



Genesis #26

February 15, 2026

Coming Together

- When your life is under stress, what is your default: fight, fix, freeze, or other?
- Other than the decision to follow Jesus, what has been the single most transformative moment in your life? How do you see its impact today?

Growing in Our Understanding

1. In Jacob's life, what are some of the examples of him trying to control people and outcomes by "wrestling" with others? (See the Outline or Gen 25; 27; 28; 29-31)
2. What was Jacob's emotional state right before the events of Genesis 32:22-31? Review the events and contexts of Genesis 32:1-21.
3. Read Genesis 32:22-32. What are some of the details of this story that surprise you the most?
4. In Genesis 32:26-28, what changes in Jacob's posture toward the wrestler?
5. What name does Jacob give to the place where the wrestling match and blessing occurred? What does this reveal about his understanding of what just happened?

Unwrapping and Applying God's Principles

1. In the sermon, Pastor Chico said, "*God does His deepest work when we are alone.*" When have you experienced spiritual growth in a season of isolation?
2. The outline says, "*I have to meet God in my weakness.*" What weakness, limitation, or "*limp*" has God allowed in your life that has drawn you closer to Him?
3. There is a difference between knowing about God and clinging to God. What does clinging to God look like practically in daily life?
4. When we finally get that place of clinching onto God and never letting go, God then asks us to be "a living sacrifice" (Read Romans 12:1-2). What does it mean to be a living sacrifice to God? Why is this so difficult to do?

Deepening Our Hearts for God

1. When we finally get that place of clinching onto God and never letting go, God then asks us to be "a living sacrifice" (Read Romans 12:1-2). What does it mean to be a living sacrifice to God? Why is this so difficult to do?
2. Where are you right now in your relationship with God? Is the sun rising on you (Gen 32:31) or do you feel more like the sun is setting (Gen 28:10-11)? What can your group do encourage you and pray for you in this?

Looking Ahead

Read Genesis 33-36. How did the meeting between the two brothers go? What are some of the most surprising events of these chapters?