Look Closer:
Fear, Prayer & Action

At a Glance:
Jacob was frightened at the thought of meeting his brother Esau. When they parted Esau had vowed to kill him—and with good cause. Jacob had bought his birthright and stolen the blessing that was rightfully Esau's. Jacob fearfully prepared for the reunion and as he did this, he prayed. Following this, he took action and prepared gifts for Esau. Students will look at Jacob's prayer and write a personal prayer that asks for the Lord's help with their own fears.



Supplies Needed for Each Student:
- *Jacobs Prayer Model* chart
- *Praying in Fear* page
- pen or pencil

Directions:

1. What words does the word "fear" bring to mind? Write brainstormed words up on board or large paper if you have one (e.g. frozen, sweat, withdraw, etc.).
2. How many different kinds of fear can you think of? (e.g. looking stupid in front of others, failing a test, heights, performance, etc.)
3. What does "fear of the Lord" mean? Why should we fear His name? (Holy fear is the fear of hurting the Lord. It is similar to the way we fear hurting or disappointing people we love, such as our parents or friends (see *Apocalypse Explained* 696).)
4. What did Jacob do when he was afraid? (First, he prayed to the Lord (Genesis 32:9-12), then he prepared gifts for Esau.)
5. Have you prayed when you were afraid? How does prayer help?
6. What "gifts" might you prepare for others? (apologize, send cards or flowers, etc.)
7. Hand out a copy of *Jacob's Prayer Model* and *Praying in Fear* to each student.
8. Each person will choose a "fear" situation from *Praying in Fear* or think of a personal fear and write a prayer that is modeled after Jacob's prayer.
9. Invite students who wish to share their prayers.
10. How can prayer help you with fear?
11. What is the next step after prayer? (action)

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Jacob's Prayer Model

Part of Prayer	Jacob's Prayer	Personal Prayer Ideas
Direct your prayer to the Lord.	O God of my father Abraham and God of my father Isaac, the Lord who said to me, 'Return to your country and to your family, and I will deal well with you' (Genesis 32: 9).	Call on the Lord, by addressing the Lord's qualities that you need. E.g. if you need courage, you might say, "Mighty God, Jehovah"; if you need comfort, you might say, "Heavenly Shepherd."
Humble yourself.	I am not worthy of the least of all the mercies and of all the truth which You have shown Your servant;	Acknowledge your own inadequacy.
Express gratitude for what the Lord has already done for you.	For I crossed over this Jordan with my staff, and now I have become two companies (Genesis 32: 10).	Acknowledge what the Lord has done for you that relates to your current struggle. E.g. You created me and gave me the ability to think things through. You gave me a loving family that gives me strength. Thank you for my friends.
Identify your problem. Ask for help.	Deliver me, I pray, from the hand of my brother, from the hand of Esau; for I fear him, lest he come and attack me and the mother with the children. For You said, 'I will surely treat you well, and make your descendants as the sand of the sea, which cannot be numbered for multitude.' (Genesis 32: 11,12)	Ask for what you need—courage, hope, vision of a way forward—in order to achieve the goal you seek e.g. apologizing to someone, overcoming a bad habit, finishing a difficult job, etc.

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Praying in Fear

Choose one of the following situations in which people often experience fear, or a personal fear of your own. Write a prayer for help.

- Struggling with a course or preparing for an exam
- Admitting something you have done wrong to a friend
- Breaking off a friendship when you know the person will be upset
- Facing serious risks such as going to war in defense of your country
- Facing a situation in which an adult might be very angry with you
- A personal fear: heights, darkness, fierce animals or being confined
- Acknowledging a serious mistake or damage you have caused

Hear the Prayer of My Heart

Call upon the Lord:

Humble yourself:

Express gratitude:

Identify your fear:

Ask for help:

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