

Genesis 25:19-34 New Revised Standard Version Updated Edition

The Birth and Youth of Esau and Jacob

¹⁹ These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, ²⁰ and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. ²¹ Isaac prayed to the LORD for his wife because she was barren, and the LORD granted his prayer, and his wife Rebekah conceived. ²² The children struggled together within her, and she said, "If it is to be this way, why do I live?"^[a] So she went to inquire of the LORD. ²³ And the LORD said to her,

"Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other; the elder shall serve the younger."

²⁴ When her time to give birth was at hand, there were twins in her womb. ²⁵ The first came out red, all his body like a hairy mantle, so they named him Esau. ²⁶ Afterward his brother came out, with his hand gripping Esau's heel, so he was named Jacob.^[b] Isaac was sixty years old when she bore them.

²⁷ When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. ²⁸ Isaac loved Esau because he was fond of game, but Rebekah loved Jacob.

Esau Sells His Birthright

²⁹ Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. ³⁰ Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.^[c]) ³¹ Jacob said, "First sell me your birthright." ³² Esau said, "I am about to die; of what use is a birthright to me?" ³³ Jacob said, "Swear to me first." So he swore to him and sold his birthright to Jacob. ³⁴ Then Jacob gave Esau bread and lentil stew, and he ate and drank and rose and went his way. Thus Esau despised his birthright.

Psalm 119:105-112 New Revised Standard Version Updated Edition

Your word is a lamp to my feet and a light to my path. I have sworn an oath and confirmed it, to observe your righteous ordinances. I am severely afflicted; give me life, O LORD, according to your word. Accept my offerings of praise, O LORD, and teach me your ordinances. I hold my life in my hand continually, but I do not forget your law. The wicked have laid a snare for me, but I do not stray from your precepts. Your decrees are my heritage forever; they are the joy of my heart. I incline my heart to perform your statutes forever, to the end.

Romans 8:1-11 New Revised Standard Version Updated Edition

Life in the Spirit

8 Therefore there is now no condemnation for those who are in Christ Jesus. ² For the law of the Spirit^[a] of life in Christ Jesus has set you^[b] free from the law of sin and of death. ³ For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh and to deal with sin,^[c] he condemned sin in the flesh, ⁴ so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.^[d] ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit^[e] set their minds on the things of the Spirit.^[f] ⁶ To set the mind on the flesh is death, but to set the mind on the Spirit^[g] is life and peace. ⁷ For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed, it cannot, ⁸ and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit,^[h] since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰ But if Christ is in you, then the body is dead because of sin, but the Spirit^[i] is life because of righteousness. ¹¹ If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus^[j] from the dead will give life to your mortal bodies also through^[k] his Spirit that dwells in you.

Matthew 13:1-9 New Revised Standard Version Updated Edition

The Parable of the Sower

13 That same day Jesus went out of the house and sat beside the sea. ²Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. ³And he told them many things in parables, saying: "Listen! A sower went out to sow. ⁴And as he sowed, some seeds fell on a path, and the birds came and ate them up. ⁵Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. ⁶But when the sun rose, they were scorched, and since they had no root, they withered away. ⁷Other seeds fell among thorns, and the thorns grew up and choked them. ⁸Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. ⁹If you have ears,^[a] hear!"

Matthew 13 continued: 18-23

The Parable of the Sower Explained

¹⁸ "Hear, then, the parable of the sower. ¹⁹When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. ²⁰As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy, ²¹yet such a person has no root but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away.^[a] ²²As for what was sown among thorns, this is the one who hears the word, but the cares of this^[b] age and the lure of wealth choke the word, and it yields nothing. ²³But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields in one case a hundredfold, in another sixty, and in another thirty."