

Jacob Meets Rachel

Genesis 29:1-22

Level C | Lesson 3 | Teacher Overview



When Jacob saw Rachel... and the sheep of Laban his mother's brother...he went near and rolled the stone from the well's mouth, and watered the flock. Then Jacob kissed Rachel, and lifted up his voice and wept....

So Jacob served seven years for Rachel, and they seemed a few days to him because of the love he had for her.

Genesis 29:10-11,20

For Teachers

This lesson has several activity options. You may wish to choose 2-3. Reading through all of the options will help you identify the activities that are best suited to your group's size, student mix, available supplies, and the time you have to prepare. You may also want to mix and match activities from other age levels.

Activity Options

1. Talk About It
2. Illustration: Jacob Rolls the Stone from the Well
3. Explore: Rock and Water
4. Look Closer: Canaan's Rivers and Seas

Talk About It

Reading: Genesis 29:1-22

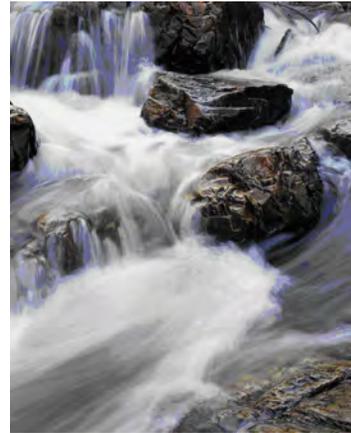
Jacob arrived in Haran after walking about 500 miles. He saw a well where shepherds were waiting to water their flocks. The shepherds confirmed that his uncle, Laban, lived close by and pointed out his daughter Rachel approaching with her flock. Jacob rolled the stone off the well and gave Rachel's sheep water. He went home with Rachel and met Laban. Jacob agreed to work for Laban for seven years in exchange for marrying Rachel.

1. Have you ever taken a journey that involved traveling for an entire month? What kinds of things might be difficult during a journey that lasted so long? (food, rest, clean clothing, sore feet if you were walking, etc.)
2. Jacob's 500 mile journey probably took him a month to complete. Why did Jacob go to Haran? Who was he looking for? (his uncle, Laban)
3. As he approached his uncle's house, Jacob arrived at a well. A well was an essential water source. Spiritually water corresponds to true ideas. What "well" is the source for true spiritual ideas in our own lives? (the Word; teaching from the Word; conversations about the Word)
4. Jacob saw his beautiful cousin Rachel approaching and was motivated to help her. What did he do? (rolled the stone off the well and watered her sheep)
5. Seeing Rachel's beauty is like getting a glimpse of the beautiful person we want to become. This vision motivates us to start becoming a nicer person. What are some of the ways we might do this? (e.g. by being a friend to someone who is lonely, by helping someone else to be successful, etc.)
6. The stone covering the well is similar to the way deeper living spiritual ideas (the water) are hidden within the literal stories in the Word (the stone). It takes effort to open up the deeper spiritual meaning of the stories in the Word—just as it took effort to lift the stone. What motivates us to open up the deeper meaning of the Word? (wishing to live a spiritual life)
7. Jacob went to live with Laban and helped take care of Laban's livestock. What did Jacob ask for in return for working? (To marry Rachel. It would have been customary for Leah, the elder daughter, to marry first.)
8. Jacob agreed to work for seven years for Rachel. Why did this feel like a short time? (because he was inspired by his love for Rachel)
9. The Lord prepares a married partner for every person—either on earth or in heaven in the life after death. What work do we do in preparation for our future marriage? (learn about and practice good moral and spiritual behavior (10 commandments), learn to be a good friend, etc.)
10. Does this work seem easy or hard? (sometimes this may seem easy, at other times it may be hard; we can learn from our mistakes and try again)

Explore: Rock and Water

At a Glance:

Students will explore the physical properties of rock and water. Rock and water correspond to different kinds of truth. The rock Jacob lifted from the entrance to the well pictures foundational truths from the Word, such as the 10 commandments. Truths like this form a solid framework for our lives to rest on. The living water in the well that satisfied Rachel's flocks pictures living spiritual ideas that spring from the Word's deeper meaning in our own lives. Students will complete a chart that explores how these two levels of truth help us in our lives.



