

Genesis: The Book That Started It All
Wrestling with God
Group Guide | November 30

Open your group time with a question (10 minutes)

Advent is a season of waiting, longing, and slowing down — but most of our lives feel rushed and pressured this time of year.

- Where do you feel the “hustle and bustle” of the season the most? How are you – or how would you like to - encounter God in the midst of it?

On Sunday, we lit the candle of hope — hope for God to set things right.

- What places in your life feel “not right,” where you long for God to heal, restore, or bring peace?

Read Genesis 32:9–12 and 32:22–32 out loud together. Then, reflect on the text and sermon (40 minutes).

Jacob the Wrestler

Jacob’s life is a pattern of wrestling: In the womb (Gen. 25:22–23), At birth, For the birthright, For the blessing, With his father and father-in-law, and Finally, with God Himself.

- How does Jacob’s pattern of grasping, striving, and wrestling show up in your own life today?
- Why do you think Jacob kept trying to take by force what God had already promised him?
- What does this reveal about fear, trust, and control?

Wrestling with God

In the sermon, we heard that Jacob was alone, at night, and God met him there.

- When have you experienced God most clearly in a “dark night” moment?

Jacob wrestles with God and walks away with a limp — a reminder of weakness and blessing.

- What “limps,” wounds, or vulnerabilities in your story have become places where God has met or shaped you?

Jacob receives a new name — Israel — marking a new identity.

- Is there a “false identity” from your past that you need to leave in the past (a nickname to renounce, a memory to bury, an addiction to forsake, etc.)? What is that? What does it look like to redeem the past and step into a new destiny?
- If God were to speak a new name, identity, or truth over you today, what might it be?

From this point in the Genesis narrative, it seems that Jacob finally stops striving to get something from God and simply receives and shares the blessing.

- Where do you sense God inviting you to stop striving to grasp something for yourself and instead simply receive what God wants to give you?

Consider splitting into groups of 3–4 of the same gender to wrap up your time in prayer or stay in your one large group (15 minutes)

Spend a few moments for each person to reflect quietly:

- Where am I wrestling with God right now?
- Where do I need His blessing, His healing, or His presence?

After reflecting:

- Share anything that is surfacing.
- Pray for the person next to you until each person has been prayed for.
- Intercede specifically for God to meet that person in their wrestling, to bless them, and to transform them through His Spirit.