have the children measure the oil and add it to the milk in the measuring cup. Show the children how the oil floats on top of the milk.
- Encourage the children to add the liquid ingredients to the dry ingredients.
- Have the children stir the ingredients quickly with a fork until the dough clings together.
- Let the children turn the dough out onto a lightly floured surface.
- Have the children measure the raisins and pour them on top of the dough.
- Encourage the children to work the raisins into the dough by folding the dough over and pushing it down about 10 times.
- Show the children how to pat the dough out until it is about $\frac{3}{4}$ -inch thick.
- Let the children use small glasses turned upside-down as cutters to cut out biscuits.
- Have the children place the biscuits on an ungreased cookie sheet.
- Bake the biscuits at 450 degrees for 10-12 minutes until lightly browned.

≈ TIPS ≈

The recipe makes about twelve 2-inch biscuits. If you have a large class, divide the children into groups and make multiple batches of biscuits.

SAY: We'll enjoy the biscuits you have made during our closing time today.

MAKE SOUP MIX—ALL CHILDREN

Supplies: Leader's Guide—p. 8, lentils, dried minced onion, dried parsley, garlic powder, black pepper, salt, sandwich-size resealable plastic bags, 1-cup measuring cup, measuring spoons, scissors, tape, hand-washing supplies

Before Class: Make copies of "Lentil Soup Label" for each child.

- Set out the ingredients needed to make the soup mix on a table. Set the appropriate-sized measuring utensil next to each ingredient.

ASK: What did Esau trade his birthright for? (*a bowl of stew*)

SAY: The soup that Jacob traded Esau in exchange for his birthright was probably lentil stew. Today we're going to put together a lentil soup mix that you may take home and make with your family.

- Give each child a copy of "Lentil Soup Label" and a resealable plastic bag.
- Have each child cut out the cooking instructions for the lentil soup and tape the instructions to his or her bag.
- Have the children wash their hands.
- Have each child add the following ingredients to his or her plastic bag:

1 cup lentils	2 Tablespoons dried minced onion
1 Tablespoon dried parsley	1/4 teaspoon garlic powder
1/4 tsp. salt	1/8 teaspoon black pepper
- Have each child close the bag, removing as much air as possible before sealing.

MAKE EASY SOUP—YOUNGER CHILDREN

Supplies: Leader's Guide—p. 9, soup pot, large spoon, colander, can opener, canned tomatoes, canned vegetable broth, canned corn, canned green beans, canned black beans, canned carrots, Italian seasoning, hand washing supplies

Before Class: Make a copy of "Easy Soup Recipe" (p. 9). Open all cans before class and remove the lids.

ASK: What did Esau trade his birthright to Jacob for? (*soup and bread*)

SAY: We're going to make soup today.

- Have the children wash their hands and then work together to make Easy Soup.
- Let the children dump the cans of tomatoes and broth into the soup pot.
- Have the children use a colander to drain the corn, green beans, and carrots.
- Encourage the children to add the vegetables to the soup pot.
- Have a child measure the Italian seasoning and add it to the soup pot.
- Let the children take turns stirring the soup.

≈ TIPS ≈

You may choose to let each child make two bags of soup mix—one to take home and one to give away.

≈ TIPS ≈

This recipe makes about 8 servings of soup. If you need more soup you may double or triple the ingredients in the same pot. Keep in mind that students will probably not eat a whole serving of soup since it is a snack rather than a meal.

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- Heat the soup as directed.

SAY: We will taste the soup you've made during our closing time.

MAKE OLIVE DIP—OLDER CHILDREN

Supplies: Leader's Guide—p. 10, food processor, measuring cups and spoons, pitted green olives, pitted black olives, pitted kalamata olives, garlic cloves, balsamic vinegar, olive oil, bowl, hand-washing supplies

Before Class: Make a copy of "Olive Dip Recipe" (p. 10).

SAY: Today we think of olives as food. Although olives were eaten in biblical times, olive oil had a number of other uses as well. Olive oil was used for fuel, for anointing, and for medicinal purposes. Today we'll use olives to make a dip to eat with crackers.

