

Vayishlach

"He sent"

Genesis 32:3 - 36:43

Katan Bet/Gadol



In This Edition:

8.1 - Wrestling Match

Genesis 32:22-32



Table of Contents

Parsha Pearls is a comprehensive resource that allows for complete customization by the parent. We understand that if you were to strive to accomplish all aspects of each lesson in one day it would be unrealistic and also overload for the child. It is our intention that this be used 'a la carte' so that it suits your specific needs. Our site caters to printing only the pieces you choose.

This page will provide quick links to get to the portion of the document for which you are looking. When you hover over the title a finger will appear. Click on it and you will be taken directly to that page.

If you are new to Parsha Pearls, we have created an [Introduction](#) document outlining how to use our lessons, as well as a [Scriptural Inspiration](#) document, which explains our titles and the Scriptural inspiration for them. We pray that Parsha Pearls blesses your home and that your children will grow to love the Word and to never depart from keeping Torah. As always, feel free to email us at parshapearls@mtoi.org if you have any questions.

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Pearl Seeking

TREASURING HIS WORD

Let's do a quick overview of the entire Torah portion:

Monday:	Gen. 32:3-32	Ya'aqob prepares to meet Esaw; Ya'aqob wrestles with a 'Man' until daybreak and gets his hip dislocated; Ya'aqob's name is changed to Yisra'el
Tuesday:	Gen. 33	Ya'aqob and Esaw are reunited
Wednesday:	Gen. 34	Dinah's story
Thursday:	Gen. 35	Ya'aqob keeps his promise to return to Beyth El; Rahel dies after Binyamin is born; Yitshaq dies
Friday:	Gen. 36	Genealogy of Esaw, father of the Edomites

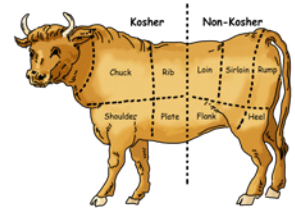
*A lot has happened to Ya'aqob since he left his parent's home. In Parsha Vayetzei, during his journey to his Uncle Laban's place, Ya'aqob had settled down to sleep on a stone and had a dream from Yahweh. In the dream, Yahweh established His covenant with Ya'aqob, which encouraged him to continue his journey. As we studied in the last parsha, Ya'aqob arrived at his Uncle Laban's home, married his 2 daughters, inherited 2 concubines and fathered 12 children. His 24 years of service to his father-in-law Laban were marked by many challenges and conflicts. In this week's lesson, we see Ya'aqob returning to his homeland with his family and all his possessions, wanting to make amends with his brother Esaw. On his journey he will have another encounter with Elohim. Now, let's read Gen. 32:22-32.

PARSHA POINTS

- On his journey to meet Esaw, Ya'aqob stops for the night at the ford of Yabboq, but sends his family over the stream ahead of him with all their possessions - 32:22-23
- Ya'aqob is left all alone and encounters a Man who engages him in a wrestling (**abak**) match that endures all night (*The Scriptures do not tell us exactly who this Man was that Ya'aqob wrestled with, but we do know that He was a representative of Elohim) - 32:24
- At daybreak (**shachar**) the Man touches the socket of Ya'aqob's hip (**yarek**) and causes it to dislocate - 32:25
- The Man desires to end the wrestling match, but Ya'aqob tells him that he won't let Him go until He blesses him - 32:26



- The Man asks Ya'aqob his name. When Ya'aqob gives the answer, the Man tells him that he will no longer be called Ya'aqob, but from now on his name will be Yisra'el, because he had striven with Elohim and with men, and he overcame - 32:27-28
- Ya'aqob asks the Man's name and the Man answers with the question, "Why do you desire to know My Name?" - 32:29
- After the Man leaves, Ya'aqob declares that he had seen Elohim face to face (**Panim el Panim**), and his life was spared. Therefore he calls the name of the place Peni'el (meaning, 'Face of El') - 32:30
- As the sun rises, Ya'aqob departs with a limp - 32:31
- The next verse indicates that to this day the children of Yisra'el do not eat the sinew of the hip (back end of an animal) because of this incident - 32:32



DIGGING DEEPER

Parents/Teachers may choose to use these prompts for further discussion of the Torah portion.

- In this parsha we see Ya'aqob on his way to meet Esaw - probably feeling very afraid of this encounter. When Ya'aqob is all alone by the brook, this Man shows up to wrestle with him. Was this a possible test for Ya'aqob, to help him gain a true understanding of how to view Elohim and man? He had to trust, to hold on tight to Elohim and let go of his fear of man. (32:28)
- Research the meaning of the names Ya'aqob and Yisra'el.
- The place Peni'el is also the same as Penu'el. Ya'aqob called it Peni'el (32:30) and then we find it referred to as Penu'el just one verse later (32:31) and in all future verses. Research and find the location of Penu'el and discuss.
- Research why many Jews hold the self-imposed ruling/tradition to avoid eating the sinew of the hip (loin, sirloin, round, flank). What is their reasoning? Note that nowhere in the Scriptures do we find Torah instruction against it.

Searching Out Hebrew

Parents/Teachers can print out the '[Hebrew Pronunciation Guide](#)' to help with the pronunciation of Hebrew names and words. They can be cut out and used in conjunction with the Flashcards.

WORDS

Parents/Teachers see the following page for 3 x 5 card cut outs of the words from this week's parsha. If printed on cardstock, they can be kept in a box to reinforce learning.

Avak (אבק) - to wrestle

Shachar (שחר) - dawn/daybreak

Panim el Panim (פנים אל-פנים) - Face to Face

Yarek (ירך) - hip/thigh

NUMBERS

Parents/Teachers can print out these numbers to have as additional resources. These can be found under the 'Resources' tab on the YMTOI website.

There are no numbers for this lesson.

WORD MATCH

Match this week's Hebrew words to their correct definition.

Avak

Dawn/Daybreak

Panim el Panim

Face to Face

Shachar

Hip/Thigh

Yarek

To Wrestle



FLASHCARDS

שחר

Shachar

Shach-ar
dawn/daybreak

ירך

Yarek

Ya-rek
hip/thigh

אבק

Avak

A-vak
to wrestle

פנים אל פנים

Panim el Panim

Pa-nim el Pa-nim
Face to Face

WRITING HEBREW

Shachar (dawn/daybreak)

שחר

Resh Chet Shin

Yarek (hip/thigh)

ירך

Kaf Soft Resh Yud

Avak (to wrestle)

אבק

Qof Vet Aleph

Panim el Panim (Face to Face)

