



## Joseph: Not Your Average Joe – Move on from what hurts

### **GROUP DISCUSSION QUESTIONS:** (Page 1)

#### **TRADITIONAL MODEL:**

Are you generally a forgiving person or a grudge holder?

Read *Genesis 42-46:30* before the group meets and list the ways you see Joseph “testing” his brothers genuineness. Do you think this is a wise behavior? Why?

How do you handle forgiveness, particularly when it comes to forgiving someone who has sinned against you and has not admitted it or sought forgiveness?

How do you handle negative feelings that tend to surface, even though you have forgiven someone?

In your opinion, what is the difference between forgiveness and reconciliation? How do you determine whether to reconcile with someone or not?

Watch the link of Dr. Stephen Marmer before your group meets. (in notes above) How does Marmer’s *Three Types of Forgiveness* affect your perspective on forgiveness?

Do you sense that there is someone you either need to forgive, reconcile or ask forgiveness from?

In what ways have you allowed trust to be rebuilt with people who have wronged you?



**GROUP DISCUSSION QUESTIONS:** (Page 2)

**CONTEMPLATIVE MODEL:**

What are you learning about God from this message?

What are you learning about yourself from the message?

What questions does this message bring up for you?

What is God doing in your heart lately?

What things do you feel are getting in the way from what God wants to do in you?

What is the biggest thing causing you concern these days? (something to pray about)

**What is the Gospel?**

The Gospel is the “good news” that Jesus entered into our broken world to rescue us from sin. The good news is that through Christ’s redemptive sacrifice on the cross, sinners are pardoned, the undeserving are given grace, and the broken are restored. There is no sin too heinous for God’s forgiveness. There is no person so good in-and-of-themselves that they do not require forgiveness. Salvation is a free gift of God to anyone who genuinely acknowledges their brokenness and confesses saving faith in the Son of God. It doesn’t take strong faith, just genuine faith in order to be saved.



An example prayer you could pray:

*Heavenly Father, I acknowledge I'm broken and a sinner. I believe that Christ died on the cross for sin, and through his resurrection overcame sin and death. I believe in you. I thank you for saving me.*

The good news does not end with a confession of faith. New faith can grow into deep faith if cultivated. Let someone at Sunridge know about your new-found faith, and inquire about our new believer's resource: God Time: Your First 31 Days. Follow Christ wholeheartedly by professing your faith publicly through baptism, learning the Bible by attending church regularly and pursuing the unique calling of Jesus in your life!

### **Leader Guide**

#### **Forgiveness will let you move on** *Genesis 42-46:30*

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*Joseph: An ordinary person living a remarkable life through extraordinary circumstances.*

After being hurt, forgiveness is the door we must walk through in order to move one with the rest of life.

Heb 12:15 See to it that no-one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

**Chapter 42 begins** with ten of Joseph's brothers traveling to Egypt in search of food, and by "coincidence" they come face to face with Joseph.

**Chapter 46 ends** with the entire family being reunited

29 he (Joseph) threw his arms around his father and wept for a long time. 30 Jacob said to Joseph, "Now I am ready to die."

**In between** are encounters charged with emotion, anxiety, proving, and eventually forgiveness.

At first meeting, Joseph recognizes his brothers but they don't recognize him: Genesis 42:7 So he (Joseph) pretended to be a stranger and spoke harshly to them. "Where do you come from?"

42:9 "You are spies!" *No, we're just hungry!*



Jails them for a few days. Time to think. Then, says: *one will remain and you can go to bring your young brother back to prove you're truthful*

Joseph overhears the brothers discussing the past:

42:21 They said to one another, "Surely we are being punished because of our brother. We saw how distressed he was when he pleaded with us for his life, but we would not listen; that's why this distress has come upon us."

"Suspicion always haunts the guilty mind." (Shakespeare/Henry VI)

23 They did not realize that Joseph could understand them, since he was using an interpreter.

24 He turned away from them and began to weep, but then turned back and spoke to them again.

Joseph seems convinced of their sincerity but tests them further:

**Another occasion**, he puts their money back in their grain sacks, but also secretly places one of his goblets in their bags so that it appears that they've stolen from him.

Their guilt is suppressed but just under the surface.

**By chapter 45 Joseph is convinced** of their authenticity. Then, and only then is he willing to risk revealing himself:

45:1 "Make everyone leave my presence!" So there was no-one with Joseph when he made himself known to his brothers. 2 And he wept so loudly that the Egyptians heard him, and Pharaoh's household heard about it. 3 Joseph said to his brothers, "**I am Joseph!**"

But his brothers were not able to answer him, because they were terrified at his presence. 4 Then Joseph said to his brothers, "Come close to me." When they had done so, he said, "I am your brother Joseph, the one you sold into Egypt!"

This is the longest part of Joseph's story without "movement."

Forgiveness can be complicated and complex.



### **Forgiveness is imperative for any Christian**

Col 3:13 Forgive as the Lord forgave you.

Mt 6:12 Forgive us our debts, as we also have forgiven our debtors.

Lu 23:34 Jesus said, "Father, forgive them, for they do not know what they are doing."

Heb 12:15 See to it that no-one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

Mt 18:21 Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?"

### **Forgiveness and reconciliation are separate and distinct actions**

Ro 12:18 If it is possible, as far as it depends on you, live at peace with everyone.

**Forgiveness is up to you. Reconciliation is dependent upon others.**

### **THREE TYPES OF FORGIVENESS**

*Dr. Stephen Marmer MD of Psychiatry/UCLA Medical Center*

[https://www.facebook.com/prageru/videos/943870865655770/?autoplay\\_reason=all\\_page\\_organic\\_allowed&video\\_container\\_type=0&video\\_creator\\_product\\_type=2&app\\_id=2392950137&live\\_video\\_guests=0](https://www.facebook.com/prageru/videos/943870865655770/?autoplay_reason=all_page_organic_allowed&video_container_type=0&video_creator_product_type=2&app_id=2392950137&live_video_guests=0)

#### **1. Exoneration**

What we usually mean when we say forgiveness. Wiping the slate clean.

3 situations where exoneration applies:

- 1) Genuine accident
- 2) Truly didn't understand or aware that they hurt you
- 3) The person who hurt you is truly sorry, takes full responsibility without excuses, asks forgiveness and gives you confidence they will not knowingly repeat the offense.

#### **2. Forbearance**

Forbearance applies when you receive a partial or less than sincere apology. Their acknowledgment may place blame on you as well.



Forbearance allows you to drop grudges, and thoughts of revenge but remain alert in the relationship. It is similar to forgive but not forget.

Col 3:13 Bear with each other and forgive whatever grievances you may have against one another.

### **3. Release**

Release doesn't require exoneration, forbearance or even continuing the relationship, but it ends the preoccupation of what someone has done to you.