

The Essential 100

A Bible overview plan for 2011-2012

The Essential 100 (E100) is a systematic approach that guides readers through the big picture of the Bible. It is a carefully selected list of short Bible passages—50 from the Old Testament and 50 from the New Testament. The passages are usually one to two chapters in length and can easily be read in 10 minutes or less.

One-page plan: Each testament is broken up into ten, five-week series. We will move from Old to New Testaments every five weeks. My goal is to teach three of the five lessons in every series.

The E100 in Sunday school: We will REAP (read, explain, apply, and personalize) one passage each week and finish a series every five weeks. Each lesson will include a key verse for memorization. At the end of two years, we will have covered the essential 100 passages in the Bible.

Additional information: To learn more about The E100 program and to obtain additional resources, visit e100challenge.com. Our Sunday school website is stuartheights.org/sundayschool.

The Schedule: Abraham, Isaac, and Jacob

This series is about the patriarchs of the Bible.

Date	Lesson	Key Verse(s)	Passage	Speaker
March 13	The Call of Abram	Genesis 12:1-3	Genesis 12:1-20	Terry Bolden
March 20	God's Covenant with Abram	Genesis 15:5-6	Genesis 15:1-21	Tim Archer
March 27	Isaac's Birth and "Sacrifice"	Genesis 22:11-12	Genesis 21:1-22:19	David Barber
April 3	Jacob and Esau Compete	Genesis 27:36	Genesis 27:1-28:22	Jim Fleming
April 10	Jacob and Esau Reconcile	Genesis 33:4	Genesis 32:1-33:20	Jim Fleming

Sunday school class timeline

8:50: Breakfast ready

9:07: Announcements (let Jim know prior to a Sunday if you have an announcement)

9:10: Lesson

9:40: Prayer requests at each table

9:45: Dismiss

9:50: Room cleared

Abraham, Isaac, and Jacob: The Call of Abram

Preview: Why me?

During his seventy-five years, Abram had cultivated the habit of listening for God's voice and obeying it. In addition, Abram frequently took time to remember what God had done and to deepen his relationship with him (**Genesis 12:7-8**). Therefore, when God said, "Leave" (**Genesis 12:1**), Abram left even when the destination was unknown. Because Abram spent time seeking God, he was ready for God's call. That is a good example for us to follow, too.

Key thought: God will _____ those who trust and obey Him

Read & Explain (What does it mean?): Genesis 12 (Author = Moses)

Promises to Abram

1 Now the LORD had said to Abram:

**"Get out of your country,
From your family
And from your father's house,
To a land that I will show you.**

Why _____? Why the _____? Why _____? Why _____?

2 I will make you a great nation;

I will bless you

And make your name great; [We are still talking about Abraham's greatness and faith _____ years later]

And you shall be a blessing.

In **Genesis 11**, we see man's plan; but in **Genesis 12**, God shares His plan.

3 I will bless those who bless you,

And I will curse him who curses you;

And in you all the families of the earth shall be blessed." [This is a clear reference giving the promise of the _____]

Why Abram?

So what made Abram so special that God would call him? In **Acts 7:2-4**, Stephen states the call of Abram occurred before he lived in Haran (meaning the Ur of the Chaldees). However, **Genesis 12** occurred in Haran. **Genesis 11:31-32** says that Abram went to Haran after being called and lived there until Terah died. Abram was not immediately obedient. God has to call him again in **Genesis 12**.

4 So Abram departed as the LORD had spoken to him [Acts 7:2-4—the second time?], and Lot went with him [Why did Lot go with him?]. And Abram was seventy-five years old when he departed from

Haran. 5 Then Abram took Sarai his wife and Lot his brother's son, and all their possessions that they had gathered, and the people whom they had acquired in Haran [God is already prospering him], and they departed to go to the land of Canaan. So they came to the land of Canaan. 6 Abram passed through the land to the place of Shechem, as far as the terebinth tree of Moreh. And the Canaanites were then in the land.

7 Then the LORD appeared to Abram and said, "To your descendants I will give this land." [Abraham never owned any _____ in his lifetime, except the burial cave he purchased] And there he built an altar to the LORD, who had appeared to him. 8 And he moved from there to the mountain east of Bethel, and he pitched his tent [He lived in a _____ his entire life also] with Bethel on the west and Ai on the east; there he built an altar to the LORD and called on the name of the LORD. 9 So Abram journeyed, going on still toward the South.

Abram in Egypt

10 Now there was a famine in the land, and Abram went down to Egypt to dwell there, for the famine was severe in the land. [Why? God did not tell him to go to Egypt.] 11 And it came to pass, when he was close to entering Egypt, that he said to Sarai his wife, "Indeed I know that you are a woman of beautiful countenance [Sarai is ____ years old]. 12 Therefore it will happen, when the Egyptians see you, that they will say, 'This is his wife'; and they will kill me, but they will let you live. 13 Please say you are my sister, that it may be well with me for your sake, and that I may live because of you." [Is this an acceptable half-lie?]

14 So it was, when Abram came into Egypt, that the Egyptians saw the woman, that she was very beautiful. 15 The princes of Pharaoh also saw her and commended her to Pharaoh. And the woman was taken to Pharaoh's house. 16 He treated Abram well for her sake. He had sheep, oxen, male donkeys, male and female servants, female donkeys, and camels.

17 But the LORD plagued Pharaoh and his house with great plagues because of Sarai, Abram's wife [sin _____ affects others]. 18 And Pharaoh called Abram and said, "What is this you have done to me? Why did you not tell me that she was your wife? 19 Why did you say, 'She is my sister'? I might have taken her as my wife. Now therefore, here is your wife; take her and go your way." 20 So Pharaoh commanded his men concerning him; and they sent him away, with his wife and all that he had. Abram did not start out as a great man of faith—his faith grew—just like ours does.

Apply (What is the point?)

1. Many of God's promises ____ Abraham were never seen ____ Abraham.
2. God's call was because of _____, not because Abraham deserved it.
3. God still calls Abrahams today (every day) to a life of faithfulness.

Personalize (What do I do with that?)

1. Do not live life based on what God has done for me lately.
2. Trust Him at His word, rest in His promises, and obey as if you _____ Him.

Abraham, Isaac, and Jacob: God's Covenant with Abram

Preview: He feels your pain

Key thought: Nothing is impossible with God

Read & Explain (What does it mean?): Genesis 15 (Author = Moses)

Note: Outline and green commentary taken from [David Guzik's Commentaries on the Bible](#)

A. God speaks to Abram's fears and doubts with a promise.

1. (vs. 1) The word of the LORD comes to Abram in a vision.

- a. How does **the word of the LORD** come to us? In the Bible?
- c. **Your shield . . . your . . . reward:** Abram needed a _____ because he was expecting to be attacked.
 - i. God _____ more than make up what Abram has given up for the Lord.
 - ii. God _____ how to become the answer to our need.
- d. **Do not be afraid:** God _____ tells us, "**do not be afraid,**" without giving us a reason.

2. (vss. 2-3) Abram honestly expresses his _____.

- a. **Lord GOD, what will You give me:** God's promise seemed to **ring hollow in Abram's ears**.
 - i. It is almost as if Abram [_____], "Lord, You've given me lots of stuff, and now promise to give me more, and to protect me. . . . I want the son You promised me!"
- b. **Look, You have given me no offspring:** Abram was _____ before the Lord.

3. (vss. 4-5) God speaks to Abram's doubts with a promise.

- a. **This one shall not be your heir:** God reminds Abram of the promise _____ recorded in **Genesis 12:2 and 13:15-16**.
- c. **From your own body:** It wasn't a _____ descendant who would inherit the promise.

4. (vs. 6) Abram's _____ [of faith] to God's promise.

- a. **And he believed in the LORD:** When Abram put his _____ in God . . . in God's promise
- b. **And He accounted it to him for righteousness:** This is one of the clearest expressions in the Bible of the truth of _____ by _____, through _____. This is the

first time *believe . . . righteousness* is used in the Bible. It is the gospel in the Old Testament.
Romans 4:1-3, 9-10, 19-24

- c. **He accounted it to him for righteousness:** Romans 4:9-10 . . . righteousness was accounted to Abram before he was _____ (Genesis 17). Faith alone . . . caused God to account Abram as righteous.
- i. [Justification] is the chief article from which all other doctrines have flowed. [Luther]
- d. **He believed in the Lord, and He accounted it to him for righteousness:** The faith making Abram righteous wasn't so much believing *in* God . . . as it was *believing God*. James 2:19

