

VIDEO VIEWER GUIDE: WEEK 1

Acknowledging the Pain

The first thing we have to do is acknowledge our feelings.

Even if we feel guilty, God is greater than our feelings, and he knows everything. (1 John 3:20)

We need Jesus to help us extinguish the fire of pain.

*A gentle answer deflects anger,
but harsh words make tempers flare. (Proverbs 15:1)*

We have to leave justice in God's hands.

Dear friends, never take revenge. Leave that to the righteous anger of God, for the Scriptures say,

*"I will take revenge;
I will pay them back,"
says the LORD. (Romans 12:19)*

If we don't forgive the little stuff, it turns into big stuff.

*When you walk through the fire of oppression,
you will not be burned up;
the flames will not consume you...
Others were given in exchange for you...
because you are precious to me. (Isaiah 43:2b, 4)*

VIDEO VIEWER GUIDE: WEEK 2

Waiting to Be Remembered

The Honeymoon glasses:

When we are new in a relationship or situation; when everything looks good.

The glasses of hurt:

When we look at people through a dark lens.

Then he sent someone to Egypt ahead of them—

Joseph, who was sold as a slave.

They bruised his feet with fetters

and placed his neck in an iron collar.

Until the time came to fulfill his dreams,

the LORD tested Joseph's character. (Psalm 105:17-19)

You keep track of all my sorrows.

You have collected all my tears in your bottle.

You have recorded each one in your book. (Psalm 56:8)

"And please remember me and do me a favor when things go well for you. Mention me to Pharaoh, so he might let me out of this place. For I was kidnapped from my homeland, the land of the Hebrews, and now I'm here in prison, but I did nothing to deserve it." (Genesis 40:14-15)

3 Temptations When We Are Hurt:

1. We have a tendency to believe that if we forgive someone, it will minimize or

excuse what they did.

2. We judge other people by their actions, but we judge ourselves by

our intentions.

3. We grow balloons in our head. (We make assumptions.)

VIDEO VIEWER GUIDE: WEEK 2

The hostage glasses:

When our unforgiveness no longer belongs to us; we belong to it.

If anyone claims, "I am living in the light," but hates a fellow believer, that person is still living in darkness. Anyone who loves a fellow believer is living in the light and does not cause others to stumble. But anyone who hates a fellow believer is still living and walking in darkness. Such a person does not know the way to go, having been blinded by the darkness. (1 John 2:9-11)

Unforgiveness is one of the biggest ways that we can become blinded.

The God glasses:

When we can see clearly with a heart of love.

God's delays are not always His denials.

*Then Pharaoh sent for him and set him free;
the ruler of the nation opened his prison door.
Joseph was put in charge of all the king's household;
he became ruler over all the king's possessions.
He could instruct the king's aides as he pleased
and teach the king's advisers. (Psalm 105:20-22)*

Matthew 18:21-35 – The Parable of the Unforgiving Servant

He has removed our sins as far from us
as the east is from the west. (Psalm 103:12)

VIDEO VIEWER GUIDE: WEEK 3

Dreams Coming True

God can use the pain in our lives to build spiritual muscles.

Staying humble and bold will help us pass the test of power.

Pride goes before destruction,
and haughtiness before a fall. (Proverbs 16:18)

When Joseph came face-to-face with his offenders, he exercised
caution.

Remember your shortcomings _____.

Assume the best in the other person _____.

Pray (for the other person) _____.

VIDEO VIEWER GUIDE: WEEK 4

The Roller Coaster Ride

I planted the seed in your hearts, and Apollos watered it, but it was God who made it grow. It's not important who does the planting, or who does the watering. What's important is that God makes the seed grow. (1 Corinthians 3:6-7)

The tyranny of pain:

We naturally internalize hurt, and it can lead to the corrosion of our soul.

Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many. (Hebrews 12:14-15)

The human spirit can endure a sick body,

but who can bear a crushed spirit? (Proverbs 18:14)

In the midst of the tyranny of pain, God has given us a token of hope.

We desperately want someone to stand up for us when we're in pain.

Isaiah 53:3-6 – Jesus stood up for us.

Psalm 34:18 – The Lord is close to the brokenhearted.

He will not crush the weakest reed

or put out a flickering candle.

He will bring justice to all who have been wronged. (Isaiah 42:3)

VIDEO VIEWER GUIDE: WEEK 5

Grace and Boundaries

Whether we are the offended or the offender, it's always our _____ **turn** _____
to make peace.

*God blesses those who work for peace,
for they will be called the children of God. (Matthew 5:9)*

But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness. (James 3:17-18)

God calls us one step further, and that is not to just make peace but then to also offer a
_____ **blessing** _____.

Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude. Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing. (1 Peter 3:8-9)

VIDEO VIEWER GUIDE: WEEK 5

Sometimes in the aftermath of pain, we have to maintain some _____ **boundaries** _____.

3 Types of Boundaries

1. _____ **Small** _____ invisible boundary
A few things are off limits in the relationship.
2. _____ **Medium** _____ boundary, like a fence
Reunited but not totally intertwined.
3. A _____ **wall** _____, or complete barrier
When others will not admit what they've done and there is no repentance, sometimes physical presence is unsafe or unwise.

Joseph had boundaries. But the way he navigated them was he kept his _____ **focus** _____
on _____ **God** _____ through the process.

God has sent me ahead of you to keep you and your families alive and to preserve many survivors. So it was God who sent me here, not you! And he is the one who made me an adviser to Pharaoh—the manager of his entire palace and the governor of all Egypt. (Genesis 45:7-8)

VIDEO VIEWER GUIDE: WEEK 6

Moving Forward

God's plan doesn't always follow _____ **tradition** _____ and
_____ **logic** _____.

Even in the midst of conflict, God calls us to give an _____ **appropriate** _____
_____ **message** _____.

We have to stay the course of reconciliation instead of retribution even when
people _____ **never** _____ **change** _____.

But now that their father was dead, Joseph's brothers became fearful. "Now Joseph will show his anger and pay us back for all the wrong we did to him," they said.

So they sent this message to Joseph: "Before your father died, he instructed us to say to you: 'Please forgive your brothers for the great wrong they did to you—for their sin in treating you so cruelly.' So we, the servants of the God of your father, beg you to forgive our sin." When Joseph received the message, he broke down and wept. Then his brothers came and threw themselves down before Joseph. "Look, we are your slaves!" they said. (Genesis 50:15-18)

VIDEO VIEWER GUIDE: WEEK 6

“You have heard the law that says, ‘Love your neighbor’ and hate your enemy. But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. If you are kind only to your friends, how are you different from anyone else? Even pagans do that.” (Matthew 5:43-47)

But Joseph replied, “Don’t be afraid of me. Am I God, that I can punish you? 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 50:19-20)

Genesis 50:20 is often referred to as the Romans 8:28 of the Old Testament.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28 NIV)