- Have the children wash their hands, then work together to make Olive Dip.
- Let the children measure the olives and place them in the food processor bowl.
- Show the children how to peel the garlic and place it in the food processor bowl.
- Pulse the food processor to chop the olives and garlic.
- Have the children measure the balsamic vinegar and olive oil and add it to the food processor bowl.
- Process the ingredients until smooth.
- Let the children transfer the dip to a bowl.

SAY: We'll taste the dip you have made during our closing time today.

Worship

Supplies: Leader's Guide—p. 6, food made during the lesson time, serving utensils, bowls, plates, napkins, spoons, crackers or pita bread to serve with the olive dip, hand-washing supplies

Before Class: Make copies of the "Reproducible Family Letter" (p. 6).

- Set the food the children have made and the crackers or pita bread on a table. Add serving utensils as needed.
- Have the children wash their hands.
- Give each child a plate, a bowl, and a napkin.
- Invite each child to take some of each food.

SAY: When you've served yourself food, find a seat, but please wait until everyone has been served and we have said a prayer before you eat.

PRAY: God, thank you for stories about blessings. Bless the food we are about to eat and bless us to do your service. Amen.

- Enjoy the food together.

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Reproducible Family Letter

Today we heard the story of Jacob and Esau and explored blessings through cooking activities.

Do This Activity at Home With Your Family

Esau sold his birthright to his brother, Jacob, for a bowl of soup. The soup Jacob was making was probably lentil stew.

MAKE LENTIL SOUP

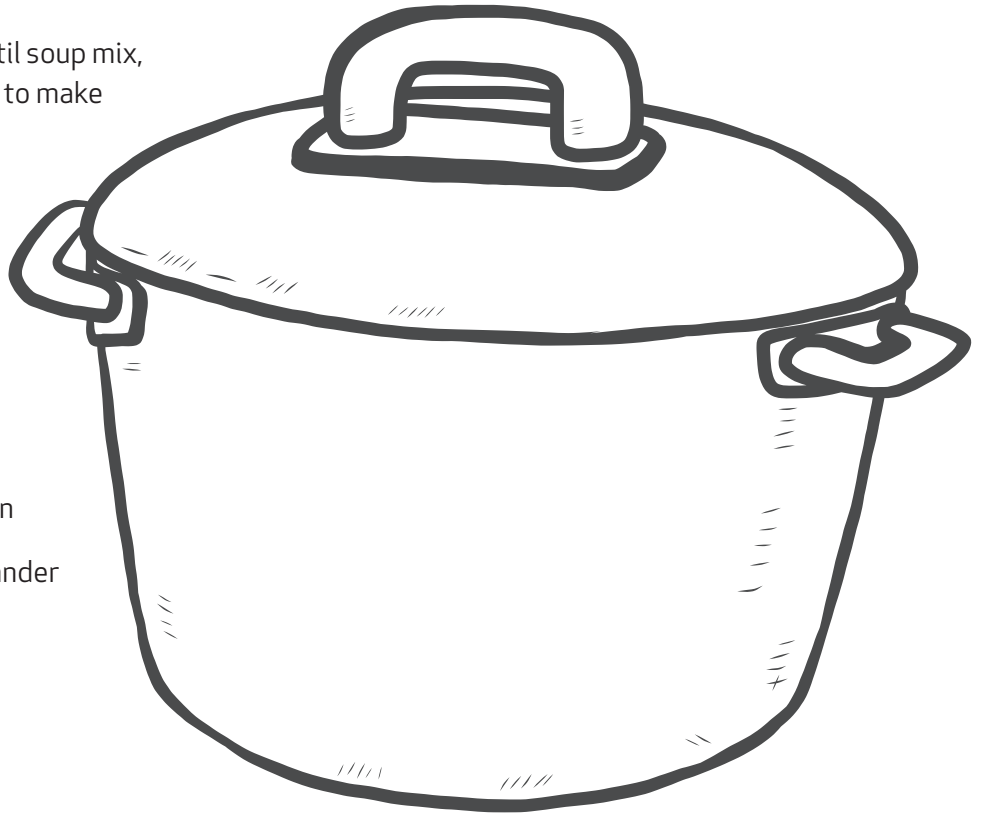
If your child brought home a lentil soup mix, follow the directions on the bag to make lentil soup.

