



AT THE TABLE

AT THE TABLE SERMON NOTES

Sermon Title: Who Hurt You?"

Text: Genesis 43:26-35, 45:1-15

Date: Sunday, October 12, 2025

Genesis 50:20, "You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."

Truth for Today

- What you hold onto will eventually hold onto you.
- God's hand is often hidden in what feels hurtful.
- Forgiveness isn't about letting someone off the hook; it's allowing God to be a just judge.

Bottom Line:

Forgotten grace causes unforgiving living.

I. The Table Exposes Our Hidden Hurts (Genesis 43:30–34)

- Proximity will often resurface what we tried to forget.
- God can't heal what we won't reveal.
- How we treat our wounds: nurse them, rehearse them, and curse them.

II. The Table Shifts Our Focus From Our Pain to His Purpose (Genesis 45:1-8)

- Bitterness is like drinking **poison** and expecting the other person to die.
- Assign **meaning** to your pain: “It was not you who sent me here, but God.” (v.8)
- What happened **to you** is not as important as what God wants to do **in you**.

III. The Table Gives Us Courage To Reconcile Rather Than Retaliate (Genesis 50:19-21)

- Forgiveness doesn't **excuse** what happened—it frees us from the **torment** of re-living it again and again.
- God's **justice** > than man's **injustice**. “Am I in the place of God?” (v. 19)
- What others did to **break** you, God will use to **build** you. “You intended to harm me, but God intended it for good.” (v. 20)



Application:

- Stop hiding what still hurts.
- Invite God to show you how He can use your pain to help others.
- Choose mercy and trust God to handle justice.

Reflection Questions:

- What are you holding onto that you can't seem to let go of?
- How can prayer help you release your hurt to God instead of rehearsing it?
- Who is God calling you to forgive, and what step of humility or courage can you take this week to reconcile with them?

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