



Parent Guide: **Jacob & Esau** (for Preschoolers)

1. What's the story about?



- Jacob and Esau are twin brothers.
- Esau is older and loves the outdoors. Jacob is younger and likes to stay inside.
- Esau gives up something very special (his birthright) because he is very hungry.
- Later, Jacob tricks their father into giving him the special family blessing.
- Esau gets very angry, but in the end, they forgive each other and become friends again.

2. Main lessons for kids

- **Think before acting:** Esau traded something important just because he was hungry.
 - **Telling the truth matters:** Jacob's trick hurt Esau's feelings.
 - **Saying sorry and forgiving:** They made peace and became friends again.
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3. Talk about it



Ask your child simple questions:

- How do you think Esau felt when Jacob tricked him?
 - Have you ever felt jealous or upset like Esau?
 - What does it mean to forgive someone?
 - How did the brothers feel when they were friends again?
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4. Try these fun activities

- **Feelings faces:** Draw a happy and sad face. Talk about the brothers' feelings.
 - **Forgiveness heart:** Draw a heart and write "I'm sorry" or "I forgive you" inside.
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5. Short prayer you can say

"Dear God, thank You for loving us even when we make mistakes. Help us to say sorry and forgive others, just like Jacob and Esau. Amen."