Here is another recipe for Lentil Stew that you can try.

LENTIL STEW

- 1 onion, chopped
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 2 cloves garlic, minced
- 3 cups chicken stock
- 1 cup lentils
- 1/2 pound spinach (optional)

Sauté onion in olive oil with cumin and coriander until onions are soft. Add the garlic and brown. Add lentils and stock. Stir well and bring to a boil. Reduce heat and simmer 45 minutes until lentils are tender. Cook 10 minutes longer if necessary. Add spinach 15 minutes before serving. Salt to taste.

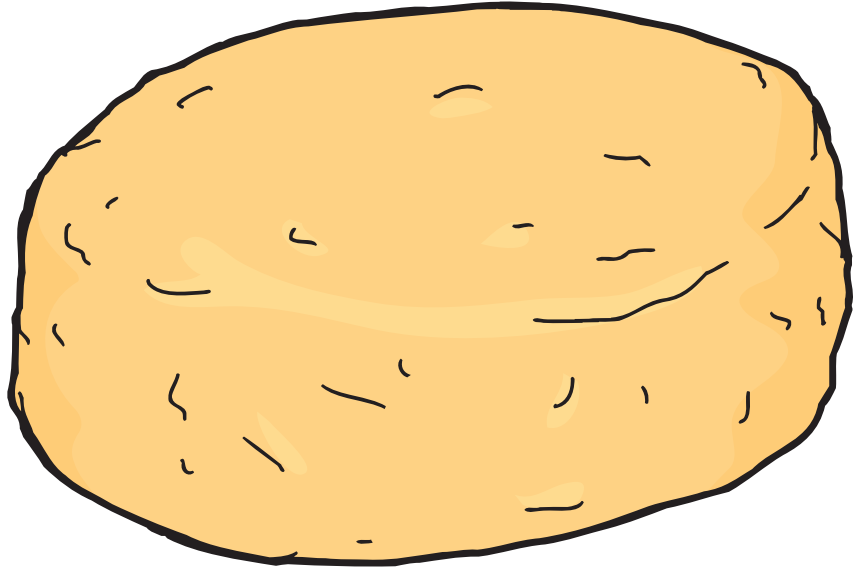


Recipes

RAISIN BISCUITS

Ingredients:

- 2 cups flour
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{2}{3}$ cup milk
- $\frac{1}{4}$ cup vegetable oil
- $\frac{1}{2}$ cup raisins



Preheat oven to 450 degrees.

Use a fork to stir together flour, baking powder, and salt in a bowl.

Pour milk into a measuring cup. Add oil, but do not stir.

Add liquid ingredients to dry ingredients. Stir quickly with a fork until dough clings together.

Turn dough out onto a lightly floured surface. Pour raisins on top of dough.

Work raisins into dough by folding dough over and pushing down about 10 times.

Pat out dough until it is about $\frac{3}{4}$ -inch thick.

Use a small glass turned upside-down as a cutter to cut out biscuits.

Place biscuits on an ungreased cookie sheet.

Bake biscuits at 450 degrees for 10-12 minutes.

Makes about 12 biscuits (using a 2-inch diameter glass).

Lentil Soup Label



Lentil Soup Cooking Instructions


Additional Ingredients:

5 cups of water or 2 cups of water and 3 cups of chicken broth

1 (14¹/₂ oz.) can diced tomatoes, undrained

Directions:

In a large saucepan, bring water (or water and broth) to boiling. Add dry soup mix; reduce heat. Cover and simmer for 35 to 40 minutes or until lentils are tender. Add diced tomatoes and heat through. Makes 4 to 6 servings.



