

Life Group Homework

For the week of February 16, 2020

5 Love Languages

- **Words of Affirmation:** Encouragement, affirming, empathy, active listening.
- **Physical Touch:** Nonverbal, body language, touch (hugs, high fives!).
- **Receiving Gifts:** Thoughtful, personal, (budget is not important as the thought).
- **Quality time:** Undistracted listening, engaging conversation, being present.
- **Acts of Service:** Do things they want done! Follow through, partnership with help.

Check your _____.

Check your _____.

"Anger is cruel, and wrath is like a flood, but jealousy is even more dangerous."
(Proverbs 27:4)

Jealousy: (Getting to resilient)

1. The _____ question. How can I _____ through this?
2. What's really _____?
3. Step into God's _____ for His help. (Prayer is powerful if we will experience Him)
4. _____ about it.
5. _____ them. For 95% of us, has to be part of LEAVING Jealousy BEHIND.

Challenge:

- 5-20 minutes to sit with God on behalf of your children; each one of them individually, to HEAR Him FOR them. You won't know everything, but what do you know?
- Is there a sad story you keep telling that God is trying to write a new resilient ending for?
- Name it: _____ Time to program Jesus as your Waypoint and find your way back to Him.

Check out these FREE online studies from Doug Britton for further study:

Don't Take Things Personally

www.dougbrittonbooks.com/resources/not-personal

What God Says about Anger

www.dougbrittonbooks.com/resources/anger-in-bible

Antidotes to Anger

www.dougbrittonbooks.com/resources/antidotes-anger

MY STORY

- 1) What character trait do you admire most in a friend?
- 2) What was your takeaway from last week's Life Group?

QUICK REVIEW

- 3) Upon reviewing your notes from Sunday's teaching, what caught your attention?

DIGGING DEEPER

Genesis 37:5-11 (ESV)

⁵ Now Joseph had a dream, and when he told it to his brothers they hated him even more. ⁶ He said to them, "Hear this dream that I have dreamed: ⁷ Behold, we were binding sheaves in the field, and behold, my sheaf arose and stood upright. And behold, your sheaves gathered around it and bowed down to my sheaf." ⁸ His brothers said to him, "Are you indeed to reign over us? Or are you indeed to rule over us?" So they hated him even more for his dreams and for his words.

⁹ Then he dreamed another dream and told it to his brothers and said, "Behold, I have dreamed another dream. Behold, the sun, the moon, and eleven stars were bowing down to me." ¹⁰ But when he told it to his father and to his brothers, his father rebuked him and said to him, "What is this dream that you have dreamed? Shall I and your mother and your brothers indeed come to bow ourselves to the ground before you?" ¹¹ And his brothers were jealous of him, but his father kept the saying in mind.

- 4) From last week's study; why did Joseph's brothers hate him?
- 5) What was God revealing to Joseph through his dreams?
- 6) How could knowledge of these dreams encourage Joseph to remain resilient?
- 7) Why did Jacob rebuke Joseph?
- 8) What kind of tension would this have caused in his household?

Colossians 3:1-4 (ESV)

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ² Set your minds on things that are above, not on things that are on earth. ³ For you have died, and your life is hidden with Christ in God. ⁴ When Christ who is your life appears, then you also will appear with him in glory.

- 9) From The apostle Paul, what can we do to remain resilient, and how would this help?

TAKING IT HOME

Last week we talked about the idea of waypoints and how our family of origin is our default waypoint. The goal is to have Jesus become our default waypoint. The following are four ways we can do this. The main idea of this is from the perspective of Jacob. How could he have done things differently and what can we learn from his actions?

- Check your heart.

Verse 3 says:

"Now Israel loved Joseph more than any other of his sons, because he was the son of his old age. And he made him a robe of many colors". (Israel is the name God gave to Jacob.)

- 10) How do you check your heart?
- 11) Do you feel differently towards different family members, If so how?
 - Check your affections.

Verse 4 says:

"⁴ But when his brothers saw that their father loved him more than all his brothers, they hated him and could not speak peacefully to him."

- 12) How do you check your affections?
- 13) How could Jacob's actions have been perceived by his other sons?

We all have a form of love we prefer to receive. This is known as our love language. Below is a list and a brief description of each of them.

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14) Of these five which is yours and which is that of someone significant in your family?

- Check your time.

15) How could you spend your time more wisely regarding family?

- Check your words.

16) What are our words most often communicating to those in our family?

17) Of these four tools which is the most challenging for you and why?

CHAIR TIME TOOL

One of the ideas Pastor Craig talked about was the idea of jealousy and how to overcome it. The following questions are meant for us to check our heart in our Chair Time with God this week.

- 1) Is there someone inside or outside your family that you are jealous of? Surrender them to God and ask Him to change your heart.
- 2) Have you leaned into your sad story in the past or are you seeking God to make you resilient? Ask Him to reveal the truth to you.
- 3) Is there something from this week's study that God wants you to change in how you live with your family?

RESILIENT

From Beginning to End

The Story of Joseph Walking with God

PASTOR CRAIG SWEENEY

February 16, 2020

Resilient: *"A person able to withstand or recover quickly from difficult conditions."*

The voice of the Resilient person who walks with God:

"You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people." (Genesis 50:20 NLT)

New Testament Verses come to mind regarding the sovereignty of God working in our lives.

(Romans 8:28 NLT)

(Philippians 1:6)

Thread: Your Father in heaven offers you more than a _____.

(Genesis 37:1-11)

We learn:

- _____ is our starting point.
- Family is often very _____; sometimes it's just messed up!
- _____ families can be a challenging _____.
- Family is our default _____.
- Jesus came to be THE _____.
- How do I _____ Jesus as my Waypoint to get to resiliency?

Favoritism (Parental, workplace, friendship, sports team)

Check your _____. What do I feel towards each child/grandchild?

"Jacob loved Joseph more than any of his other children because Joseph had been born to him in his old age." (Genesis 37:3 NLT)

Check your affections.

"One day Jacob had a special gift made for Joseph—a beautiful robe. But his brothers hated Joseph because their father loved him more than the rest of them." (Genesis 37:3-4 NLT)