B. God speaks to Abram's doubt with a covenant.

1. (vss. 7-8) Abram's doubts surface again.
2. (vss. 9-11) Abram _____ to make a covenant with God.
 - b. But Abram knew exactly what to do with these animals: **he . . . cut them in two . . . and placed each piece opposite the other**. . . . God was telling Abram to get a contract ready for signing.
 - i. In those days, contracts were made by the sacrificial cutting of animals. . . . Both parties . . . would walk through the animal parts together, repeating the terms of the covenant.
 - iii. Symbolism . . . first, this is a covenant so serious it is sealed with _____; second, if I break this covenant, let this same bloodshed be poured out on my animals and me!
3. (vss. 12-16) Prologue to the covenant.
 - a. At the end of the day, God has still not _____
4. (vss. 17-21) The covenant is made.
 - a. Abram . . . sees God . . . pass through the animal parts all by _____
 - b. God represents Himself by two emblems: **a smoking oven and a burning torch**.
 - c. The **smoking oven** and the **burning torch** . . . showed this was a _____ covenant.
 - d. By entering into this contract, there is a sense in which God was saying, "If I don't keep My word, let *Me* be put asunder." God was putting His _____ on the line.

Apply (What is the point?)

- 1.
- 2.
- 3.

Personalize (What do I do with that?)

- 1.
- 2.
- 3.

Abraham, Isaac, and Jacob: Isaac's Birth and "Sacrifice"

Preview: Strange but true

God tells Abraham to sacrifice his only son Isaac ([Genesis 22:2](#)) and Abraham wastes no time obeying. As the tension mounts in front of the altar, Abraham unwittingly prophesies God's plan of salvation when he says, "God himself will provide the lamb for the burnt offering." ([Genesis 22:8](#)). God did provide the lamb for Abraham. He also provided the Lamb, his only son Jesus Christ as the once and for all sacrifice for our sins.

Key thought: Abraham's "sacrifice" foreshadows God's sacrifice of Jesus

Read & Explain (What does it mean?): Genesis 21:1-21; 22:1-19 (Author = Moses)

1. Amazing birth of Isaac ([Genesis 21:1-7](#))
 - a. God speaks to Abraham and Sarah – Birth of Isaac ([Genesis 21:1-4](#))

This was not Abraham's only son. His first son was Ishmael through Hagar through lack of faith expressed by Abraham.
 - b. Abraham and Sarah's advanced age([Genesis 21:5-7](#))

Isaac means laughing one. Abraham is 100. Sarah is at least 90.
2. Hagar and Ishmael Depart ([Genesis 21:8-21](#))
 - a. Isaac comes of age and is weaned ([Genesis 21:8](#))

The great feast was due to a major mortality milestone being passed
 - b. Abraham listens to Sarah ([Genesis 21:9-12](#))

Sarah saw Ishmael for what he represented – lack of faith by Abraham
My lesson in life – God built woman with more antennas than men
 - c. Promise that Ishmael will have a nation ([Genesis 21:13](#))

God still promises a different nation through Ishmael. God says He will build the nation specifically because he is the seed of Abraham. This becomes the Arab nation.
 - d. God provides and confirms promise to Ishmael ([Genesis 21:14-21](#))

Ishmael is approximately 16-17 years old. New Testament references: [Galatians 4:29-30](#):
Ishmael is described as, "**born according to the flesh.**" [Romans 9:7-10](#): "**children of the flesh.**"

3. God calls Abraham to sacrifice Isaac ([Genesis 22:1-19](#))
 - a. God commands Abraham to offer up Isaac ([Genesis 22:1-2](#))

Abraham demonstrates his availability to God.
Child sacrifice was not a practice of the Jews but it was known in Canaan.
Sam Shamoun on answering-islam.org: Muslims . . . feel that Ishmael was the one offered up by Abraham. . . . Since this idea stems from the Muslim misunderstanding of the phrase "only son," it becomes necessary to explain what this phrase exactly means in relation to Isaac. A careful reading of the Holy Bible shows that the phrase is used to affirm Isaac's unique status.
 - b. Abraham's faith and obedience to the Divine command ([Genesis 22:3-10](#))

Abraham was immediately and unquestionably obedient
Worship was the point
This foreshadows the provision of Christ as the offering for sin
Abraham was fully committed to doing God's will
 - c. Another sacrifice is provided instead of Isaac ([Genesis 22: 11-14](#))

God's miraculous intervention shows God never intended for Abraham to go through with it
Abraham said, "**Here I am**"—a true worshiper holds nothing back. Abraham was all in.
God provided a ram—worship involves accepting God's sacrificial substitute
 - d. The covenant with Abraham renewed ([Genesis 22: 15-19](#))

Apply (What is the point?) (Bible Knowledge Commentary)

1. Faith obeys completely the Word of God.
2. Faith surrenders the best to God, holding nothing back.
3. Faith waits on the Lord to provide all one's needs. But God does not provide until personal sacrifice has been made.
4. True worship is costly. This was always so for Israel when they brought sacrifices.