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Recipes

EASY SOUP RECIPE

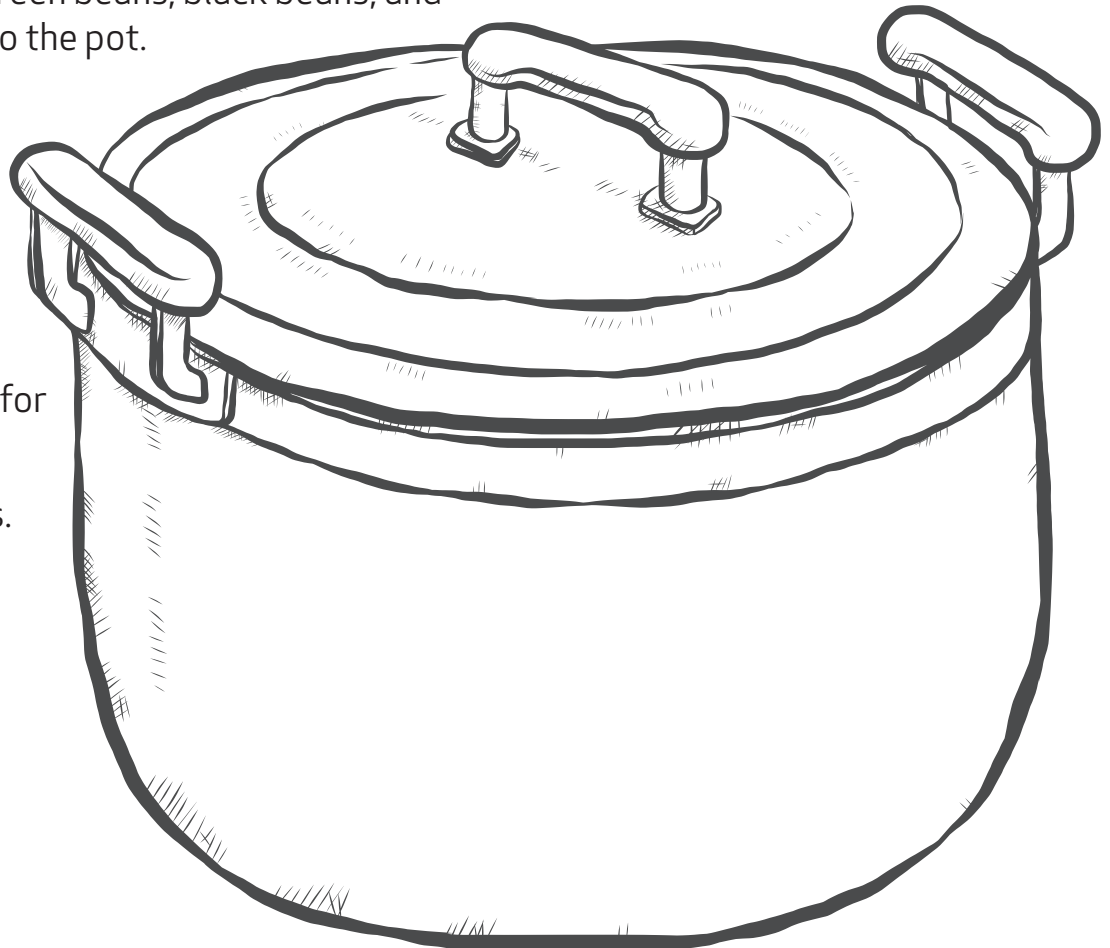
Ingredients

- 2 cans diced tomatoes
- 1 can vegetable broth
- 1 can whole kernel corn
- 1 can green beans
- 1 can black beans
- 1 can carrots
- 1/2 teaspoon Italian seasoning

Dump canned tomatoes and vegetable broth into a large soup pot. Drain corn, green beans, black beans, and carrots and add to the pot.

Add seasoning. Stir all ingredients together. Heat over medium high heat until boiling. Reduce heat and simmer for 5-10 minutes.

Makes 8 servings.



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Olive Dip Recipe

Ingredients

- 1 cup pitted black olives
- 1 cup pitted green olives
- 1 cup pitted kalamata olives
- 2 cloves garlic, peeled
- 3 tablespoons balsamic vinegar
- 3 tablespoons olive oil

Combine the olives and garlic in the bowl of a food processor. Pulse several times to chop. Add the balsamic vinegar and olive oil to the food processor bowl. Process until smooth. Transfer to a bowl, cover, and refrigerate until serving. Serve with pita bread or crackers.

