

“I will not let you go”
Genesis 32:22-32

Rev. Emily Mitchell
June 2, 2019



NOTES

“I will not let you go”
Genesis 32:22-32

Suggested Questions for Individual
Study or Group Discussion*



- What do you imagine the wrestling match between Jacob and the mysterious man to be like? Would it bear any resemblance to the wrestling of popular culture today (WWE, GLOW, etc.)? Why or why not?
- What do you think Jacob’s emotional and psychological state was like before this mysterious encounter, as he is preparing to meet his brother Esau again after many years?
- Look up Philippians 3:12-16. What practices are helpful to you in developing perseverance and holding on for the Christ who is holding on to you? What encouragement is there in the knowledge that God is (in the words of an old hymn) the “Love that will not let me go”?
- When have you wrestled with God, and would you characterize your wrestling with God as primarily spiritual, intellectual, emotional, relational, or something else?
- Jacob left his encounter with God limping. How has your wrestling with God changed you and left a mark? What has wounded you and what has healed you in your experiences with the Lord, and what does it mean to you to be a wounded healer?

A Prompt for Families: Have a “thumb war” with a sibling, parent, or grandparent. What does it feel like to struggle with someone you’re close to? Does wrestling make you grow closer to the other person? Spend some time praying, thanking God for giving us victory and blessing in Christ and for being willing to come close to us and not let us go.

*Select or adapt questions to fit the needs and makeup of your group.

“I will not let you go”
Genesis 32:22-32

Rev. Emily Mitchell
June 2, 2019



NOTES

“I will not let you go”
Genesis 32:22-32

Suggested Questions for Individual
Study or Group Discussion*



- What do you imagine the wrestling match between Jacob and the mysterious man to be like? Would it bear any resemblance to the wrestling of popular culture today (WWE, GLOW, etc.)? Why or why not?
- What do you think Jacob’s emotional and psychological state was like before this mysterious encounter, as he is preparing to meet his brother Esau again after many years?
- Look up Philippians 3:12-16. What practices are helpful to you in developing perseverance and holding on for the Christ who is holding on to you? What encouragement is there in the knowledge that God is (in the words of an old hymn) the “Love that will not let me go”?
- When have you wrestled with God, and would you characterize your wrestling with God as primarily spiritual, intellectual, emotional, relational, or something else?
- Jacob left his encounter with God limping. How has your wrestling with God changed you and left a mark? What has wounded you and what has healed you in your experiences with the Lord, and what does it mean to you to be a wounded healer?

A Prompt for Families: Have a “thumb war” with a sibling, parent, or grandparent. What does it feel like to struggle with someone you’re close to? Does wrestling make you grow closer to the other person? Spend some time praying, thanking God for giving us victory and blessing in Christ and for being willing to come close to us and not let us go.

*Select or adapt questions to fit the needs and makeup of your group.