

hink of a time when someone in your family helped you without being asked. What did they do for you? Did their kindness surprise you? Our story this week reminds us of something important—we learn how to serve others by being kind at home.

he morning after Jacob saw the angels going up and down the ladder, he continued on his journey. He was going to his mother's brother, his Uncle Laban. It was a long journey, about 450 miles altogether. And it would take about three weeks of walking. Finally, Jacob neared the city of Haran. He hoped to find his mother's family there. His journey was almost over, and he was glad.

On the outskirts of Haran, Jacob spotted a well. It was about noon, and three flocks of sheep were gathered there. Why are these flocks at the well in the middle of the day? he wondered. This well was different from those near Jacob's home. He saw that a huge stone covered the well's opening. There were no troughs from which the sheep could drink. Jacob approached the well and spoke to the shepherds gathered there.

"My brothers, where are you from?" he asked.

"We come from Haran," one shepherd replied.

"Do you know a man named Laban who lives there?" Jacob questioned.

"Yes, we know him," the shepherds answered.

Then Jacob asked, "Is he well?"

"Yes, he is," replied one of the shepherds. "In fact, here comes his daughter, Rachel, with some of his sheep. She is a shepherdess." The man pointed to a young woman coming toward them. Jacob looked and saw Rachel coming to the well. She was leading a flock of sheep, but was still some distance away.

Jacob continued talking with the shepherds. "Tell me, why don't you water your sheep and take them back to pasture?" he asked. "There is still a lot of daylight left."

"We can't," they replied. "It's our custom to wait until all of the flocks are gathered. When all are here, we remove the big stone from the well. Then all the animals drink, and we cover the well again."

While Jacob and the shepherds talked together, Rachel and her



The Message

Being kind at home helps us learn how to serve others.



sheep arrived. Jacob went over to the well. He kindly rolled the heavy stone away from the opening. Then he led his Uncle Laban's sheep to the water and cared for them.

He spoke kindly to Rachel. "I am Jacob, and I am one of your relatives. I've come a long way to meet your family! Your father's sister, Rebekah, is my mother." Then he kissed his cousin. He was so glad to finally meet a relative that he began to cry! His long journey was over. He was with family again.

"Please, wait right here!" Rachel exclaimed.
"I want to let my father know that you are here." Then she turned quickly and ran toward home.

An excited Rachel told her father about Jacob. Laban was amazed that Jacob had come so far. He hurried back to the well with her. "How wonderful to meet you, Jacob!" he exclaimed. He hugged his nephew and kissed him. "We're so glad you're here! Come, let's go home so we can visit!"

Laban led the way. Soon they reached Laban's home. There Jacob told his uncle about the family he had left behind. He talked about his mother Rebekah, and how she had sent Jacob to Laban. And Uncle Laban welcomed his nephew Jacob into his home. Soon Jacob became a part of Laban's family.

Memory Verse

"We show that we are servants of God . . . by our kindness"

(2 Corinthians 6:6, ICB).

Yes, Jacob helped Rachel by removing the heavy stone from the well. And he helped her by watering the sheep. No one had to ask him to help. He showed courtesy and kindness to Rachel. Can you help others without being asked? By being kind to your own family, you learn to serve others. What will you do to





SABBATH

With your family, go to a place where sheep are kept. If possible, count the sheep. Ask your family: What do sheep need most? Or look at a book about sheep. What kind of care do they need? Thank God for the animals you enjoy.

Share the lesson story with your family.
Teach them the memory verse. (Use the motions learned in Sabbath School.)

SUNDAY

Read and discuss Genesis 29:1-3 during family worship today. Talk about the end of Jacob's journey. What did he see? Why do you think the well was covered?

Look at the house drawing or floor plan made in Sabbath School (or draw one). Use it to remind you to show kindness to your family this week. Be sure to surprise them!

MONDAY

During worship today read and discuss Genesis 29:4-6. What did Jacob call the shepherds? What did he ask them? How did they reply? Did the shepherds know Jacob? Why do you think they talked with him?

Make a paper with columns for "home," "school," and "neighborhood." For one week keep track of times someone did something kind for you at each of those places. Thank Jesus for people who are kind.

TUESDAY

For worship today read and discuss Genesis 29:7 and 8. What did Jacob think the shepherds should do? Why didn't they do it? Do you always have to do things the way others do them? Why? Give an example.

Ask Jesus to help you accept differences in others. Think of someone who is different from you in some way and pray for them.

WEDNESDAY

With your family, read and discuss Genesis 29:9-12. How did Jacob serve Rachel? How did Rachel serve Jacob?

How were Jacob and Rachel related? How are you related to your aunt's or uncle's children? Think of some way you can show kindness to one of them this week.

Sing "A Happy Home" (Sing for Joy, No. 136) or "Love at Home" (Sing for Joy, No. 137). Then thank Jesus for your relatives and ask Him to help you serve them with kindness.



THURSDAY

Read and discuss Genesis
29:13 and 14 for worship today. Why do you
think Laban hurried to meet Jacob? What
did he do when they met? What do you
think Jacob and Laban talked about? Read
verse 14 again. What did Laban mean?

Trace around your foot on a piece of paper. Cut it out. Write on it one thing you can do using your feet to help someone. (Take out the trash; walk the dog; play with someone who doesn't have many friends; etc.) Do it tomorrow. Put the footprint by your bed so you will step on it to remind you in the morning.

FRIDAY

Jacob walked 450 miles to get from his father's home to his uncle's.

tonight act out the lesson story. Who will be Jacob and Rachel? Ask everyone who they would like to be. Review the memory verse together before prayer.

Think of someone who needs Jesus' help and pray for them. Tell Jesus what you think they need. (to know He loves them; to get well; to trust in Him if worried; etc.) Ask Jesus to do what is best. Then thank Him for hearing and answering your prayers.

Jacob's PUZZLE

Directions: Place the correct vowels in the blank squares to find names and key words from the lesson. One name runs from top to bottom.

