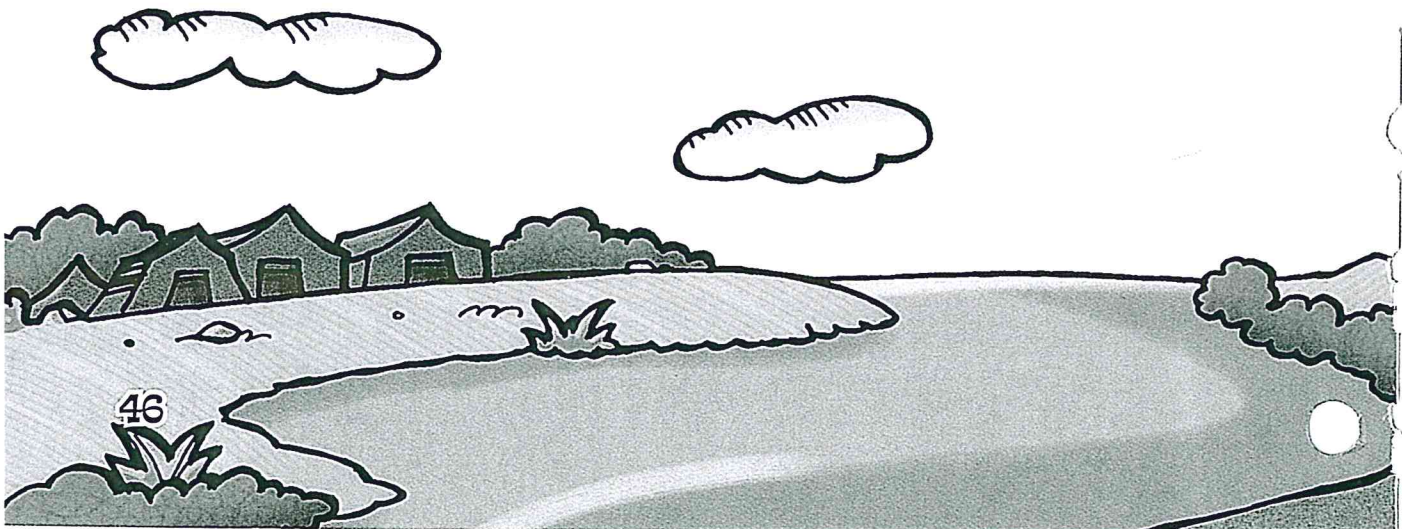


# Jacob Wrestles

Jacob was on his way home from a long trip and stopped to sleep by a river one night. During the night, a man woke Jacob up and began to wrestle him. Jacob was surprised! "Who is this?" He wondered, "What does he want?"

After wrestling all night, the man begged Jacob to let him go. "No!" said Jacob. "Not until you have blessed me!" The man asked, "What is your name?" Jacob told the man his name. Then the man blessed Jacob and said, "Now you will have another name, Israel. It means you have wrestled with God!"



What a surprise! Could it really be true? Jacob had not really wrestled with a man. Jacob had wrestled God, and God blessed him! Jacob hurried the rest of the way home. What a story he had to tell his family!



Ask someone to try wrestling with you. Ask an adult to watch. How long you can go before you get tired?

