



Grow Your Faith Live Beyond the Pain

*“He heals the brokenhearted
And binds up their wounds.”*
Psalm 147:3 NIV

Joseph was a man blessed by God but rejected by his brothers. Begin your study time by reading Genesis 37 and then answering the following questions.

1. What were the feelings of Joseph’s brothers toward him according to verses 8 and 18?
2. How old was Joseph at this time?
3. What do you see as the root of the brother’s emotions according to verses 3 and 5?

Joseph was kidnapped by his own brothers for the purpose of ridding him from their lives. His brother, Reuben, intervened to prevent his death but was not present to prevent him from being sold to strangers passing through on their way to Egypt. Joseph was then sold as a slave to an Egyptian who was an official of Pharaoh.

4. Make a list of all the emotions you think Joseph may have experienced from the time he was thrown into the pit to the time of his slavery.
5. Read Chapter 39:1-6. List all that you learn about the Lord’s hand on Joseph.



6. In Chapter 39, you read about the false accusation that sent Joseph to prison. What do you learn from verses 21-23?

7. Fast forward to Chapter 41. This chapter describes the circumstances that led to Joseph's release from prison and being put in charge of the whole land of Egypt. (verse 41) His new position led to the encounter with his brothers and father as they left their homeland to seek disaster relief from the famine. You can read Chapters 42-44 to fully see the sequence of events leading up to their personal encounter with Joseph. But for now, read Genesis 45:1-8 and 50:15-21 for the end of the story. Based on all you have read about Joseph, how would you describe his character?

8. When he had the opportunity to retaliate against the ones who had destroyed life as he had known it, how did he respond?

9. What can you learn from Joseph about how to deal with relationships in your past that have caused emotional pain and loss in your life?

10. What was the key to Joseph's attitude and character? What is the key to being able to forgive in such a loving and generous manner?

Joseph's life is a picture of the life of Jesus; rejected by His own, His life sacrificed in order to give life to the world.

When you are in pain and crisis, it is hard to imagine that God is in the midst of it, that He has a plan for the future. But time proved God's sovereignty in the life of Joseph and his family. When he was a young boy, he dreamed his brothers and father would bow down to him. They scoffed



at the idea and got rid of him. Twenty plus years would go by before the dream would become a reality, but the day arrived when the brothers did bow down to Joseph. What a perfect opportunity for retaliation, yet Joseph expressed only love, forgiveness and generosity toward them.

Holding on to the pains of the past will turn our hearts bitter. Bitterness hinders our ability to function in the way God intends for us. Bitterness halts healing and reconciliation.

Close your time of study by asking the Lord to search your heart to see if there is any harmful intent within it. (Psalm 139:23) Ask Him to reveal any hidden resentments and bitterness in your heart. Then deal with what He reveals to you by:

- Acknowledging it to Him as sin
- Confessing your resentments to Him
- Asking His forgiveness
- Forgiving those who have hurt you

If you sincerely do these things, God will pour His grace and peace into your heart and life in abundance. You will experience a freedom from pain and resentment that you have not known before. Your line of communication with Him will no longer be hindered, and you will sense His presence in a very real way.

Conclude your reading with Psalm 51. You can use it as a model prayer.