

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.
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- **Check your [time](#).**
Jacob: Joseph was home more than the others. He did the same thing with Benjamin.
 - **Check your [words](#).**
Jacob: Wouldn't let Benjamin go to Egypt because he was the one he didn't want to lose. Implication that the others are expendable.

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

Life Group Homework

For the week of February 9, 2020

MY STORY

- 1) If you could bring back any fashion trend, what would it be?
- 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 37:1-11 (ESV)

Jacob lived in the land of his father's sojournings, in the land of Canaan.

² *These are the generations of Jacob.*

Joseph, being seventeen years old, was pasturing the flock with his brothers. He was a boy with the sons of Bilhah and Zilpah, his father's wives. And Joseph brought a bad report of them to their father. ³ 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. 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.

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) What does it mean to sojourn?
- 5) How could this have impacted Joseph's family dynamics?
- 6) From the passage, what are some of the family dynamics you see?
- 7) What was Joseph's dream about?
- 8) How can you relate to any of the dynamics found in Joseph's family?

One of the things Pastor Craig talked about was the idea that our family of origin is our default waypoint. This is essentially our default behaviors that we learned while in our family of origin. For example, if my family of origin was dysfunctional and there was a lot of yelling used for communication, that may be your go-to form of communication when you get frustrated. Or it may be that the silent treatment was the default form of communication and no one speaks to each other when tensions are high. However, you may have had an entirely different experience where your immediate family was healthy, and you had a great starting waypoint. Praise God for that. No matter our family of origin or our starting waypoint, Jesus wants to be the true waypoint in our lives. Having Jesus as our true waypoint makes us resilient.

TAKING IT HOME

- 9) What does the word *Resilient* mean? How do we define it?
- 10) Why is resilience important in the lives of a believer?

RESILIENT
From Beginning to End
The Story of Joseph Walking with God
PASTOR CRAIG SWEENEY
February 9, 2020

11) What does it look like in your life?

Pastor Craig pointed out that the following statement that Joseph said at the end of his life is the heart of the resilient person:

Genesis 50:20 (ESV)

²⁰As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.

12) How does this demonstrate Joseph's resilience?

13) How did God use Joseph's experiences for good?

14) Are there circumstances in your life that are requiring resilience of you?
If so, will you share with the group?

Romans 8:28 (NLT)

²⁸And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

15) Does this verse mean that the bad stuff in and of themselves is good?

16) How does God use *all* things in the life of the believer? Refer to Joseph for insight.

Just a side note: Over the years, well-meaning Christians have quoted this verse to a person who is hurting. Unfortunately, this can be insensitive, and it undermines the grieving person's freedom to feel the pain and walk through it in a healthy way. When a friend is dealing with a painful experience we can think this verse from Romans will help them. But instead it becomes clichéd and misses the target it was intended to reach. It can wound instead of heal. In that space they need someone to come alongside and encourage resilience and help them to keep moving forward.

17) What are some healthy ways we can encourage a grieving person?

CHAIR TIME TOOL

Read Genesis Chapter 37 and think about the following questions.

- 1) How could Joseph have reacted differently in his family of origin?
- 2) What do his actions teach us about resilience?
- 3) What waypoint are you using to navigate with daily?

- **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.**
"We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them." (Romans 8:28 NLT)

"I am certain that God, who began the good work within you, will continue his work until it is finally finished". (Philippians 1:6 NLT)

Thread: Your Father in heaven offers you more than a [sad story to tell](#).

(Genesis 37:1–11)

We learn:

- [Family](#) is our starting point.
- Family is often very [messy](#); sometimes it's just messed up!
- [Blended](#) families can be a challenging [puzzle](#).
- Family is our default [Way-Point](#).
- Jesus came to be THE [Way-Point](#).
- How are you [reprogramming](#) Him as your Way-Point daily?

Parents favoritism

- **Check your [heart](#).** What do I feel towards each child?
"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)