



The Twins

Begin with prayer

Read: Genesis 25

Listen: THRU the BIBLE: [Genesis 25](#)

Dear God,

We come before You with gratitude for this time together. Open our hearts and minds as we reflect. Teach us Your truth, guide our understanding, and help us grow in wisdom and trust in Your ways.

Amen.



The Struggle Between The Flesh & The Spirit



Genesis 25

Isaac and Rebekah **began their life together** and were happy. But Rebekah, like Sarah, was unable to conceive. **Isaac pleaded with God on her behalf for 20 years** and finally the Lord said, "It's time." **She then became pregnant with twins!** Her **pregnancy** wasn't easy. **The two babies struggled together in the womb** and Rebekah asked God about it. She knew **something significant** was happening.

The struggle of these two boys, which began before their birth, represents the struggle that still goes on in the world today.

This is the struggle between light and darkness, between good and evil, between the Spirit and the flesh. Every child of God knows something of this struggle. (Read about it in *Romans 7*).



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Dysfunctional Family

Isaac - The Father

Esau - The Favored Son

Isaac loved Esau

- Esau was Isaac's favorite because he was the outdoorsman - the hunter, strong and adventurous.
- Isaac admired Esau's physical abilities and enjoyed the game he brought home.
- This favoritism created imbalance in the family from the beginning.

"And Isaac loved Esau because he ate of his game..." (Genesis 25:28).

Esau's Nature

- Bold, rugged, and driven by physical appetite.
- Focused on worldly pursuits.
- Had little regard for spiritual inheritance.
- Represented the desires of the flesh.



Rebekah - The Mother

Jacob - The Favored Son

Rebekah loved Jacob

- Jacob was Rebekah's favorite, staying close to home and under her guidance.
- Even before birth, God had declared that Jacob would lead.
- Yet Jacob often relied on cunning and manipulation to secure what God had already promised.

"...but Rebekah loved Jacob." (Genesis 25:28)



Jacob's Nature

- Quiet, thoughtful, and spiritually aware.
- Valued God's promises.
- Struggled with self-reliance and deception.
- Though flawed, God was shaping him for His purpose.

The Birthright Incident: Sin seeks to destroy

Esau came in from the field. He had been outdoors, and **he was tired and hungry**. Apparently Jacob had made a stew; evidently he was a good chef.

“Please feed me with that same red stew, for I am weary,” Esau demands. Jacob saw his chance. **He is a trickster and a traitor, and he wanted the birthright legally owned by the older sibling.** Jacob said, “I’ll sell you this stew in exchange for your birthright.”

The birthright meant the one who had it was **the head of the house and priest of the family**. In this family, it meant the one who had it would **be the one in the line that would lead to Christ**. Esau attached **no importance to it**, and he didn’t want to be **the priest of the family**. **He didn’t even want to give the impression that he was interested in godly things.** “He had no interest in being in the generational line that led to Jesus Christ.

Jacob sees this, and he strategizes, **“if you’ll give me your birthright, I’ll give you a bowl of stew.”** Esau was **happy** with **the bargain**.

As much as Jacob valued God, he was also wrong in what he did. God had already promised, **“The older shall serve the younger.”** **The birthright is coming to Jacob in God’s own time.** But Jacob can’t wait, so he takes what God has promised him. He should have waited for God to give it to him. Jacob figured he would do what he could for himself. As long as he could help himself, **why wait for God? He was clever enough.** In the future, **Jacob would learn the hard way from God; what you sow, you will reap!**

So **“Esau despised his birthright”** and sat down and ate his stew. **He had surrendered his birthright because it meant nothing to him.**



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God's Eternal Truths

Relevant to us from Genesis 25

1

The ongoing struggle between the flesh and the Spirit is a lifelong conflict. The lifelong conflict between Jacob and Esau, which began in the womb, represents the enduring battle between light and darkness, good and evil, and the Spirit and the flesh. **The reality is that every child of God will experience this struggle.**

(Galatians 5:16-17; Romans 7:22-23; Romans 8)

2

God values our desire to be like Christ over worldly pursuits. Esau represents the flesh; he was an athletic, outdoor man who had no desire or capacity for God. He lived solely as a man of the world and "despised his birthright," which represented spiritual headship of the family, giving up the lineage of Christ. Jacob, on the other hand, was deeply flawed and cunning, but deep down, he understood there was more to life and valued God. **God eventually worked through Jacob's flaws to refine him because of his desire to live for God.**

(Hebrews 12:16-17; 1 John 2:15-17)

3

We must trust God's timing rather than depend on human manipulation. God had already promised before the twins were born that the older (Esau) would serve the younger (Jacob). The birthright was meant for Jacob, but instead of waiting for God's timing, Jacob wrongly took matters into his own hands and used trickery to obtain it. **The lesson for us is to wait for God to fulfill His promises rather than trying to cleverly manipulate them ourselves.**

(Romans 9:10-12; James 4:13-15)



Reflection Questions

Question 1

Where in my life am I currently experiencing the conflict between my fleshly desires and the desire to do what God says in His Word?

Question 2

In my daily habits, am I feeding the "flesh" by prioritizing physical pursuits, or am I actively nurturing a capacity for God, to do what He says?

Question 3

Are there areas where, like Esau, I am sacrificing my long-term spiritual inheritance for immediate, worldly gratification (a "bowl of stew")?

Question 4

Even though I have personal flaws and failures like Jacob, am I allowing God to rub off the worldly "debris" to uncover and cultivate a genuine, deep-down desire for godly things?

Question 5

In what current situations am I tempted to be a "manipulator" or use clever strategies to force an outcome because I feel I cannot wait for God's provision?

Question 6

How can I better surrender my desire to help myself and instead trust that God will deliver His promises to me in His own perfect time?



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