



1

Jacob looked up and there was Esau, coming with his four hundred men;... He himself went on ahead and bowed down to the ground seven times as he approached his brother. But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him. And they wept.



Genesis 33:1a, 3, 4 {NIV}



2

Discuss

- How did Esau respond to Jacob?
- Jacob saw his brother coming with 400 men. Suppose that he approached his brother's group with a weapon in hand... what different response could have happened?
- What kinds of "weapons" do we "pull out" when we approach a reconciliation? How might we try to make it a confrontation instead of a reconciliation?
- In Jacob and Esau's culture, prostration on the ground was a sign of a humble approach. How can we demonstrate a humble approach to a confrontation?



3

Pray

- Thank God that He has not held a grudge against us for our sinfulness. Thank Him for the availability of His forgiveness
- Ask God to show you any grudges you might be holding against someone.
- Pray that you will have the courage to seek reconciliation.
- Tell God you want to be able to forgive someone who may hold a grudge against you.



4