

Choosing well

Genesis 25:19-34

Isaac and Rebekah experience infertility before God grants them twins. There's a struggle between Esau and Jacob that starts in the womb and is stoked further by their parents' favouritism. Esau is tricked into giving up his inheritance for a bowl of Jacob's stew.

Read this week's passage:



Living Scripture

'Isaac prayed to the LORD for his wife.' Genesis 25:21

Taken alone, this seems to be an example of choosing well – after all, Jesus taught his followers 'to pray always and not to lose heart'. But some simple arithmetic shows that Isaac and Rebekah had been 'trying' for a baby for almost 20 years, so it took a surprisingly long time for him to decide to 'take it to the Lord in prayer'. Similarly, Rebekah is driven to prayer only when her experience of a difficult pregnancy became too much to bear.

Isaac got the answer he wanted, which, after 20 years, must have seemed very much like a Godsend. But God's answer to Rebekah's prayer was more ambiguous: how might she have felt about this strange prophecy?

What have we been wanting and hoping for – and even 'trying for' – over a long period of time? Why don't we get around to praying about it? Are we prepared that we might get more than we bargained for if we open ourselves up to God in this way? Dare we risk it this week: choosing to pray about things we usually prefer to retain control of?

First impressions

- When is it hard to make good choices?
- What helps you to choose well?
- What does 'choosing well' mean for you in the coming week?



ACT



Becoming a parent can be tough at the best of times, but for some families, it's even harder. Look for charities in your area that support families in need with key necessities and see if you could help them.



Play 'The Game of Life'. This fun board game is all about choices. You can decide on your career, education and general life path. Where will you end up? If you don't have the board game, you can download a version for your phone or tablet.

Research

Names are significant in the Bible; they change to match what people have been through or are about to go through. Spend some time discovering what your name means, and why you were given that name. Does it change how you feel about yourself?

Find more free Roots resources to reflect on this week's theme:



Pray

Dear God, when it's easy to choose, help us to choose well.
When it's hard to choose, help us to choose well.
When we have time to choose, help us to choose well.
When we have to choose quickly, help us to choose well.
Every time we have to choose, help us to choose well.
Amen.



Scripture can help us to choose well, especially if we memorise it. Learn Psalm 119:105. To help you learn this verse, you could make a Bible bookmark, drawing or sticking on a picture of a lamp or a candle with the text underneath.