Supplies Needed:

- bowls and or pitchers containing water
- *optional*: ice cubes, water of different temperatures
- various rocks—if it is hard to find enough for your group, substitute wooden or cardboard blocks (e.g. for small children or from a game like dominoes). If you do this, discuss the properties of wood vs. rock with students and explain that they can explore properties that are similar to genuine rock (e.g. building).
- materials for experimentation, e.g. dirt, sand, food dye, salt, chalk, etc.
- *Ten Commandments Rock and Water* student page
- pens or pencils

Teacher Preparation:

- Set up rocks and water for experiments. Look at the *Experiment Ideas* in the chart on the next page for suggestions.

Directions:

1. Start the activity by inviting students work together or in pairs to explore the properties of rock and water. The table on the next page suggests a few experiments students can try. Add other experiments if you wish.
2. What did these experiments teach you about the properties of rock and water?
3. Rocks and water in the Word correspond to two different kinds of true ideas. Rocks are true ideas that we learn directly from the Word e.g. the Ten Commandments. We can use ideas like these to form solid principals that support our lives. Water is the living spiritual ideas that are within the stories in the Word. Jesus said “whoever drinks of the water that I shall give him will never thirst” (John 4:14).

Explore:

Rock and Water continued

4. Moses said: “You shall keep every commandment...that you may be strong, and go in and possess the land” (Deuteronomy 11:8) What living spiritual ideas are contained in this true idea? (If we obey the commandments we will be able to enter heaven.)
5. Let’s take a look at the Ten Commandments. (Distribute the *Ten Commandments Rock and Water* student page). In some cases you have been given hidden spiritual ideas that are inside the commandments. In other cases you have been given the commandments themselves.
6. Choose a partner and fill in the blanks.
7. Discuss students’ answers. Use the *Ten Commandments Rock and Water Teacher Copy* to help you.

Experiment Ideas

Rock	Water
What happens when a rock is dropped on different surfaces? (e.g. sponge, water, sand, wood, rock, etc.)	What happens when water is poured on to various substances? (e.g. sponge, sand, wood, rock, etc.)
What happens when a rock is put in water?	What happens when salt is put into water?
Use rocks to build something.	Experiment with washing a variety of substances off rock, e.g. chalk, pencil, marker, crayon, etc.)
How are rocks used to prepare food? (e.g. grinding grains, etc.)	Experiment using food dye in water. What can the food dye tell you about water that you would not see without it?
Use rock to send a message. (e.g. make “tracking” signs for others?)	How is water used for cooking? (e.g. clean vegetables, steaming food, lubrication, etc.)

Ten Commandments Rock and Water

Rock	Water
	Calling upon the name of God is praying that God’s qualities—love, compassion, forgiveness, wisdom, understanding—may come to us. When we do not use these qualities we “take them in vain”.
You shall not commit adultery.	
	Recognize that all gifts come from the Lord. Give Him credit for your talents, thoughts, feelings and deeds.
You shall not murder.	
	Do not selfishly dominate the feelings, thoughts or actions of others.
You shall not bear false witness.	
You shall not covet your neighbor’s house.	
	Whatever we love and spend time doing “rules over” our life. It is like a god which we serve. Worship is of life—and life is how we spend our time.
Honor your father and mother.	
Remember the Sabbath day.	

