

# Rachel & Leah

*Before you begin your lesson, prepare your heart in prayer.  
Ask the Lord to open His word to you, to make you teachable, and to  
help you understand and apply the Scriptures to your own life.*

*Read Genesis 29 - 31*

**1.** *Briefly describe the story.*

**2.** *Look at Rachel and Leah's personalities and list the strengths and weaknesses of each.*

<i>Rachel</i>	<i>Leah</i>



**A.** *What does she do to fix the problem herself?*

**7.** *Do you ever try and "fix" the trial you face in your strength rather than giving the trial over to the One who is your strength?*

**8.** *In 30:1 it tells us that "Rachel envied her sister,". Look up the word envy and write its definition.*

**9.** *Discontentment can lead to jealousy and envy. In which area(s) do you think women struggle most with discontentment?*

**10.** *What do the following verses say about being content?*

*Philippians 4:11*

*I Timothy 6:6-8*

*Hebrews 13:5*

**A.** *How can you apply these Scriptures to avoid discontentment?*

**11.** *If Rachel was the one loved by her husband, why do you think she competed with her sister?*

- 12.** *How does competition affect relationships? (see 2 Corinthians 10:12)*
- 13.** *Do you find yourself comparing yourself with other sisters, wanting what they have, and then becoming discontent? Ask the Lord to help you to take your eyes off others and put them on Him.*
- 14.** *In 30:22-23, we see that God remembered Rachel and blessed her with a son. In verse 24, we see that she is still not content. What does this speak to you?*
- 15.** *Read Genesis 31:34. What does this reveal about Rachel?*

**16.** *What is an idol?*

**17.** *Has there been a time in your Christian life when you tried to incorporate the world's ways into your life? What was the result?*

**18.** *Even though the idols were small enough to sit on, what harm did it bring to the family?*

**19.** *Are there any idols hidden in your heart or home that would bring harm to your family?*

**20.** *What does Exodus 20:3-5 say about putting anything before the Lord?*

**21.** *What lessons have you learned from studying Rachel and Leah?*