

## Introduction:

It is a fundamental fact... we can have high expectations because of how great our God is. Learning to live expecting God's best is a critical key to learning to navigate the ups and downs that life brings us.

## Scripture:

*"He himself went on ahead and bowed down to the ground seven times as he approached his brother.*

*But Esau ran to meet Jacob and embraced him; he threw his arms around his neck and kissed him. And they wept."*

*—Isaiah 40:31*

**Discussion Questions:**

1. What is in a name? What does your name mean? How has your name influenced your life?
2. Share about a time when you have tried to impress someone. Did it work? How did it make you feel?
3. Brag about something God has done in your life.
4. Share about a time when you have wrestled with God. What are you wrestling with right now?
5. Have you ever had an experience like Jacob meeting Esau? Where you expected to be greeted with hostility, but instead found favor or celebration?

**Take the Next Step:** Face tomorrow knowing that you've got God's favor. Remind yourself that you are somebody because you are a child of the King. You have his favor. You have his blessing. Get out there and make a difference.