פנים אל-פנים

Mem Soft Nun Pey Lamed Aleph Mem Soft Yud Nun Pey

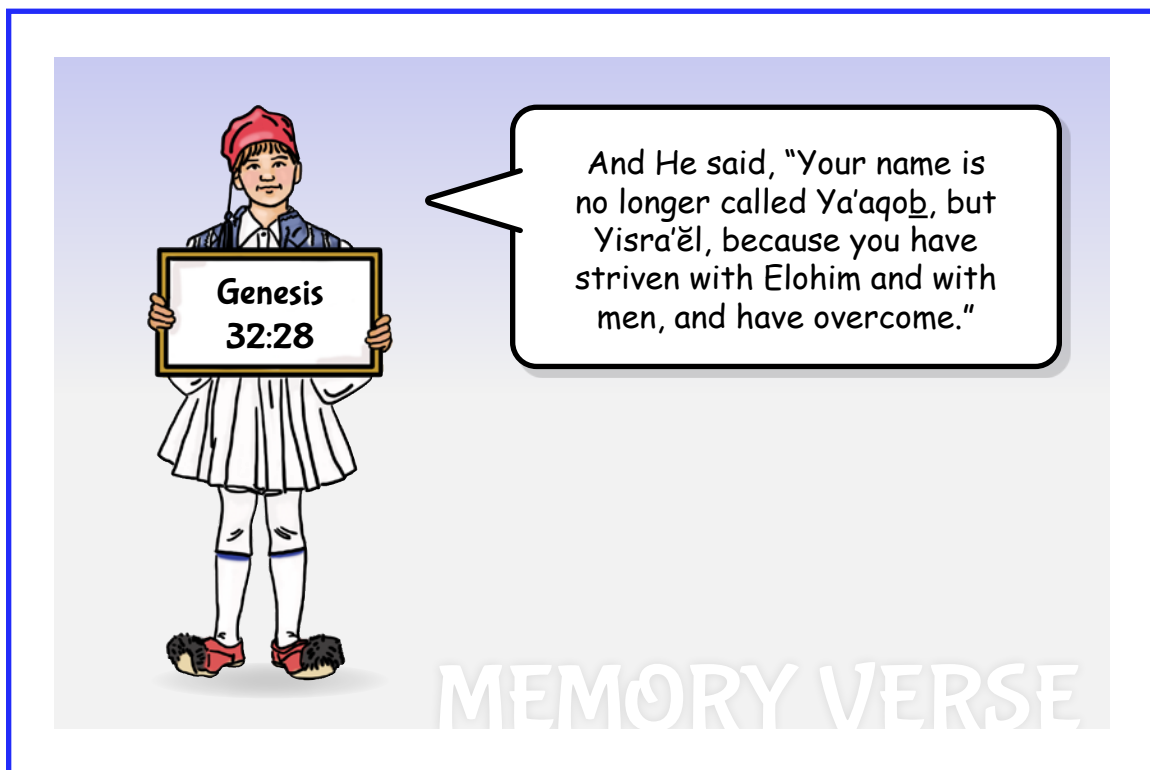


Counting What You Gained

This next section is intended to be reinforcement of the lessons learned during this parsha. Choose the activities that best fit your child.

STORING UP TREASURE IN MY HEART

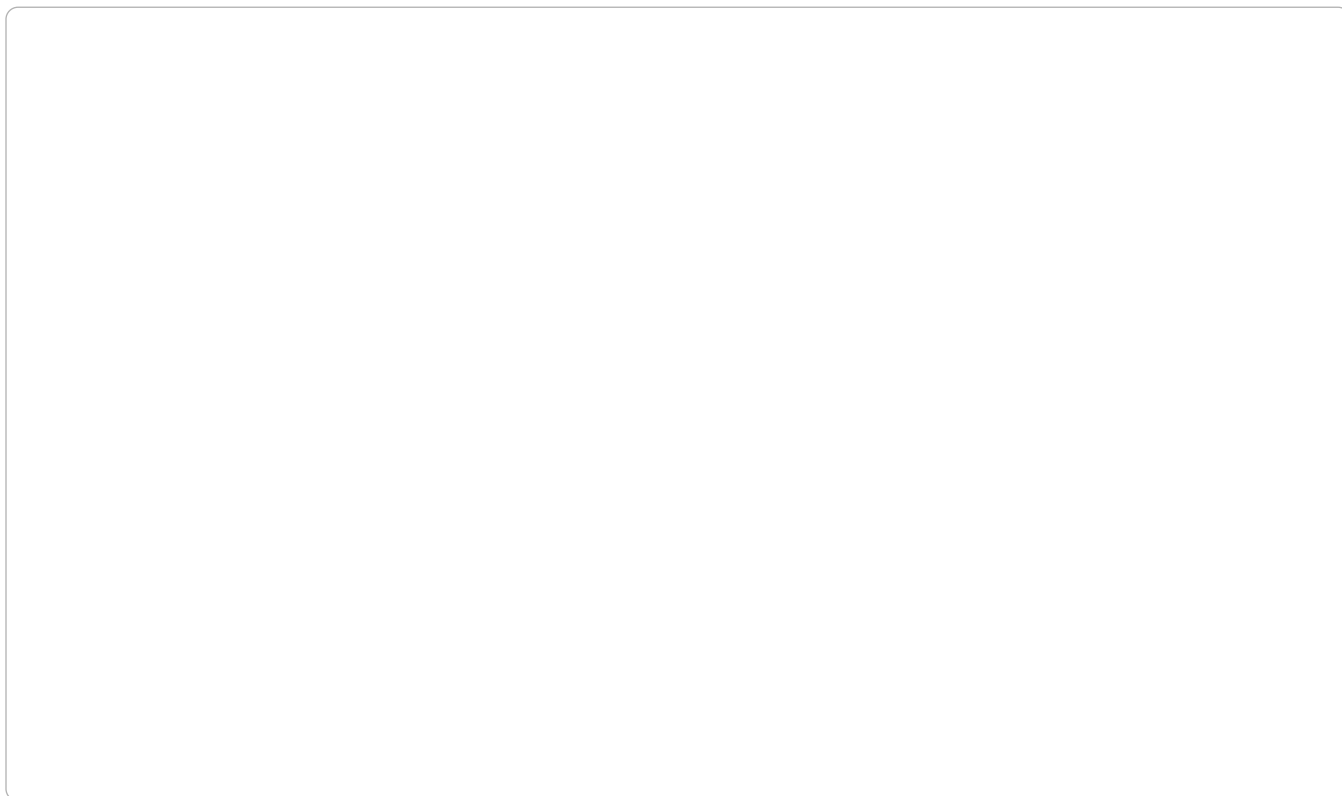
The Katan Bet and Gadol memory verse is *Genesis 32:28*. You can review the verse with them by reciting it out loud, acting it out, putting it to music...whatever works for you.



And He said, "Your name is no longer called Ya'aqob, but Yisra'el, because you have striven with Elohim and with men, and have overcome."

MEMORY VERSE

Use this space to draw a picture of the verse memorized.



Use this space to write out the verse memorized.



SEEKING TREASURE

1.

Ya'aqob spent the night with his family before he met Esaw.

T / F

(32:22-24)



2.

What were Ya'aqob and the Man doing all night?

