

Mental



✓ Prepare in Advance

- Have the *Bible Background Video* ready to view.
- Retrieve, review, and have ready the videos listed below (links are provided on this session's webpage).

✓ Begin

As you begin, ask the following introductory question:

- Imagine you are running away, far from home because you have done some very dishonest things. There's no question about your guilt. What kind of message do you think God would give you in a time like this?

Have someone read Genesis 28:10-22 aloud, then show the *Bible Background Video*.

✓ Discuss

Use the following information and questions to encourage discussion.

- Sometimes, these kinds of “sacred moments” happen in the midst of a personal struggle. What’s going on in Jacob’s life when he has this vision?
- Does this promise (verses 13-15) sound familiar? Where have we heard it before? Why do you think God is reaffirming this promise to this particular person?
- Is this the kind of message you would expect God to give Jacob at this time? Why or why not?
- Regardless of whether this is what Jacob expected, it is what God knew he *needed*. From the background video and from your own knowledge of the later story, what did God’s message accomplish in Jacob’s life?
- Jacob remembers this event for the rest of his life. What things did he do (verses 18-22) to impress this event even more deeply on his memory?
- What other physical acts do we use to mark important spiritual occasions in our lives (think of ordinances or sacraments)? Why do these help us remember important events?

✓ Apply

Ask the following questions to help close the discussion:

- Think for a moment about your own faith journey. What is one sacred moment in your past that you know you will always remember? Ask group members to share such a moment if they are comfortable.
- Why has it been important in the past for you to recall these sacred moments? At what difficult times has God brought this important memory to mind?
- Have you done something physical to mark this event? If not, talk with group members (or in partners) about a way you could do this. Commit together to make this physical reminder in the days ahead.

by Jon Parks

