

Don't be angry with yourselves

Genesis 45:1-15

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

Joseph says God sent him ahead to save lives. What was God doing during all those terrible years?

2. What does it show me about people — and about me?

The brothers cannot answer — they are too frightened. Why is being forgiven sometimes harder to take than being punished?

3. What will I obey this week?

Who are you still making pay for something? What will you stop doing this week?

4. Who will I tell?

Who cannot forgive themselves? What could you say?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, Joseph could have made his brothers pay and instead he told them to stop beating themselves up. Help me be that kind to somebody who has hurt me.



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