Ten Commandments Rock and Water

Teacher Copy

Rock	Water
You shall not take the name of the Lord in vain.	Calling upon the name of God is praying that God’s qualities—love, compassion, forgiveness, wisdom, understanding—may come to us. When we do not use these qualities we “take them in vain”.
You shall not commit adultery.	Honor marriage with your words and actions. Recognize impure thoughts and stop them. Do not repeat jokes dishonoring marriage.
You shall not steal.	Recognize that all gifts come from the Lord. Give Him credit for your talents, thoughts, feelings and deeds.
You shall not murder.	Do not take earthly or spiritual life from another person in thought or action. Speak only kind, true and useful words. Give life to others.
You shall not covet your neighbor’s wife, nor his manservant, nor his maidservant, nor his ox, nor his donkey, nor anything that is your neighbor’s.	Do not selfishly dominate the feelings, thoughts or actions of others.
You shall not bear false witness.	Tell the truth. Be honest, open and kind in dealing with others. Be true to your word, honor commitments, keep promises.
You shall not covet your neighbor’s house.	All material things are the Lord’s. Let go of wanting something until you have it and open your heart to the treasures of heaven.
I am the Lord your God. You shall have no other gods before Me.	Whatever we love and spend time doing “rules over” our life. It is like a god which we serve. Worship is of life—and life is how we spend our time.
Honor your father and mother.	Love and honor the Lord (heavenly Father) and the church (community of people following the Lord). Express appreciation and count your blessings.
Remember the Sabbath day.	Let go of concerns and reconnect with the Lord by reading His Word. Rest on the Sabbath by quieting your own thoughts and listening to the Lord.

Look Closer: Canaan's Rivers and Seas

At a Glance:

This is the second in a series of three map activities about the land of Canaan. This lesson further introduces the New Church concept that there is a relationship between the physical features of the land of Canaan and spiritual ideas. The land of Canaan as a whole pictures the kingdom of heaven. Its rivers and seas picture the sources of true ideas in our lives. Students will learn the location of significant rivers and bodies of water and will learn how to draw a free-hand map of Canaan.

Supplies Needed for Each Student:

- *Canaan's Rivers and Seas* student page
- blank map to complete
- pencil or pen
- *Draw the Land of Canaan Freehand* directions
- blank pieces of paper (to draw freehand maps) or boards
- *optional*: blue pencils or markers to shade the bodies of water
- *optional*: a large contour map of the land of Canaan to show students



Teacher Preparation:

- Read and become familiar with *Canaan's Rivers and Seas* student page.
- Cut the *Draw the Land of Canaan Freehand* directions in half.
- Practice drawing a freehand map of Canaan.

Directions:

1. Today we will look at one river and several bodies of water in and around the land of Canaan.
2. Read the *Canaan's Rivers and Seas* student page with the class.
3. Distribute the blank maps. Using the *Teacher Copy*, help students identify and then label the Sea of Galilee, Dead Sea, Mediterranean Sea, and the Jordan River.
4. *Optional*: Shade the bodies of water blue.
5. Using the *Draw the Land of Canaan Freehand* directions, teach students how to draw a quick free-hand map of the land of Canaan.
6. Give students time to practice drawing maps on blank pieces of paper or on a board or wall chart. Challenge them to draw the map from memory.

Canaan's Rivers and Seas

Rivers signify the understanding of truth and intelligence because waters signify truths. The understanding is a receptacle and collection of truths, as a river is of waters. In addition, thought from the understanding, which is intelligence, is as it were a stream of truth. It is from the same origin—that is, from the spiritual meaning of waters, which denote truths—that a fountain signifies the Word and the doctrine of truth, and that pools, lakes, and seas, signify gathered concepts of truth (*Apocalypse Explained* 518:3).

Water

Water is as important for our bodies as it is for the world around us. It falls as rain or snow, collects into streams and rivers, and eventually flows out into the ocean. During this journey water cleans particles of dust from the air and washes harmful substances from the earth. It dissolves nutrients in the soil, enabling plants to develop leaves and flowers and eventually to form fruit.

Water corresponds to true ideas from the Word. Just as we use water to remove dirty or harmful substances from our skin, true ideas in the Word enable us to see and remove unclean thoughts and feelings that harm our spiritual life. True ideas can also teach us how to use our talents and abilities in a life of useful service.

Sometimes water falls as snow or freezes into ice. This pictures times when we hear true ideas from the Word but feel no interest in doing them. They are like cold hard facts that pile up in our minds. If our minds are warmed by our desire to do something good and useful at a later time, the icy truths can then melt and flow like a stream into our thoughts (see *Apocalypse Explained* 644, 411).

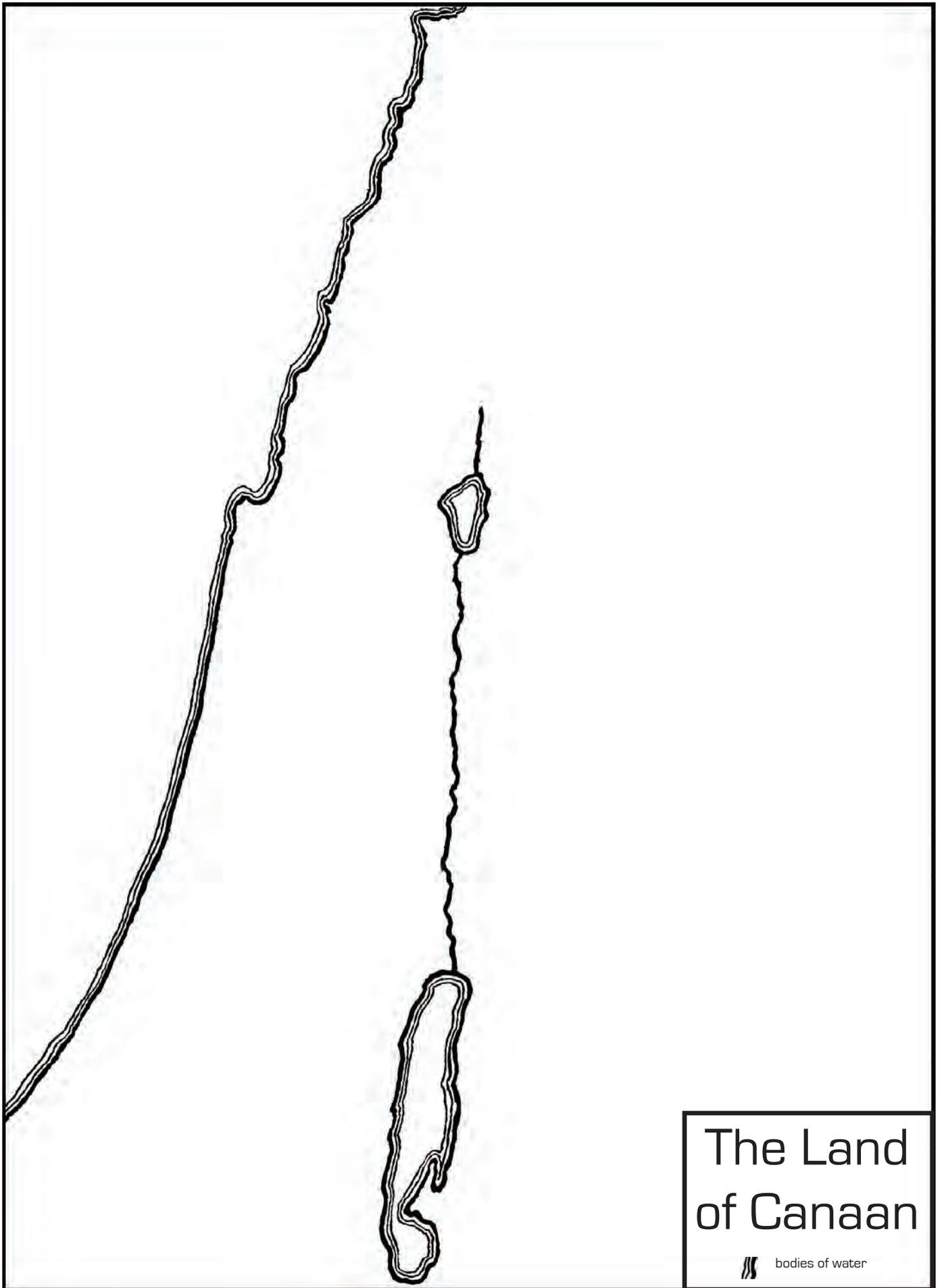
Rivers and Seas

The river Jordan is often mentioned in the Word. It forms the eastern boundary of the land of Canaan. Jesus was baptized there before beginning His ministry. The children of Israel crossed the Jordan River before entering the Promised Land. This river symbolizes true ideas in the literal sense of the Word. Crossing this river involves learning from the Word so that we can learn how to live a heavenly life.

The Mediterranean Sea, or the Great Sea forms the western boundary of the land of Canaan. Although weather made the sea undependable at times, shipping on the Mediterranean Sea connected the children of Israel with the known world. Much of Jesus' ministry took place around a smaller heart-shaped inland sea: the Sea of Galilee. This is where Jesus walked on water, calmed the storm, gathered His disciples and taught from a boat. The Sea of Galilee stands for the natural world and the kinds of knowledge that enable us to function in it. It is where our daily lives take place and where the Lord meets and ministers to us.

The Dead Sea is the lowest point on our planet. Water enters the sea from the Jordan River but only leaves by evaporation, making it extremely salty and impossible to sustain life. This lifeless sea pictures false ideas (see *Arcana Coelestia* 1666).

