
NOTES:

RESOLUTION OPTIONS

1. I will do something extraordinary to demonstrate my love for my wife.
2. I will establish a period of time (1 week, 1 month, etc.) and will commit to showing love to my wife in a specific way during each day of that period.
3. I will offer forgiveness to a family member who has deceived me.
4. I will ask for forgiveness from a family member who I have deceived.
5. I will examine my conscience each night this week, specifically focusing on ways that I may have deceived someone in small or large matters.
6. I will confront an emotional relationship I have with a woman other than my wife and seek to guard against it.
7. I will examine the steps my family has taken to guard against access to pornography coming into our home.
8. I will go to adoration and reflect on how I treat my children and will correct any areas where I show unfair preference toward one or more children.
9. I will pray a novena with my family for someone we know struggling to conceive a child.
10. I will ask the Lord for spiritual fruitfulness for my family.

MY RESOLUTION



“... AND HE LOVED RACHEL MORE THAN LEAH...”
- GENESIS 29:30

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OPENING PRAYER

RACHEL AND LEAH

RESOLUTIONS

PSALM 46

GENESIS 29

PRAYER PARTNERS

PSALM 46

¹ God is our refuge and strength, a very present help in trouble.

² Therefore we will not fear though the earth should change,
though the mountains shake in the heart of the sea;

³ though its waters roar and foam,
though the mountains tremble with its tumult.

⁴ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

⁵ God is in the midst of her, she shall not be moved;
God will help her when morning dawns.

⁶ The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

⁷ The LORD of hosts is with us;
the God of Jacob is our refuge.

⁸ Come, behold, the works of the LORD,
how he has wrought desolations in the earth.

⁹ He makes wars cease to the end of the earth;
he breaks the bow, and shatters the spear,
he burns the chariots with fire!

¹⁰ "Be still, and know that I am God.
I am exalted among the nations,
I am exalted in the earth!"

¹¹ The LORD of hosts is with us;
the God of Jacob is our refuge.

Glory be to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now and will be forever. Amen.

RACHEL AND LEAH

GENESIS 29

1. How does the discovery of Rebekah as a wife for Isaac parallel the discovery of Rachel as a wife for Jacob?
2. What extraordinary feats demonstrate Jacob's love for Rachel? How did you demonstrate great love for your wife before you were married? After marriage? How can you demonstrate greater love for your wife now?
3. How did Laban profit from Rebekah? From Leah? From Rachel?
4. What parallels are there between Jacob's deception of Isaac and Laban's deception of Jacob? How does a Patriarch handle deception in his own family?
5. Despite Jacob's love for Rachel, he also has a relationship with someone else. What "other lovers" does a husband fail to keep out of his marriage? How does a patriarch guard against these "other lovers"?
6. What affliction does Rachel share with Sarah and Rebekah? Who is the source of fruitfulness for Sarah, Rebekah and Leah?
7. Preferential treatment has hard consequences for Cain, Ishmael, and Esau. How does it affect Rachel and Leah?