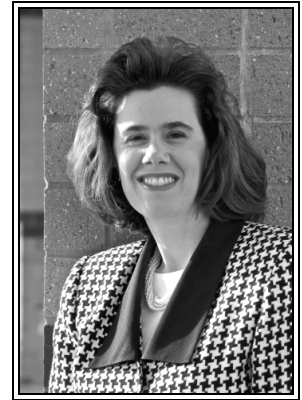


**Women's Bible Study – Fall 2008**  
**Overcoming: A Life Well Lived**  
*The Life of Joseph from the book of Genesis*  
**September 24, 2008**  
**Overcoming Betrayal & Loss – Genesis 37:12-36**  
**Jann Wright**



"Horatio Spafford was successful by all appearances. But in April 1871, tragedy struck as Spafford's business holdings were destroyed by the great Chicago fire. As Spafford struggled to recover from his financial losses, there was a brief period of joy in 1873 as the family welcomed their first son to their family of six. Yet tragedy struck again when the young child died.

D.L. Moody, the world-renown evangelist and close friend of the Spaffords, invited the family to join him in Europe on an evangelistic campaign. Horatio placed his wife and four daughters on a ship and planned to follow a few days later. In the mid-Atlantic, the ship was struck and sank. Only able to get information from newspaper headlines, Horatio was unaware if his family had survived. Finally, a terse telegram arrived which read, "Saved. Alone."

With a heavy heart, Spafford sailed for Europe to join his grieving wife. Then as the ship crossed the area where his four daughter's bodies rested in the water below, Spafford's mind was focused on a poem. Grieving yet confident in the sovereign plan of God, Spafford penned the well-known hymn, "It is Well with My Soul."<sup>1</sup>

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"Thomas Edison was one of America's greatest inventors if not the greatest and most prolific. In 1914 he suffered a devastating loss. His laboratory and research facility was damaged by fire. In those structures were approximately one million dollars' worth of equipment as well as a lifetime of research records."<sup>2</sup>

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"A young Midwestern lawyer suffered such deep depression that his friends actually thought it best to keep all knives and razors from him. At age 22, he failed in a business venture, suffered defeat for the state legislature, and then

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<sup>1</sup> Max Anders, ed, and Steven J. Lawson, Holman Old Testament Commentary: Job (Nashville: Broadman & Holman Publishers, 2004) 138-139.

<sup>2</sup> Max Anders, ed, and Steven J. Lawson, Holman Old Testament Commentary: Job (Nashville: Broadman & Holman Publishers, 2004) 253.

failed again in business. At age 26, his sweetheart died, crushing his heart. At age 27, he suffered a nervous breakdown from all the previously mentioned stress. At age 29, he was defeated for the office of speaker. At age 31, he was defeated for the office of elector. At age 34, he was defeated in his first attempt at Congress. At age 39, he was defeated again for Congress. At age 46, he was defeated in a bid for the Senate. At age 47, he was defeated for vice president. At age 49, he suffered another devastating loss for Senate. The man knew only loss after loss. During this time he broke down and wrote, "I am now the most miserable man living. Whether I shall ever be better, I cannot tell."<sup>3</sup>

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Each of us has a story too. Many of those stories are punctuated by loss. My story includes the loss of a child through a miscarriage, the loss of my mother to cancer when I was 27 and the loss of my father 10 years later.

Each of us has a story. I thought of the small group with which I have shared my life for the past four years. There are only about seven women in that group; but in the past two years the losses have been deep. One woman lost her husband very suddenly and unexpectedly to cancer, another experienced the loss of her marriage through divorce, another dealt with the loss of the family business resulting in severe financial setback, two women cared for parents and in-laws in their homes for extended periods of time as they coped with severe illness, and one grieved the death of her mother.

If I stopped right now and went around the room and interviewed each of you, we would all be humbled with the realization of the breadth and depth of loss experienced by the women in this room. Many of those losses would surprise us; because often we have only a snapshot of people's lives.

### **Scripture Passage**

We will begin our study this morning/evening with a snapshot of the life of Joseph. Our scripture passage is Genesis 37:12-36. Please take out your Bibles and turn with me to Genesis 37:12-36.

<sup>12</sup> Now his brothers had gone to graze their father's flocks near Shechem, <sup>13</sup> and Israel said to Joseph, "As you know, your brothers are grazing the flocks near Shechem. Come, I am going to send you to them." "Very well," he replied.

<sup>14</sup> So he said to him, "Go and see if all is well with your brothers and with the flocks, and bring word back to me." Then he sent him off from the Valley of Hebron. When Joseph arrived at Shechem, <sup>15</sup> a man found him wandering around in the fields and asked him, "What are you looking for?" <sup>16</sup> He replied, "I'm looking for my brothers. Can you tell me where they are

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<sup>3</sup> Max Anders, ed. and Steven J. Lawson, Holman Old Testament Commentary: Job (Nashville: Broadman & Holman Publishers, 2004) 67.

grazing their flocks?" <sup>17</sup> "They have moved on from here," the man answered. "I heard them say, 'Let's go to Dothan.' "

So Joseph went after his brothers and found them near Dothan. <sup>18</sup> But they saw him in the distance, and before he reached them, they plotted to kill him. <sup>19</sup> "Here comes that dreamer!" they said to each other. <sup>20</sup> "Come now, let's kill him and throw him into one of these cisterns and say that a ferocious animal devoured him. Then we'll see what comes of his dreams."

<sup>21</sup> When Reuben heard this, he tried to rescue him from their hands. "Let's not take his life," he said. <sup>22</sup> "Don't shed any blood. Throw him into this cistern here in the desert, but don't lay a hand on him." Reuben said this to rescue him from them and take him back to his father. <sup>23</sup> So when Joseph came to his brothers, they stripped him of his robe—the richly ornamented robe he was wearing—<sup>24</sup> and they took him and threw him into the cistern. Now the cistern was empty; there was no water in it.

<sup>25</sup> As they sat down to eat their meal, they looked up and saw a caravan of Ishmaelites coming from Gilead. Their camels were loaded with spices, balm and myrrh, and they were on their way to take them down to Egypt. <sup>26</sup> Judah said to his brothers, "What will we gain if we kill our brother and cover up his blood? <sup>27</sup> Come, let's sell him to the Ishmaelites and not lay our hands on him; after all, he is our brother, our own flesh and blood." His brothers agreed. <sup>28</sup> So when the Midianite merchants came by, his brothers pulled Joseph up out of the cistern and sold him for twenty shekels of silver to the Ishmaelites, who took him to Egypt. <sup>29</sup> When Reuben returned to the cistern and saw that Joseph was not there, he tore his clothes. <sup>30</sup> He went back to his brothers and said, "The boy isn't there! Where can I turn now?"

<sup>31</sup> Then they got Joseph's robe, slaughtered a goat and dipped the robe in the blood. <sup>32</sup> They took the ornamented robe back to their father and said, "We found this. Examine it to see whether it is your son's robe." <sup>33</sup> He recognized it and said, "It is my son's robe! Some ferocious animal has devoured him. Joseph has surely been torn to pieces." <sup>34</sup> Then Jacob tore his clothes, put on sackcloth and mourned for his son many days. <sup>35</sup> All his sons and daughters came to comfort him, but he refused to be comforted. "No," he said, "in mourning will I go down to the grave to my son." So his father wept for him.

<sup>36</sup> Meanwhile, the Midianites sold Joseph in Egypt to Potiphar, one of Pharaoh's officials, the captain of the guard.

## **Context: Historic and Geographic**

### **Historic Context**

Let's take a few minutes to examine the passage a bit more in context: historic and geographic. First, historically, the account of Joseph's life takes place in the book of Genesis, which is the first book of the Bible. The account of creation, Adam and Eve, the Fall of Man, and the Flood have all preceded this passage. We are in the age of the Patriarchs: so there was Abraham, his son Isaac, and his son Jacob. Jacob's name was later changed by God to Israel. Jacob/Israel

had 12 sons and those sons became the twelve tribes of Israel. One of those sons was Joseph.

## **Geographic Context**

Next, let's look at the Geographic Context of this passage. At this point in time Jacob and his sons were living in Hebron. For some reason, the brothers decided to leave Hebron and go to Shechem to graze their flocks. Now Shechem was at least 50 miles north. Joseph travels to Shechem and then to Dothan, another 20 miles away.

It is interesting that they went to Shechem, even strange, because this was a place of tragedy for the family. It was here that their sister Dinah was raped by the Prince of this country. Dinah's brothers were understandably furious; but inappropriately vengeful. They deceitfully promised their sister in marriage to the Prince if he and every male in the country would agree to be circumcised. They agreed and while the males were recovering from the procedure, Simeon and Levi, came and killed all the males, took captive all the children and wives and even plundered all that was in the houses. So it is indeed odd that they went to this place to graze sheep.

## **Exposition**

With those contextual details let's continue our examination of the passage. In this passage we find ten of the sons of Jacob grazing the sheep, leaving only the two youngest brothers at home, Joseph and Benjamin. We assume from the clues given in the passage that no significant time has passed from the events we studied last week in the first 11 verses of the chapter and the subsequent verses of the chapter. Joseph is seventeen years old. Benjamin is probably about 2.<sup>4</sup> The oldest brother Reuben is about 30 years old<sup>5</sup>, so these are not a group of teenage boys.

The brothers were obviously gone longer than expected and so Jacob sends Joseph to check on them. While Jacob must certainly have hesitated to send Joseph out alone; especially to Shechem, he really doesn't have many other options. It seems certain that neither Jacob nor Joseph were aware of the danger that loomed because of the brothers' hatred. One wonders if perhaps the brothers had used this time away from home to plot their revenge because the scheme to murder him seems to fall so easily from their lips.

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<sup>4</sup> Henry M. Morris, The Genesis Record: A Scientific and Devotional Commentary on the book of Beginnings. (Grand Rapids: Baker Book House, 1976) 534.

<sup>5</sup> Henry M. Morris, The Genesis Record: A Scientific and Devotional Commentary on the book of Beginnings. (Grand Rapids: Baker Book House, 1976) 523.

As Joseph approached, they stripped him of his coat, threw him into the pit, and shockingly sat down to eat their dinner as though it was just a normal mealtime. Now as the Ishmaelites come into view they embark on another plan, they decide to sell him into slavery.

### **Theme of Loss**

Now let's look at this passage from the theme of loss. Joseph has experienced tremendous loss at this point in his life; while this is his most severe encounter with loss, it is not his first. **He had already lost his mother.** She had died giving birth to his younger brother Benjamin on the way to Hebron. He was only about 15 years old.<sup>6</sup> **Joseph had already experienced the loss of relationship with his brothers.** Obviously his brothers did not like him or get along with him; but those losses seem to pale in comparison to what has erupted in his life in this one day. In one day,

**Joseph had lost His position and his freedom.** He was no longer an honored son in a large family. He was a slave, worth only 20 shekels of silver. The going rate for a slave was usually 30 shekels<sup>7</sup>; so it seems here the price paid is a bit low.

**Joseph had lost his wealth.** He no longer enjoyed the riches that his father could provide him. He had absolutely no material possessions, only the clothing on his back, and even part of that was missing.

**Joseph had lost all of his relationships.** While his relationship with his brothers had been strained for some time; there had still been fellowship with his younger brother Benjamin, and with his father; but now all that had been lost.

**Joseph had nearly lost his life.** Up to this point Joseph's life had probably been fairly secure; but now he had no assurance of living the next hour or the next day. His brothers had plotted his murder, then planned an execution by slow starvation and dehydration, and finally settled on selling him as a slave.

**Joseph was betrayed.** I wonder if this wasn't the worse loss of all. These circumstances would have been bad enough if say, the Shechemites had been the perpetrators; but the fact that his own brothers betrayed him must have shaken his whole being.

This is a snapshot into the life of Joseph. At this point it looks pretty bleak. The loss and betrayal are overwhelming and you wonder if Joseph will even live

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<sup>6</sup> Henry M. Morris, The Genesis Record: A Scientific and Devotional Commentary on the book of Beginnings. (Grand Rapids: Baker Book House, 1976) 534.

<sup>7</sup> Exodus 21:32

through it; and if he does will he ever be the same? Will he ever overcome the loss and betrayal?

This is not a question that we will completely answer this week; because week by week, trial by trial we will study specific examples of how Joseph overcomes. But I will give you a sneak preview, in Joseph's own words.

Genesis 39:9 <sup>9</sup> No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing and sin against God?"

Genesis 40:8 <sup>8</sup> . . . Then Joseph said to them, "Do not interpretations belong to God? Tell me your dreams."

Genesis 41:15-16 <sup>15</sup> Pharaoh said to Joseph, "I had a dream, and no one can interpret it. But I have heard it said of you that when you hear a dream you can interpret it." <sup>16</sup> "I cannot do it," Joseph replied to Pharaoh, "but God will give Pharaoh the answer he desires."

Genesis 45:5 And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me a head of you.

### **Application**

As we reflect on the life of Joseph, let us consider some practical strategies to cope with loss and betrayal. First, we will consider how to cope with seasons of loss in our own lives. Then, we will consider how to help others who are experiencing loss.

I want to preface this part of the lecture by speaking to those of you who are currently in the midst of deep loss and suffering. I know some of you are here; because I know some of your stories and I want to say to you on behalf of the body of Christ, I am very sorry for your loss.

I realize that anytime you are in the midst of a season of deep loss; most anything that has a series of steps or strategies has a bit of a hollow ring to it. Loss is full of anguish, complexity, and a hefty dose of just feeling like others don't understand. It is my prayer for you this morning/evening that you would not hear empty words and strategies, but that you would hear and experience the very words and comfort of Jesus Christ.

### **Getting Through It**

First, there are some Basic Baseline Strategies for getting through seasons of loss. These include: getting adequate rest, eating nutritiously, and getting professional help if needed. Those were the very strategies that God used with Elijah when he was suffering from great loss.

1 Kings 19: 4-8 reads, <sup>4</sup> while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." <sup>5</sup> Then he lay down under the tree and fell asleep. All at once an angel touched him and said, "Get up and eat." <sup>6</sup> He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. <sup>7</sup> The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." <sup>8</sup> So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

God understands our physical and emotional needs and he cares for them. I love that snapshot in the life of Elijah because it is such a tender picture of the Lord's care and compassion. He cares for you as well.

However, at some point as the shock begins to wear off and we gain at least some elementary sense of stability; we are left with very difficult realities and we need a spiritually sustaining strategy. The next verse in that passage, verse 9, reads <sup>9</sup> There he went into a cave and spent the night. And the word of the LORD came to him: "What are you doing here, Elijah?"

### **Look to Jesus**

What are you doing here? This is the place where we have to figure out even in the midst of loss, where we are and what we are doing. Strategy number one is: Look to Jesus.

Joseph at this point in his life was suffering. I think the only strategy that allowed him to function was his faith in God; he didn't have much else. We also have our faith to sustain us; but we have something that Joseph did not have; we have the life of Jesus Christ. Jesus knows a lot about loss.

### **Jesus experienced the loss of a parent at a relatively young age.**

While there is not a specific verse in the Bible that tells of the death of Jesus' father, Joseph, there is no mention of him after the trip to Jerusalem when Jesus was twelve. There are however, numerous verses that mention the presence of his mother and brothers.<sup>8</sup>

### **Jesus experienced the loss of prestige and freedom.**

Philippians 2:5-7 <sup>5</sup>Your attitude should be the same as that of Christ Jesus: <sup>6</sup>Who, being in very nature God, did not consider equality with God something to be grasped, <sup>7</sup>but made himself nothing, taking the very nature of a servant, being made in human likeness.

### **Jesus experienced the loss of relationship among his brothers.**

John 7:5 For even his own brothers did not believe in him.

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<sup>8</sup> Luke 8:19-20, John 2:12, Mark 3:31, Matthew 12:46, and John 19:26-27.

### **Jesus experienced the loss of wealth.**

Matthew 8:20 <sup>20</sup>Jesus replied, "Foxes have holes and birds of the air have nests, but the Son of Man has no place to lay his head."

John 19:24 . . . This happened that the scripture might be fulfilled which said, "They divided my garments among them and cast lots for my clothing."

### **Jesus experienced betrayal by someone close to him.**

Mark 14:44 Now the betrayer had arranged a signal with them: "The one I kiss is the man; arrest him and lead him away under guard."

### **Jesus experienced the loss of close friends.**

Matthew 26:56 . . . <sup>56</sup>But this has all taken place that the writings of the prophets might be fulfilled." Then all the disciples deserted him and fled.

### **Jesus experienced the very loss of his life.**

John 19:30 When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

Jesus understands loss. Jesus understands betrayal. Jesus understands suffering. He understands all of those things because he experienced them. Hebrews 4:15,16 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. <sup>16</sup>Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

## **Imitate Jesus**

Second, we must imitate Jesus. In Jesus we have the ultimate example of a Godly response to loss. There were two major components to His response to loss: Trust and Obedience.

### **Trust**

Trusting God is easy when circumstances are going well in our lives when we are healthy, have good jobs, a satisfying marriage, obedient children, and good relationships with others. However, when losses come, and they will come, we must make a conscious decision to trust God. Scripture is our best offensive weapon.

Psalms 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

Jeremiah 29:11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

We may have to wait, sometimes a long time, to see the evidence of God's good plans toward us. For Joseph it was years. We may not even see that evidence

in our lifetimes; it may come through our children or grandchildren; but it will come. