



MESSAGE REVIEW

Resilience requires pain. God used the difficult and painful circumstances of Joseph's life to bring about incredible personal growth in his life. Joseph had to learn to let go of the pride that had been holding him back. We can choose to go through the valleys of life or grow through them.

WARM UP QUESTION

What is one of the most physically painful things you've ever experienced?

TALK ABOUT IT

1 **Read Genesis 40:1-8.** Briefly describe the scenario in these verses. How is pride still showing up in Joseph's life?

How does pride show up in your own life? We are often blind to pride in our lives which is what makes it so dangerous. Consider these markers: Are you defensive?

2 Slow to admit wrong-doing? Self-conscious or vain about physical appearance? Do you often think your opinion is the right one? How is this affecting your relationships with friends, family, coworkers, etc? (Optional: read about the dreams in verses 9-13 and 16-22)

3 **Read Genesis 40:14-15.** Count how many times you see the pronouns I, me, and my in these 2 verses. What does this indicate about where Joseph puts his trust? How are you tempted to self-promote or rely on yourself, especially in this season? How does it affect your relationship with God?

4 Have 2 or 3 people **read Genesis 40:23-41:16.** Joseph suffered in jail for two long years. How is his response in verse 16 different than his previous one in 40:8? How has God developed Joseph's character in the midst of difficulty? Note: Joseph's circumstances still haven't changed at this point.

5 How do you typically react when you face pain or difficult circumstances in your life? How can you grow through the valley instead of just going through the valley?

RESPOND

What is God saying to you through His Word? How and when will you respond?

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