

Answering the Cry of Esau

Genesis 27:34

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“

Bless me, even me also, O my father.

Genesis 27:34

The cry is still alive today



The successful businessman

who feels empty inside



The teenager

who is acting out



The adult child

who is still waiting

The good news: **you hold a key.**

Emotional connection is the channel through which blessing flows

…and God has given parents two simple habits to build and sustain it.

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PART 1 · THE PROBLEM

What we are losing

Why does the cry exist?

How values are passed on



Not through information

Knowing the right things is not enough to carry them to the next generation.

Through emotional connection



Values travel along the relationship between parent and child.

When connection is lost, the need remains



Connection is lost

Children lose emotional connection with their parents



The need doesn't stop

They go and find it somewhere else



Others shape them

Whoever gives it to them shapes who they become

The result

- An epidemic of anxiety
- Identity confusion
- A generation walking away from faith

Not because they didn't hear the truth…

but because the relational channel was broken.



HABIT #1 · FOR THE MARRIAGE

The Six-Minute Daily Prayer

A daily emotional connection practice between husband and wife

What it is

6

minutes a day



Sit face to face



Eyes open



Pray for each other



Three minutes each

Marriage is the root system



Why it works

A couple who is emotionally connected creates the environment in which children can be blessed.



The challenge

If it surfaces conflict, that's not failure. The prayer is revealing a wound that needs healing.

בָּרוּךְ

Baruch = “to kneel before someone”

God's model of blessing is always humility: coming underneath to lift up, not standing over to pronounce.



HABIT #2 · FOR THE CHILDREN

The Weekly Blessing Dinner

A weekly emotional connection practice between parents and children

Once a week, at the dinner table



Look

Look each child in the eyes



Speak

Say something specific, true and good about who they are



Bless

Speak blessing over them

Telling them who they are



Why it works

Children who are regularly told who they are don't have to spend their teenage years searching for identity in all the wrong places.



The repair tool

If a child is closed, ask first:

“I sense that I’ve hurt your feelings. Is that true?”

Then, “Could you please share with me how I made you feel.”

Repentance before blessing opens the heart.



He came expecting nothing

A teenager in a 666 T-shirt left with light in his eyes,
because his father knelt before him and finally answered the cry.

Three fathers knelt



God the Father

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” Romans 5:8



Five brothers

Japanese-Brazilian brothers who knelt before their adult children



A Norwegian father

A stoic man who got on his knees in his living room before his 32-year-old son

All three did the same thing

They came underneath. They lifted up.

That is ***baruch.***

Five Brothers knelt



Five brothers

Japanese-Brazilian brothers who knelt before their adult children

Your next step



TONIGHT

Find your spouse.

Three topics, six minutes. That is all.



THIS WEEK

Gather your children.

Look them in the eyes. Say something specific, true and good about who they are.

The cry of Esau is still echoing. Parents, you hold the key.

Your children are waiting.

Your Father God is waiting to bless them through you.

It is time.