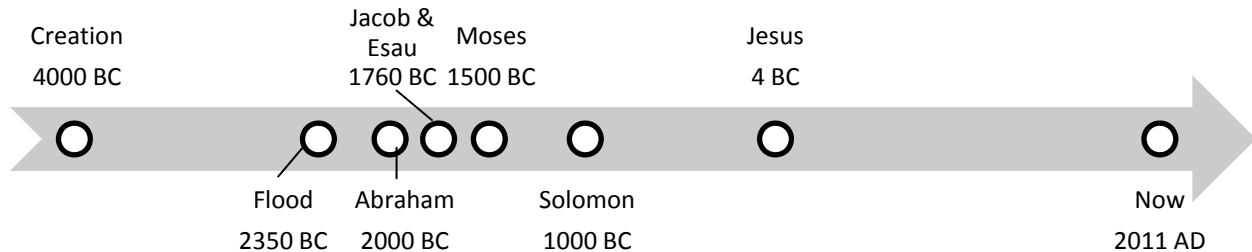
Personalize (What do I do with that?)

1. Know that this was a test ([Genesis 22:1-2](#))
2. Know that one act of faith can change the course of human history
3. Know that my faith must have action or it does not exist
 - Faith with works = faith that has substance
 - Faith without works = dead
 - Works without faith = empty

Abraham, Isaac, and Jacob: Jacob and Esau Compete

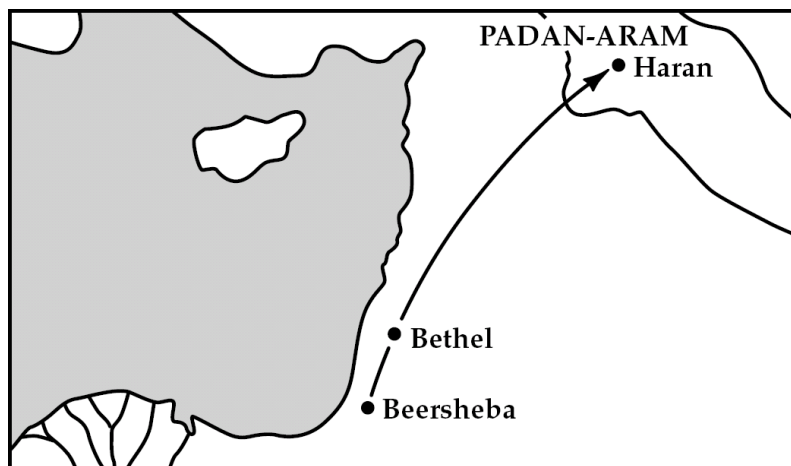
Review

Assuming a literal interpretation of Bible dates, the following timeline is close:



Preview: Analyze this!

Today's lesson takes place over 100 years after the 'sacrifice' of Isaac. Here is a map of the area:



Key thoughts: (1) Bible characters were imperfect and (2) we often encounter God in the broken places of our lives

Back-story (Genesis 25:19-28; 26:34-35)

God told Rebekah that Jacob would be the stronger and would rule over his twin brother Esau ([Genesis 25:23b](#)). Isaac (the dad) loves _____ (the oldest twin) the most and Rebekah (the mom) loves _____ (the youngest twin) the most.

Read & Explain (What does it mean?): Genesis 27-28 (Author = Moses)

Genesis 27

1 Many times in the Bible, a physical ailment also communicates a _____ issue as well

2 Isaac is either 117 or 137 years old. Jacob and Esau are either 57 or 77 years old. The blessing was the father's way of saying who is in charge of the family once the father dies. Isaac was formally announcing who would lead the family and which one of his sons would receive the Abrahamic covenant.