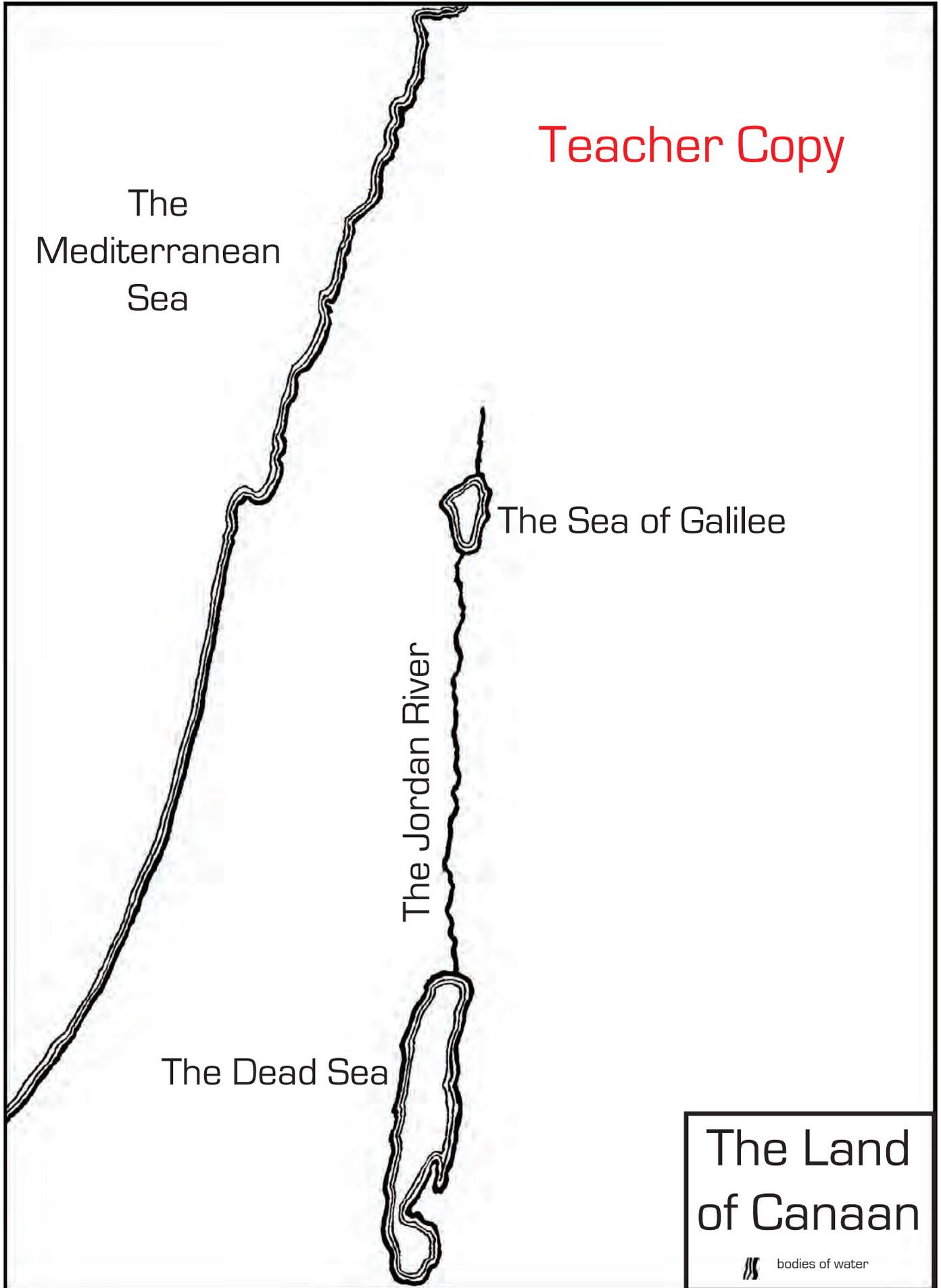




The Land of Canaan

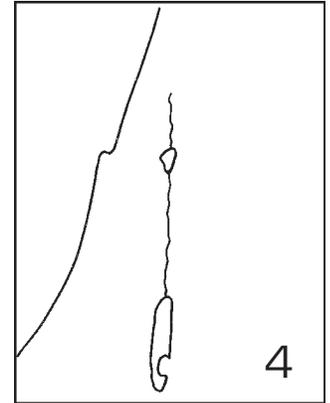
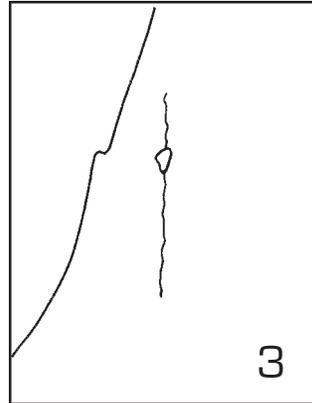
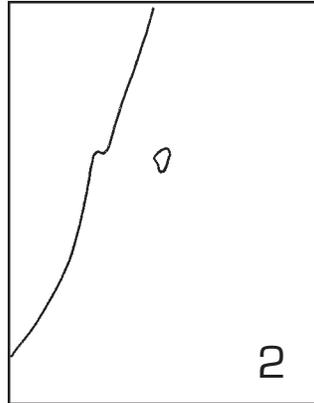
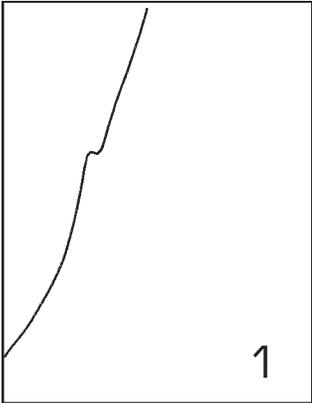
 bodies of water

Teacher Copy



Draw the Land of Canaan Freehand

1. Start by drawing the Mediterranean coastline. Begin at the top of the page, just to the left of the center. The small bump is Mount Carmel. It is a little less than half way down the coast.
2. Add the sea of Galilee. It is shaped like a human heart and lies directly across from Mount Carmel in the middle of the page.
3. Add the Jordan River. It goes right down the middle of the page.
4. Add the Dead Sea. It looks like a pickled cucumber with a bite out of it.
5. Practice a few times and try drawing the map from memory!



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