Circle the correct choice.

playing video games hunting
wrestling watching football

(32:24)



3.

Ya'aqob's socket became dislocated after the Man touched it.

T / F

(32:25)



4.

What did Ya'aqob want from the Man?

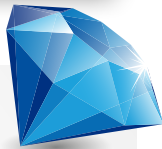
(32:26)



5.

And He said, "Your name is no longer called _____, but _____, because you have _____ with Elohim and with men, and have _____."

(32:28)



6.

And Ya'aqob called the name of the place _____, "For I have _____ Elohim _____ to _____, and my life is _____."

(32:30)



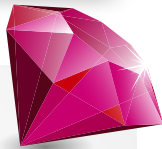
7.

The name Peni'el means:

Circle the correct choice.

face of El hip to hip eye to eye

(32:30)



8.

After the Man left, Ya'aqob ended up with a:

Circle the correct choice.

broken leg headache broken hip limp

(32:31)



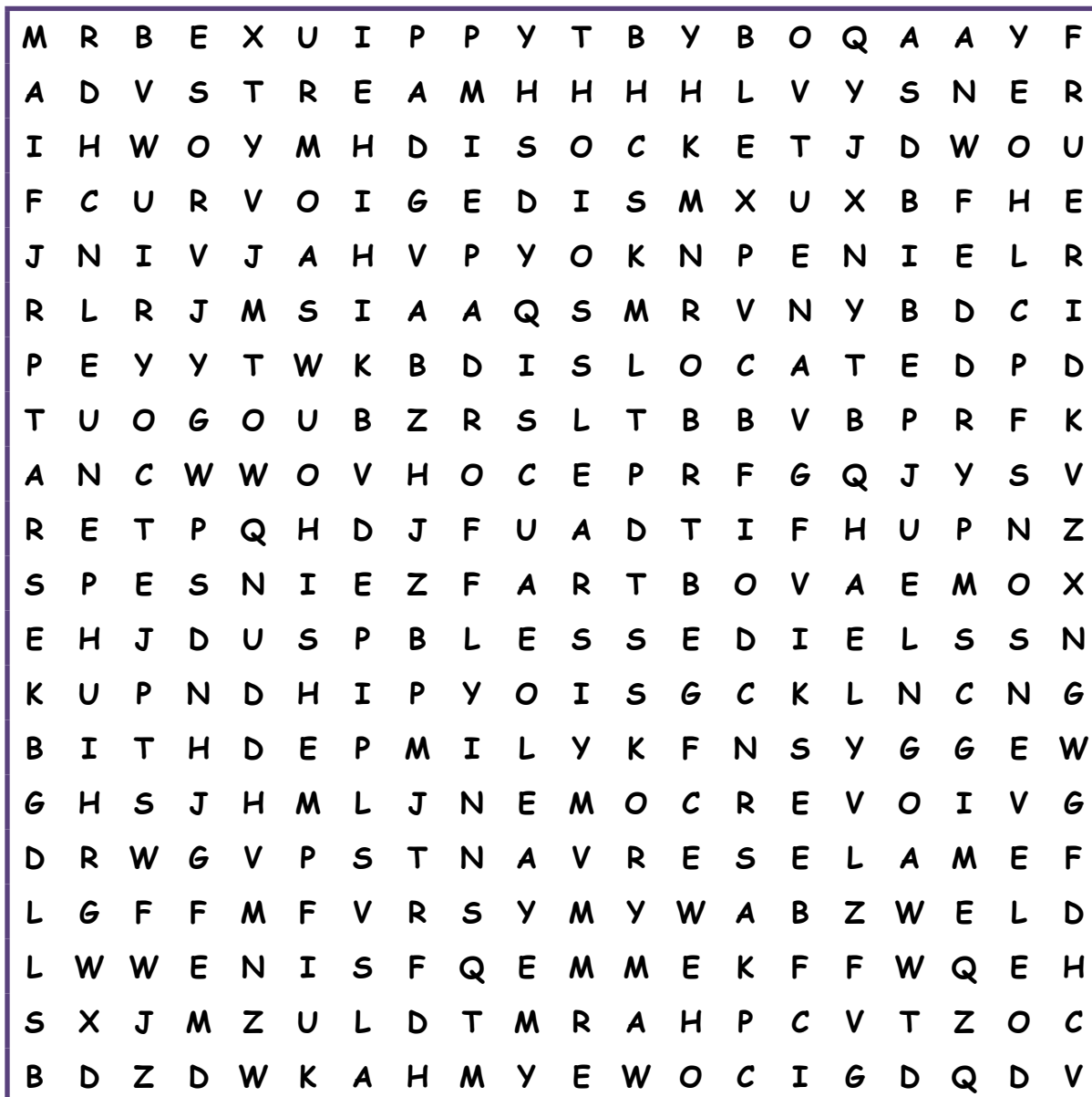
Bonus

What is the name of the cut of meat that Jews do not eat because of this incident?



WORD SEARCH

Search for the hidden words from this week's parsha.