9 We must be very cautious that pleasing does not turn into _____

10 Was it right or wrong of Jacob to obey his mother Rebekah in her attempt to deceive Isaac?

19-24 Count the lies: _____

23 Was the outcome what God wanted? _____. Did the means justify the ends? _____

35 Some mistakes cannot be _____

40 Julie's term

41 **hated** [cherish animosity against—sin has awful consequences]

44 **a few days** [this 'few days' turned out to be over _____ years]

Genesis 28

4 This blessing clearly links Jacob to the _____ Covenant

5 Jacob never saw his parents again—and Isaac lives to be _____

12 Jesus is the _____

15 What does Jacob have to do to get this promise?

17 What is Jacob focused on? _____. What should have Jacob been focused on? _____

David Guzik: Jacob is by no means worthy of this blessing. . . . The amazing thing is that God could bring any good out of all this, and this is an example of a triumph of God's sovereignty!

Apply (What is the point?)

1. Deceit is harmful and has long-lasting repercussions
2. The ends do not justify the means
3. God's plan will not be derailed by man

Personalize (What do I do with that?)

1. Always tell the truth
2. Don't be a _____

Abraham, Isaac, and Jacob: Jacob and Esau Reconcile

Review

To review last week's passage, Isaac and Rebekah played favorites with their twin sons, Jacob and Esau. This caused many issues, but eventually Isaac blessed the younger brother Jacob (as God had told Rebekah to do). Esau then vowed to kill Jacob and Jacob ran away. We left off last week in **Genesis 28** with God having just extended the Abrahamic Covenant to Jacob. In **Genesis 29-31** (the text that we skip over to get to today's passage), Jacob marries (twice), has kids with four different women, lives with his father-in-law/uncle Laban for about 20 years, and gets filthy rich (Isaac's blessing came true). **Genesis 32** picks up with Jacob and his fortune and family leaving Laban. The text now shifts back to Jacob and Esau.

Preview: True reconciliation

Today's lesson is all about reconciliation—reconciliation with God and reconciliation with man. We see both in Jacob's story. Reconciliation is bringing a relationship (what life is all about) back into harmony. While we read today's passage, you may be reminded of difficult relationships and situations in your life.

Key thought: True reconciliation requires _____

Read & Explain (What does it mean?): Genesis 32-33 (Author = Moses)

Genesis 32

4-5 Jacob tells Esau he comes in _____, in a roundabout way he tells Esau he's not coming for his stuff, and Jacob tells Esau that Jacob is Esau's servant

7 **So Jacob was greatly afraid and distressed** [distressed so that you are cramped narrowly]

9 **Then Jacob said, "O God** [His _____ instinct is to go to God.]

14-15 We get a feel for how rich he is by the quality/volume of his _____

24 **Then Jacob was left alone; and a Man wrestled with him until the breaking of day** [This Man is widely thought to be a pre-incarnate appearance of _____. It is important to realize that God does not leave His children alone and that God will wrestle with you where your faith is not in harmony with His wise and holy will.]

27 **So He said to him, "What is your name?" He said, "Jacob** [deceiver—Jacob had to acknowledge who Jacob was before God could use him]."

28 And He said, “Your name shall no longer be called Jacob, but Israel [God prevails]; for you have struggled [contended, have power] with God and with men, and have prevailed.” [His hip is out of joint and he wins? **David Guzik: When you battle with God, you only win by _____.**]

31 and he limped on his hip. [When you meet God you are _____ the same ever again—He will change you—salvation implies and demands a change—you cannot meet the Creator of the Universe and remain the same]

Jacob is reconciled to God. Now we turn to Jacob and Esau’s relationship

_____, then _____

Genesis 33

3 Then he crossed over before them [Jacob is a new man—he is now leading his family instead of hiding behind them (evidence of God’s change in his life). We will continue to see a struggle in Jacob to do what God wants him to do (much like us)]

4 fell on his neck [literally, the _____ of his neck]

9 But Esau said, “I have enough [_____]

Coffman: The refusal to accept a gift means permanent enmity . . . [accepting] the gift was a token of reconciliation and everlasting peace.

11 I [Jacob] **have enough** [_____—You cannot have everything without God]

20 Then he erected an altar there and called it El Elohe Israel [the mighty God of _____—now, God is the God of Abraham, the God of Isaac, and the God of Jacob].

Apply (What is the point?)

1. God will wrestle with us where our faith is not in harmony with His wise and holy will
2. God can restore ‘impossible-to-restore’ relationships

Personalize (What do I do with that?)

1. Ask God to change _____ first
2. Ask God to change the _____ second