CELL GUIDE

TOPIC	Answering the Cry of Esau	SPEAKER	Ps Craig Hill
THEME	The Righteousness of God	DATE	24 & 25 Oct 2026

MESSAGE SUMMARY

INTRODUCTION

Our God is a God of blessing. In Genesis 12:3, He promised Abraham: 'I will bless those who bless you, I will curse those who curse you, and through you I will bless all the families of the earth.'

These words still ring true today. God's plan is to bless us and make us prosper. In fact, God has already given us the greatest blessing possible, which is for our sins to be forgiven through our faith in Lord Jesus. The message to Abraham was Messianic—it referred to Jesus opening the door for all the families of the earth to receive eternal life and be blessed. Ps Craig encouraged us to create a culture of blessing in our families, marriages, community, city and nation.

ANSWERING THE CRY OF ESAU

Ps Craig focused on the story of Esau and Jacob from Genesis 27. In those days, it was customary for Hebrew fathers to impart a special blessing upon their firstborn sons. This blessing comprised both inheritance and responsibility: the firstborn son would inherit a double portion of money as he has to care for his siblings financially. However, the blessing was more powerful than just money or positive words. The Hebrew word for blessing is *Baruch*: to empower and prosper. It is a spiritual impartation from God that passes from a parent to a child's heart. It opens a door in the spirit realm for the child to prosper in the future, and it lasts for generations. It is so powerful that Jacob was willing to go to great lengths to impersonate his older brother Esau so that he could receive it from his father. It is due to Isaac's blessing that Jacob's tribe grew into a powerful kingdom, while Esau's did not.

To bless is to impart to another person what God says about them: '*I love you, and you are very valuable*.' Sadly, many of us live in a culture of cursing, where people impart to others what the devil says about them: '*I don't love you, nobody loves you, and you are worthless*.'

When a child is wounded by their parents, the emotional connection between them breaks. The child then seeks connection from worldly influences—whether it be celebrities or friends with ulterior motives and ungodly beliefs. This results in anxiety, identity confusion and a generation walking away from faith. We fall into the enemy's plan, which is for us to lead isolated lives. To guard against this, Ps Craig suggested we establish a culture of blessing in our families by adopting these two habits:

Habit #1 For the Marriage: The Six-Minute Daily Prayer

A daily emotional connection practice between husband and wife

Married couples should sit face to face and pray for each other for three minutes each. They should broach uncomfortable questions like 'What kind of man/woman was I in the past 24 hours?' and 'Can you share with me how I made you feel?'

If the answer surfaces conflict, it means that the prayer is revealing a wound that needs healing. Even though negative responses are difficult to deal with, we should be more concerned about the impact we have had on our spouse's heart. We should guard against pride and sincerely ask for their forgiveness. God's model of blessing is through the humbling of hearts: coming from beneath to lift others up, and not standing over others to criticise them. A culture of blessing is created when a couple is emotionally connected, as children can see that their parents are grateful for each other.

Habit #2 For the Children: The Weekly Blessing Dinner

A weekly emotional connection practice between parents and children

Once a week, during the meal: Look each child in the eye to check if you have inadvertently wounded them, say something specific, true and good about who they are, and speak a blessing over them.

Often, parents equate a child's behaviour with their identity. When they discipline their children, they inadvertently communicate to their child that they are only valuable and loved if they are obedient. Many people have parents who destroyed their sense of self-worth. Even as adults, they have the cry of Esau in their hearts—they have never received a blessing in their lives. If you sense that your emotional connection with your child is broken, ask if you have inadvertently wounded them. Guard against the urge to justify and defend. If you are sincere and willing to take responsibility for wounding them, your child will open up to you. Relational bridges are restored through repentance and forgiveness.

CONCLUSION

God wants to bless our spouses and children through us, and parents hold the key. We should incorporate the two habits in our walk with God, and create a culture of blessing in our communities.

QUESTIONS

1. **What does a culture of cursing versus a culture of blessing look like in our everyday relationships? How have you been impacted by both cultures?**

2. **We were taught how to create a culture of blessing through two daily habits. The intent is to help the people around us feel loved, valued and affirmed. What challenges might prevent us from practising these habits consistently, and how could we overcome them?**

3. **Beyond these two habits, how can we intentionally create a culture of blessing in our community - family, friendships, cell group, work etc? Who is one person we can bless this week?**