TWO WIVES

FORD

MAN

HIP

YA'AQOB

OVERCOME

SINEW

FEMALE SERVANTS

YABBOQ

WRESTLED

DISLOCATED

YISRA'EL

PENI'EL

THIGH

ELEVEN SONS

STREAM

SOCKET

BLESSED

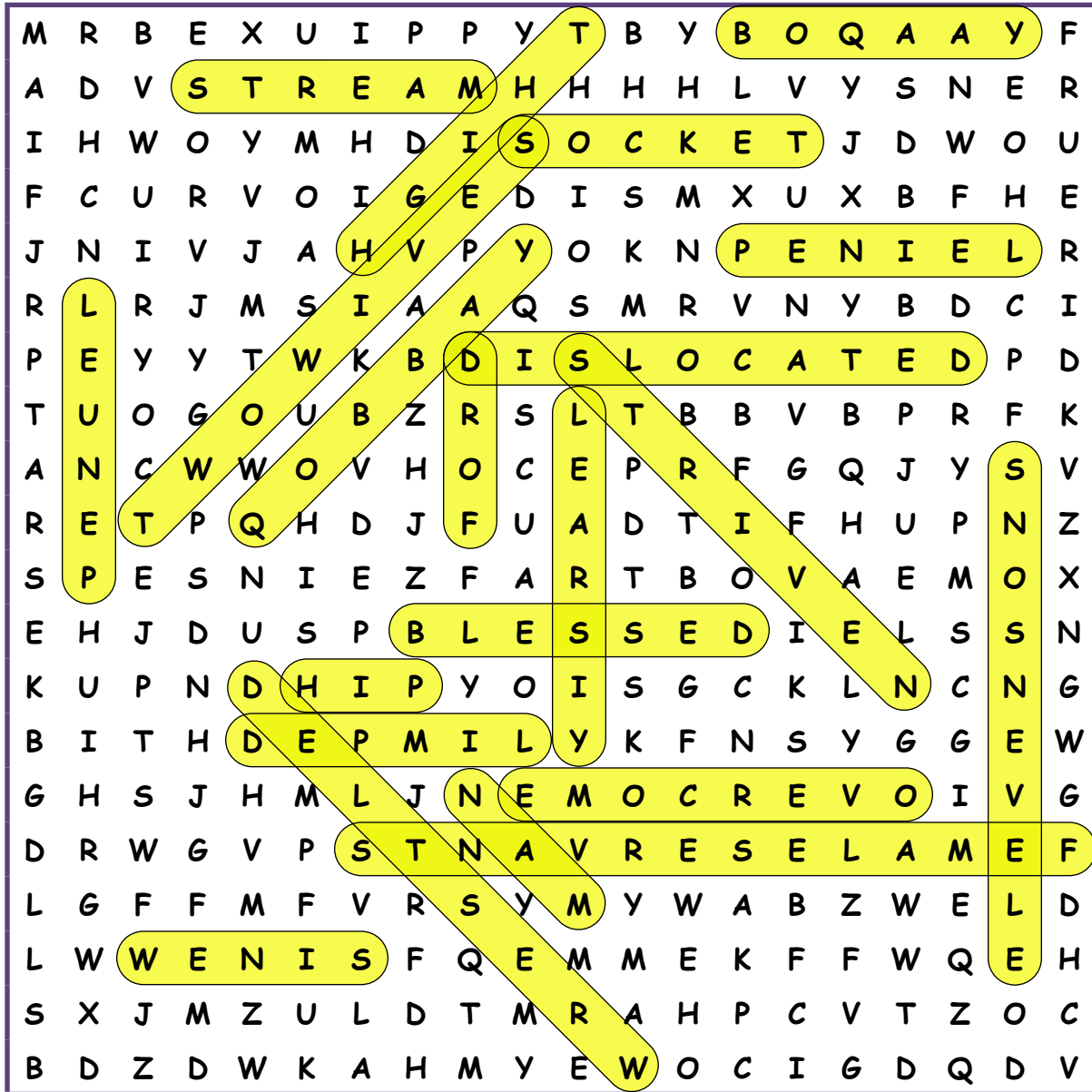
STRIVEN

LIMPED

PENU'EL



Answer Key



TWO WIVES

FORD

MAN

HIP

YA'AQOB

OVERCOME

SINEW

FEMALE SERVANTS

YABBOQ

WRESTLED

DISLOCATED

YISRA'EL

PENI'EL

THIGH

ELEVEN SONS

STREAM

SOCKET

BLESSED

STRIVEN

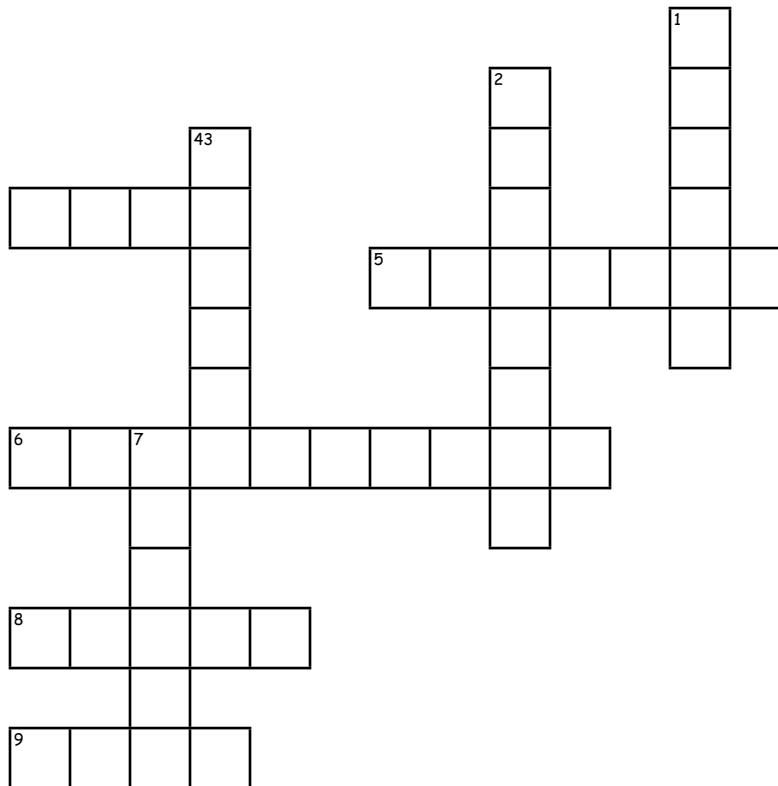
LIMPED

PENU'EL



CROSSWORD PUZZLE

Complete the crossword using words from this week's parsha.



Down

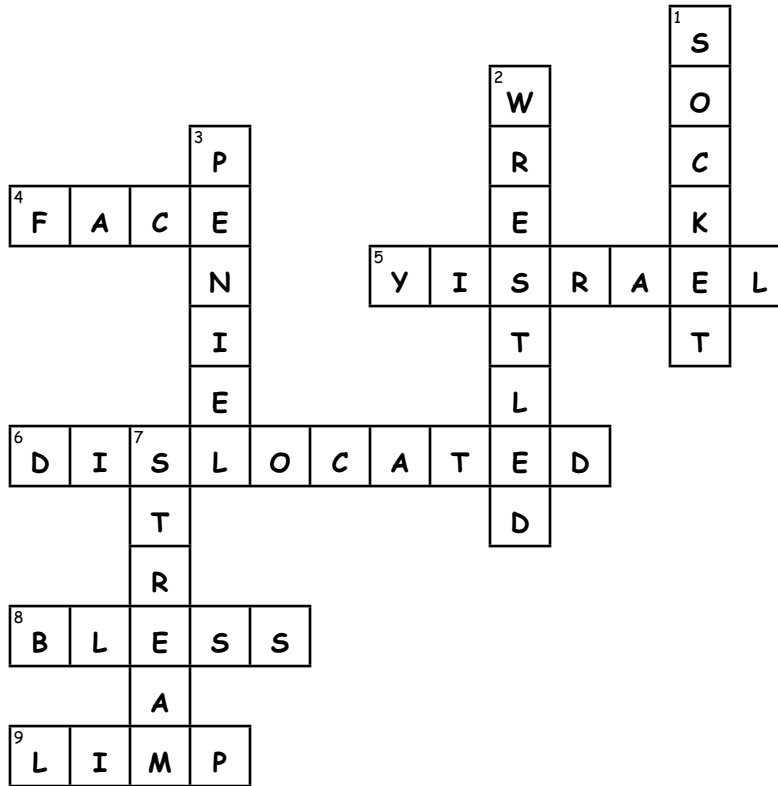
1. The Man touched the _____ of Ya'aqob's hip.
2. Ya'aqob _____ with a Man until the breaking of day.
3. Ya'aqob called the name of the place _____.
7. Ya'aqob sent his family over the _____.

Across

4. Ya'aqob said that he saw Elohim _____ to _____.
5. The Man changed Ya'aqob's name to _____.
6. His hip became _____.
8. Ya'aqob wanted the Man to _____ him.
9. Ya'aqob ended up with a _____.



Answer Key



Down

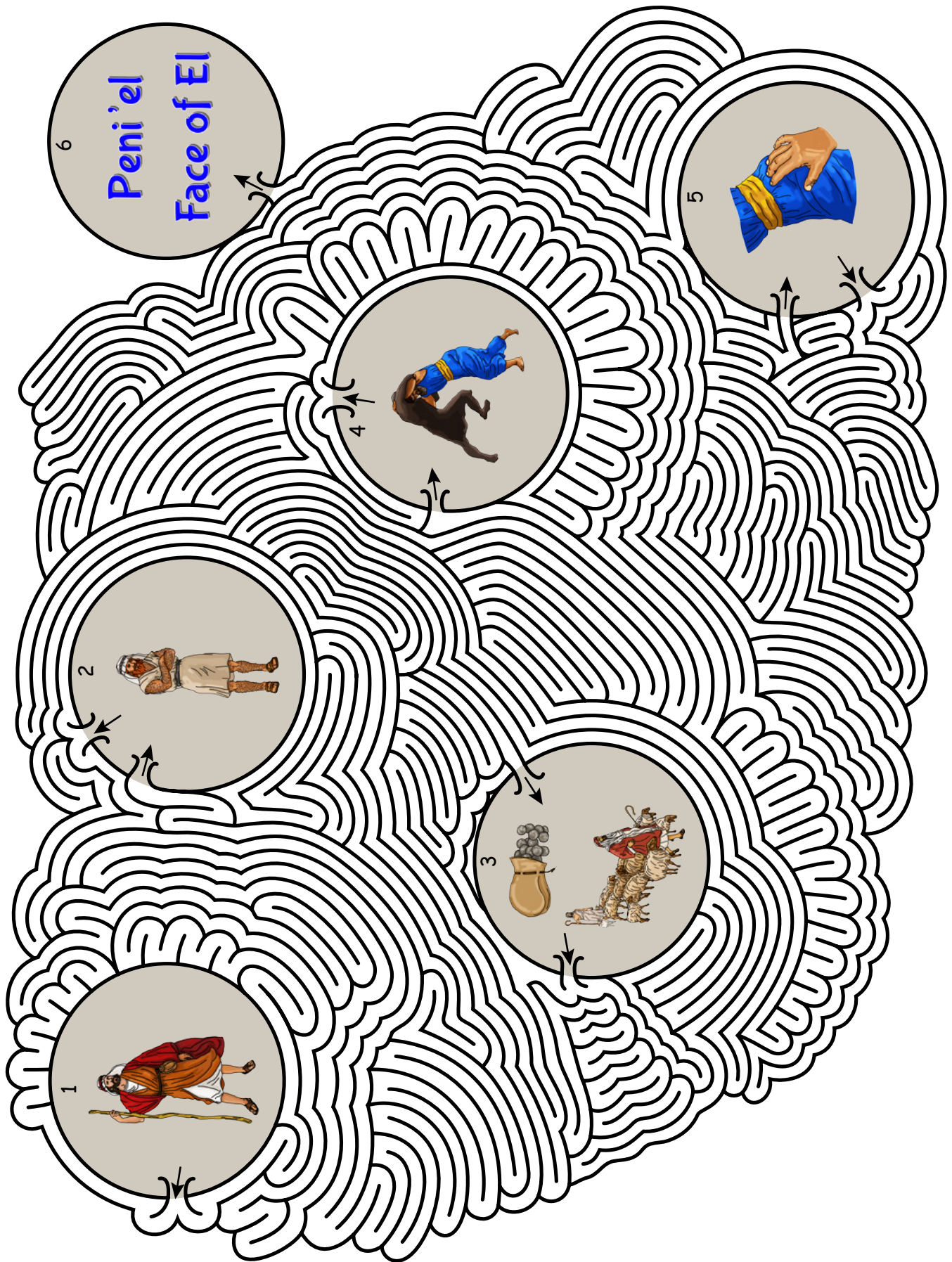
1. The Man touched the **socket** of Ya'qob's hip.
2. Ya'qob **wrestled** with a Man until the breaking of day.
3. Ya'qob called the name of the place **Peni'el**.
7. Ya'qob sent his family over the **stream**.

Across

4. Ya'qob said that he saw Elohim **face** to **face**.
5. The Man changed Ya'qob's name to **Yisra'el**.
6. His hip became **dislocated**.
8. Ya'qob wanted the Man to **bless** him.
9. Ya'qob ended up with a **limp**.



MAZE



Precious Possessions

NOTEBOOK PAGE

Materials:

- Cardstock - color of choice
- Copy paper
- Cardboard
- Aluminum foil - 9" x 10"
- X-acto knife
- Velcro dots (2)
- Glue stick
- Clear tape
- Scissors
- Permanent marker - black
- Coloring pencils, crayons or markers
- Notebook Templates: A (BW) or B (color)

Parent/Teacher Preparation:

- Print Notebook Template A on copy paper.
- Depending on the skill level of the child, you may need to assist them in cutting out the cardboard frame.

Instructions for the Notebook Page:

- If using BW Template, color using medium of choice.
- Cut out all Template pieces. (P1)

Creating the Frame

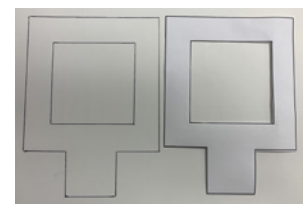
- Using a black permanent marker, trace the frame template onto cardboard. (P2)
- Using an X-acto knife, cut out the center rectangle on the frame. (P3a, P3b)
- Lay out a 9" x 10" piece of aluminum foil and place cardboard frame on it. (P4)

Wrestling Match Sun/Moon Catcher

Genesis 32:24-30



P1



P2



P3a



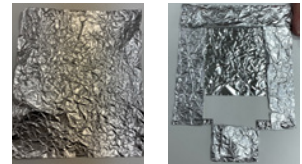
P3b



P4

Instructions for the Notebook Page cont'd:

- Crinkle the aluminum foil and flatten out. (P5)
- Place the aluminum foil over the cardboard frame and wrap the aluminum foil around the back of the cardboard frame. (P6)
- Cut a slit in the foil around the center rectangle frame and wrap it around open spots on the back of the cardboard frame. (P7)
- Tape the ends of the foil to secure it. (P8)
- Flip the frame over to make sure the front is completely covered with aluminum foil. (P9)
- Flip the frame over again and tape the picture to the back of the frame. (P10)
- Remove the paper on one side of a *Velcro* dot (hook and loop) at the top center of the frame and at the bottom center of the frame leaving the paper on the other side of the *Velcro* dot that will be attached to the Main Page. (P10)



P5

P6



P7

P8



P9

P10

Attaching the Sun and the Moon

- Using a glue stick, apply glue to the front of the sun and place on the back of the frame on the left side facing you. (P11a, P11b)
- Flip over to see the sun's shadow coming through the copy paper. (P11c)
- Using a glue stick, apply glue to the front of the moon and place on the back of the frame on the right side facing you. (P12a)
- Flip over to see the moon's shadow coming through the copy paper. (P12b)



P11a



P11b

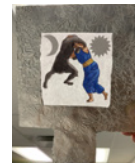
P11c

Attaching the Frame to the Main Page

- Remove the paper on the other side of the *Velcro* dots and adhere the frame to the Main Page. (P13a, P13b)



P12a



P12b



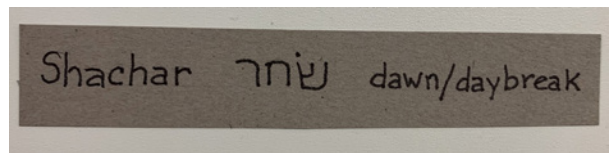
P13a



P13b

Hebrew Words

- Write the following directly on the Main Page or on a piece of colored cardstock and glue to the page:
 - 1) Shachar 2) שחר
 - 3) Dawn/Daybreak (P14)
 - 1) Avak 2) אבק
 - 3) To Wrestle (P15)
 - 1) Yarek 2) ירך
 - 3) Hip/Thigh (P16)



P14

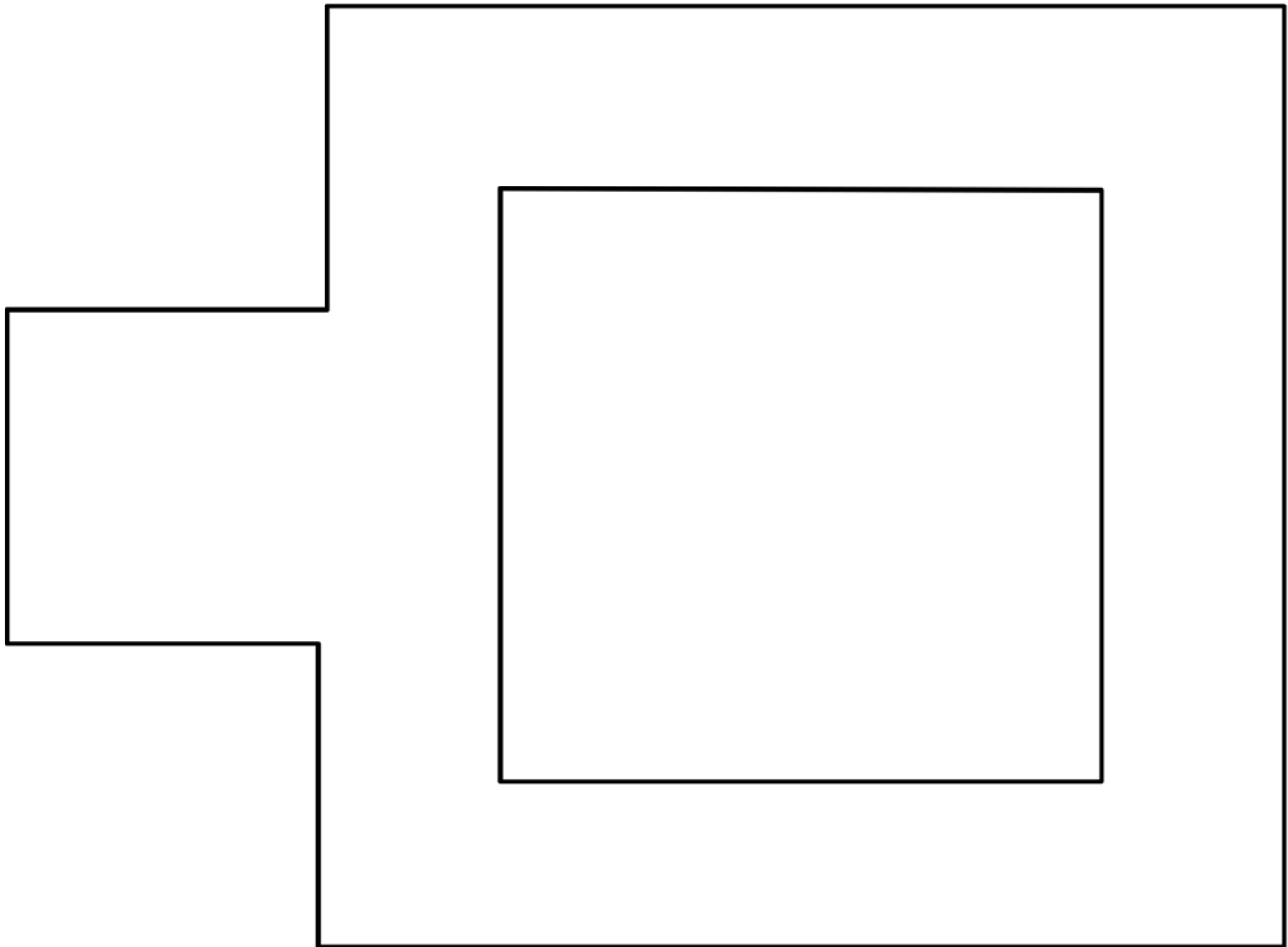
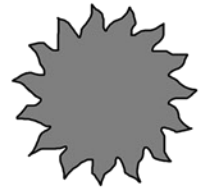


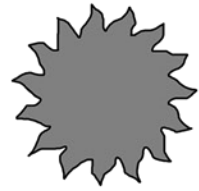
P15



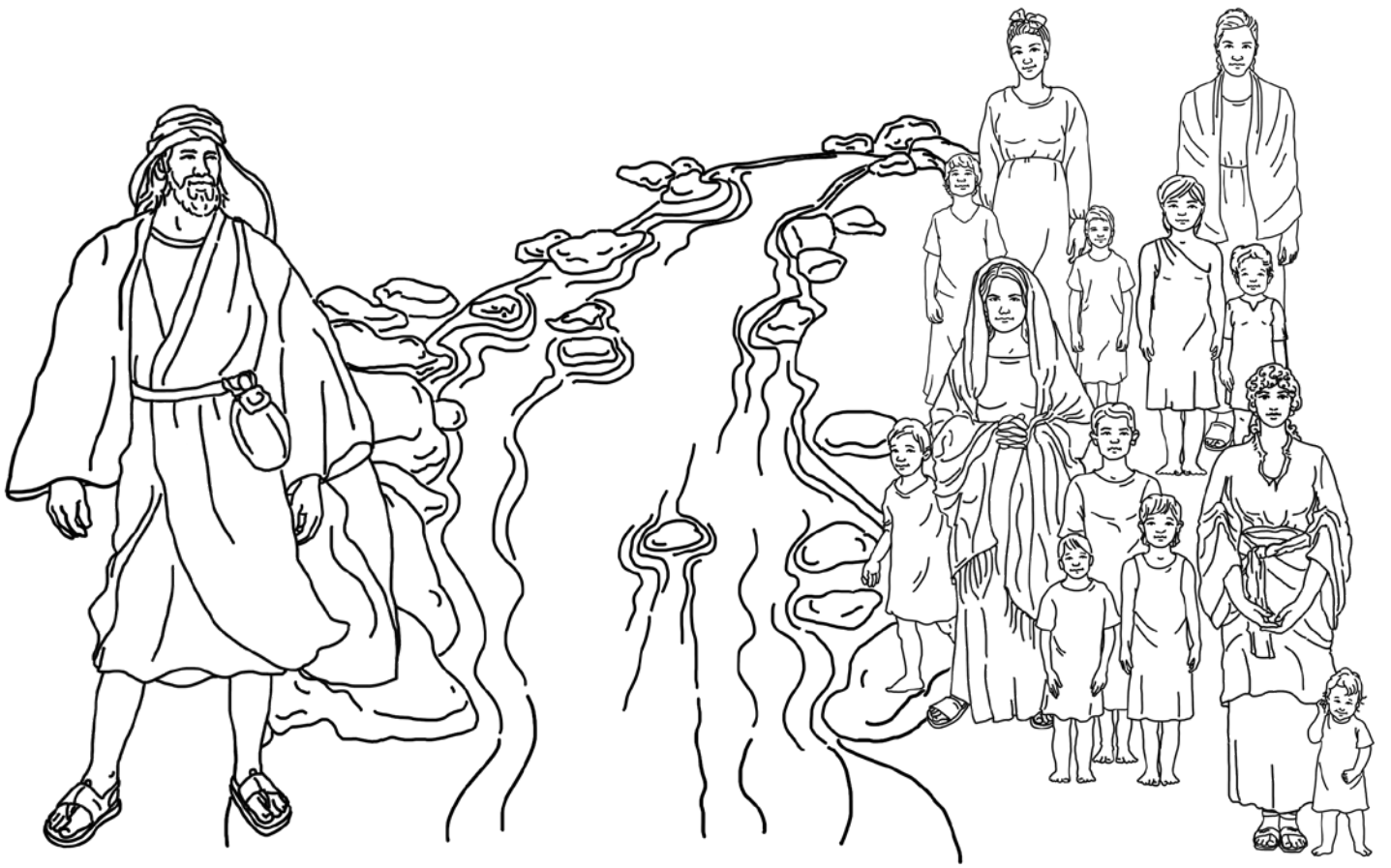
P16

You now have a visual representation of Ya'aqob wrestling with the Man. It can be removed from the Main Page and held up to a light to reveal the sun and the moon since they wrestled from night until daybreak.





A large, empty rectangular frame with a black border, designed for drawing or writing. The frame is divided into a smaller inner square and a larger outer rectangle.



Sweetness of Torah

SWEET SOUNDS OF TORAH

(Sing Praises to His Name)

Here is the link for "Ya'aqob Wrestles All Night Long":

https://www.podomatic.com/podcasts/steveberkson/episodes/2019-12-05T09_00_00-08_00

Sing to tune of "Battle Hymn of the Republic"

Ya'aqob Wrestles All Night Long

Ya'aqob met a Man and they wrestled all night long (3X)

And Ya'aqob hurt his hip

The Man changed Ya'aqob's name and He blessed him there (3X)

His name is now Yisra'el



SWEET TASTE OF TORAH

This snack relates to this week's parsha. Please take these as suggestions and make necessary changes based on your individual dietary needs.

Edible Faces

Genesis 32:30



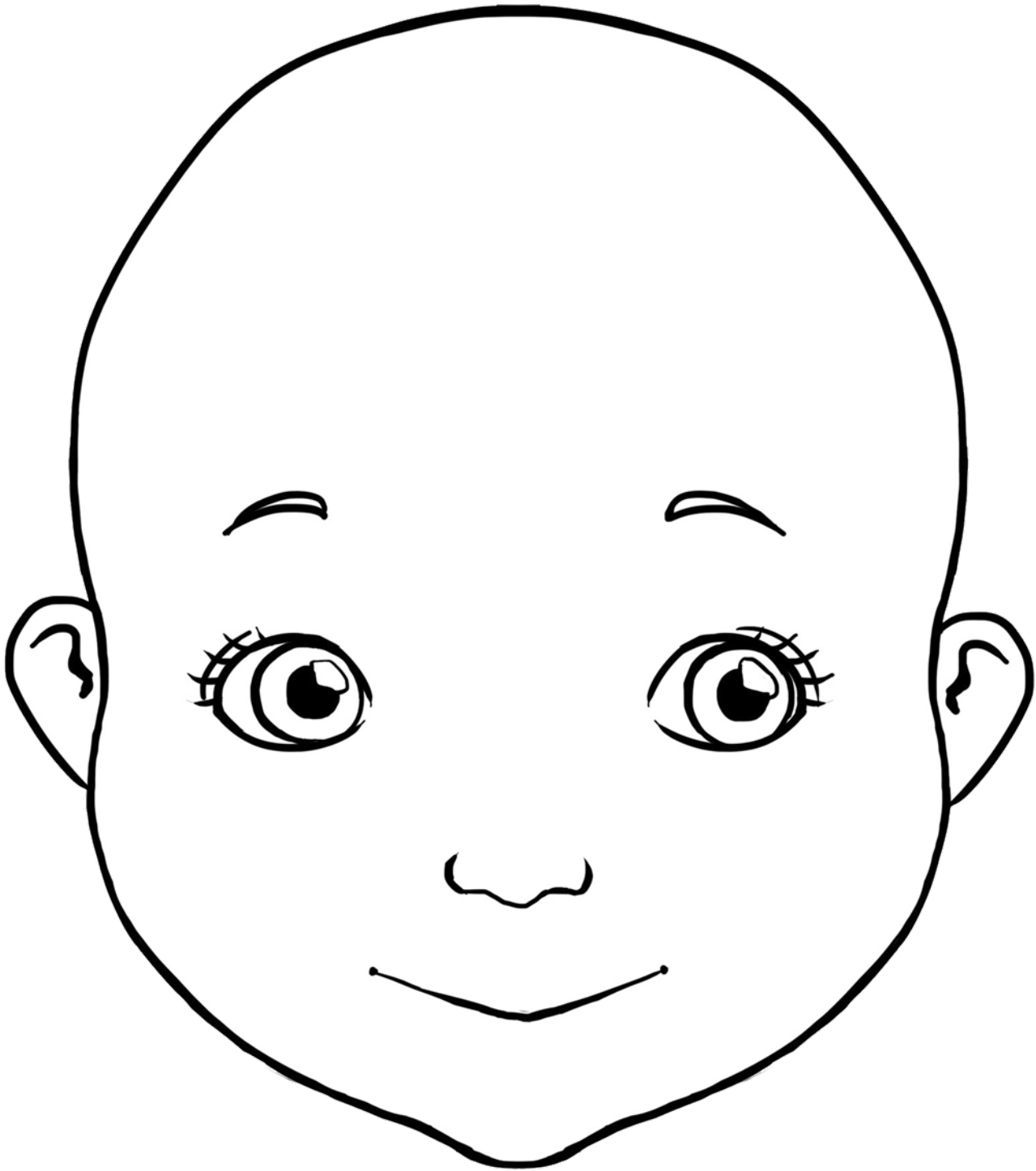
Ingredients:

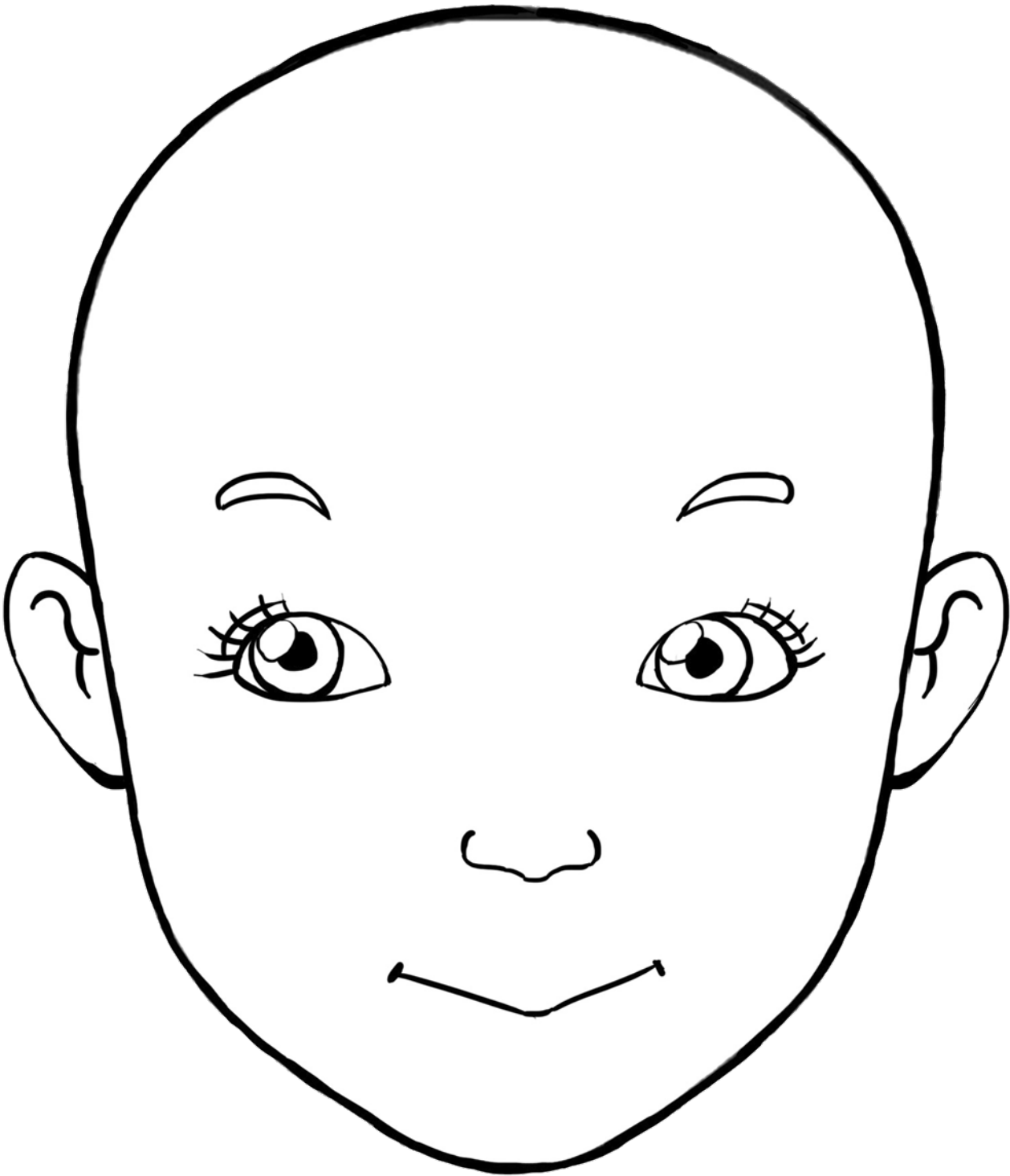
* Choose any fruit or vegetable you desire to make your edible face. You can also make spaghetti to represent the hair. Here are a few examples and suggestions:

- Snack Template 1 or 2 printed on white cardstock
- 2-5 strawberries (cut in quarters to represent hair, eyebrows or mouth)
- 1 kiwi (cut in half moon to represent eyes)
- 2 raspberries and 1 peach (to represent earrings)
- 15-20 grapes (to represent hair)
- 2 raspberries (to represent cheeks)
- 1 peach - (cut as half-moon to represent a tie)
- 4-6 lettuce leaves - (to represent hair)
- 10-15 blueberries - (to represent hair)
- 12 cucumber slices - (to represent hair)
- 10-15 red, yellow, orange, green pepper slices - (to represent hair)

Instructions:

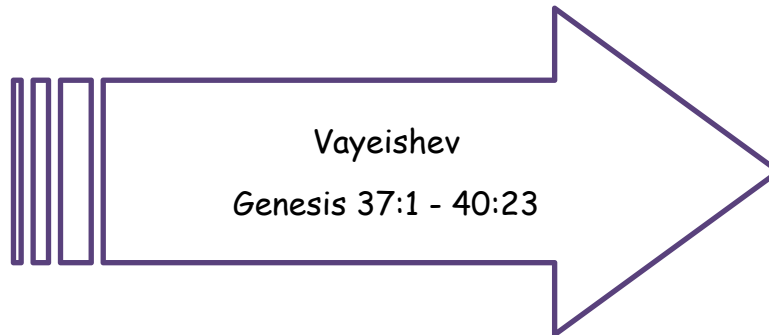
Print template of choice on cardstock and add fruits and vegetables of choice to make your edible face. Have fun with it and be as creative as you desire!





Next Week's Treasure Hunt

Next Week's Torah Portion



Suggested Reading Schedule

Monday:	Gen. 37:1-11	Yoseph the Dreamer
Tuesday:	Gen. 37:12-36	Yoseph's brothers sell him into slavery
Wednesday:	Gen. 38	Yehudah and Tamar
Thursday:	Gen. 39	The story of Yoseph and Potiphar and his wife
Friday:	Gen. 40	Yoseph the Interpreter and the 2 prisoners