

**Genesis Part II: Real God Real People**  
*“The Strangest Wrestling Match”*

**Outline:**

Genesis 32:1-32

**Observations:**

1. Jacob is seriously afraid and dealing with anxiety
  - a. Philippians 4:4-9  
Practical Help with anxiety
    1. Rejoice in the Lord....always
    2. Prayer and supplication...with thanksgiving
    3. Think on truth, honor, just, purity
    4. Put them into practice
- \*Result: Peace of God will guard your heart and mind
  
2. God took Jacob to a place of loneliness to change him

What does God want to do for us?

- \*Change our identity
- \*Live out of our identity

**Questions for Community Groups or Personal Bible Study:**

*Read Genesis 32:1-32*

1. Share a time or two when you have dealt with fear and anxiety.
  - a. What was the major contributing factor?
  - b. How did you deal with it? What helped you resolve it?
2. Read Philippians 4:4-9
  - a. This passage gives us 3 practical steps in dealing with anxiety: Rejoicing in the Lord, prayer with thanksgiving, meditation on God’s Word.
    - i. What happens when you put into practice these things? Why does this work?
    - ii. What step(s) do you need to take this week to help with anxiety or fear that you may be dealing with?
3. God took Jacob to a place of loneliness to change him
  - a. Name change(identity)
    - i. From Jacob(deceiver) to Israel (one who strives with God).
    - ii. If you have never placed your faith and trust in Jesus as your personal Lord and Savior would you do that right now? God wants to change your identity from ‘sinner’ to ‘saint’. Read Romans 10:9
  - b. Once you have the new identity- God wants you to live out of that identity.
    - i. What does that mean? What does that look like in everyday life?

Scriptures to explore: Ephesians 2, Romans 6, 1 John 1:8