

# The Park Church: Corporate Bible Study

LIFE OVER LIES – LESSON 3

CHOOSING LIFE WHEN YOU'VE EXPERIENCED DISAPPOINTMENT,  
DEPRESSION AND DISTRESS

GENESIS 37: 1-8, 20-28 (NLT)

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# Looking Back, Moving Forward

## JEREMIAH 1: 1-5

HOW DO WE CHOOSE LIFE WHEN WE ARE DEALING WITH OVERWHELMING FORCES?

- ▶ I AM KNOWN BY GOD (~~YOU'RE NOT ENOUGH~~)
- ▶ I'VE BEEN CHOSEN BY GOD (~~YOU DON'T BELONG~~)
- ▶ I HAVE PURPOSE, APPOINTMENTS (~~NO PURPOSE~~)

“BEFORE ANYONE NOTICED, I KNEW YOU”

# 2023 CDC YOUTH RISK BEHAVIOR SURVEY

IN 2023

**1 IN 5** HIGH SCHOOL STUDENTS (20%)\*\* SERIOUSLY CONSIDERED **SUICIDE IN THE PAST YEAR.**

**1 IN 6** (16%)\*\* HIGH SCHOOL STUDENTS **MADE A SUICIDE PLAN** AND **1 IN 10** (10%)\*\* **ATTEMPTED SUICIDE.**

## CONTRIBUTING FACTORS

- UNDIAGNOSED DISTRESS
- ACCESS TO LETHAL MEANS
- SOCIAL MEDIA/CYBERBULLYING
- STRUCTURAL STRESSORS

## 2024 RESEARCH & TRENDS

- IN **60%** OF THE YOUTH SUICIDE VICTIMS, **THERE WAS NO PREVIOUSLY DIAGNOSED MENTAL HEALTH PROBLEM.**
- SHARP RISE IN BLACK YOUTH SUICIDE: **RATES FOR AGES 10-19 ROSE 54%** SINCE 2019. **BLACK GIRLS ESPECIALLY BEING AT HIGHER RISK.**
- YOUNG GIRLS ARE NOW DYING BY SUICIDE AT RATES COMPARABLE TO BOYS, **ESPECIALLY BLACK ADOLESCENT GIRLS**

# Genesis 37:1-4 (NLT)

**37** So Jacob settled again in the land of Canaan, where his father had lived as a foreigner.

<sup>2</sup> This is the account of Jacob and his family. When Joseph was seventeen years old, he often tended his father's flocks. He worked for his half brothers, the sons of his father's wives Bilhah and Zilpah. But Joseph reported to his father some of the bad things his brothers were doing.

<sup>3</sup> Jacob loved Joseph more than any of his other children because Joseph had been born to him in his old age. So one day Jacob had a special gift made for Joseph—a beautiful robe. <sup>4</sup> But his brothers hated Joseph because their father loved him more than the rest of them. They couldn't say a kind word to him.

# Genesis 37:5-8 (NLT)

<sup>5</sup> One night Joseph had a dream, and when he told his brothers about it, they hated him more than ever. <sup>6</sup> “Listen to this dream,” he said. <sup>7</sup> “We were out in the field, tying up bundles of grain. Suddenly my bundle stood up, and your bundles all gathered around and bowed low before mine!”

<sup>8</sup> His brothers responded, “So you think you will be our king, do you? Do you actually think you will reign over us?” And they hated him all the more because of his dreams and the way he talked about them.

# Genesis 37:20-28 (NLT)

<sup>20</sup> “Come on, let’s kill him and throw him into one of these cisterns. We can tell our father, ‘A wild animal has eaten him.’ Then we’ll see what becomes of his dreams!”

<sup>21</sup> But when Reuben heard of their scheme, he came to Joseph’s rescue. “Let’s not kill him,” he said. <sup>22</sup> “Why should we shed any blood? Let’s just throw him into this empty cistern here in the wilderness. Then he’ll die without our laying a hand on him.” Reuben was secretly planning to rescue Joseph and return him to his father.

<sup>23</sup> So when Joseph arrived, his brothers ripped off the beautiful robe he was wearing. <sup>24</sup> Then they grabbed him and threw him into the cistern. Now the cistern was empty; there was no water in it. <sup>25</sup> Then, just as they were sitting down to eat, they looked up and saw a caravan of camels in the distance coming toward them. It was a group of Ishmaelite traders taking a load of gum, balm, and aromatic resin from Gilead down to Egypt.

<sup>26</sup> Judah said to his brothers, “What will we gain by killing our brother? We’d have to cover up the crime. <sup>27</sup> Instead of hurting him, let’s sell him to those Ishmaelite traders. After all, he is our brother—our own flesh and blood!” And his brothers agreed. <sup>28</sup> So when the Ishmaelites, who were Midianite traders, came by, Joseph’s brothers pulled him out of the cistern and sold him to them for twenty pieces of silver. And the traders took him to Egypt.

# Continuance

- Abraham (Genesis 12, 15, 17)
- Isaac (Genesis 26:3-4)
- Jacob (Genesis 28: 10-15)

# Episodes and Chapters in Joseph's Life

## Preparation

- **Betrayal** → Pit
- **False Accusation** → Potiphar's House
- **Imprisonment** → Prison
- **Leadership** → Pharaoh's Palace

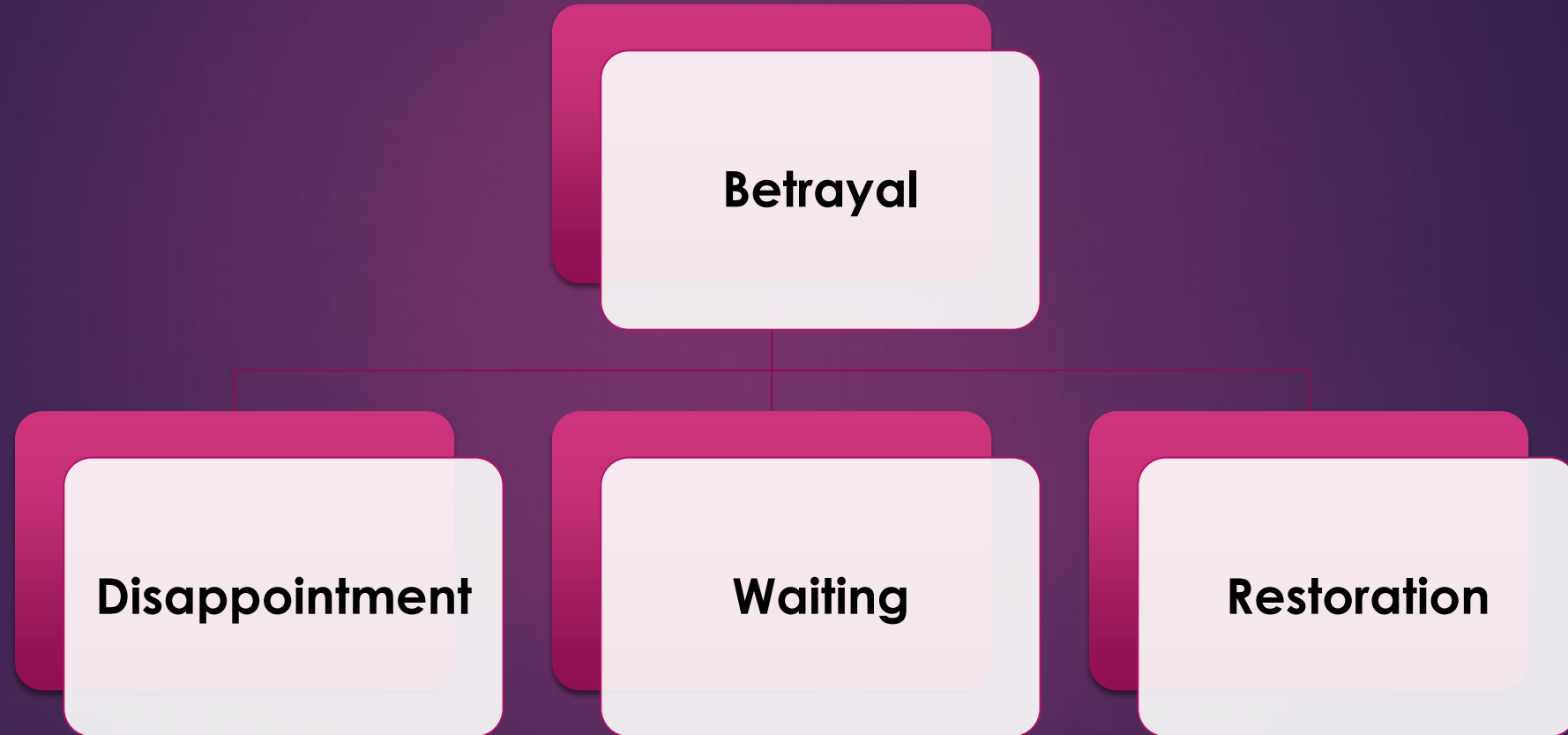
## Patterns with other heroes in the Bible:

- Jacob wrestled with Esau and Laban
- David and Goliath
- Daniel faced the lion's den

# Focusing on the Right Person in the Frame

- ▶ **In Potiphar's house:** "It would be a sin against God." (39:9)
- ▶ **Joseph while in prison:** "Interpreting dreams is God's business."  
(40:8)
- ▶ **In Pharaoh's Palace:** "God sent me ahead of you." (45:5–8)

# What Episode Resonates...



# Chose Life Over Lies

- ▶ **There's more to the story > This is the end of the story**
- ▶ **I AM in the story > God has abandoned you**