



Joseph: A Life of Triumph

Triumph Over Bitterness

Genesis 37:1-36



Study Description

In Genesis 37:1-36, Joseph's story illustrates the theme of bitterness as he faces betrayal by his brothers, leading to resentment and hardship. Drawing a parallel to Jesus' experiences in the Gospels, both figures endure betrayal and unjust treatment, highlighting the redemptive power of forgiveness and the transformative journey from bitterness to triumph.

Share: (5 Min)

- What is something from last weekend's sermon that you would like to talk about as a group?

Head: (10 Min)

- What are some key events in Joseph's life that could have led to bitterness?
- How do you think bitterness can affect a person's thinking and perspective?
- How can understanding Joseph's experience with bitterness inform our approach to individuals in our community who may be struggling with resentment?

Heart: (10 Min)

- When was a time in your life when you were bitter? How did you come out from it?
- How do you think Joseph felt towards his brothers, especially considering the circumstances that led to his bitterness?
- In what ways can we live a life of gratitude in situations when life can be bitter?

Hands: (10 Min)

- In what practical ways can we overcome bitterness in our own lives?
- How can we extend forgiveness to others who may have wronged us?

Prayer (15 Min)

- For suggestions on structuring prayer time, see the *Group Prayer Ideas* page in this packet.

Trios: Split into same-gender groups of three and pick a question. (15 Min)

1. Who is one non-believer or someone without a church home that you need to reach out to this week?
2. What kind of conversations are you having with people you are reaching out to?
3. Is there anything God is leading you to repent of?
4. What's a passage of scripture that has impacted you this week? Read it to the group and explain why.
5. What's something you'd like someone else to check in with you about this week?
6. Pray for one another.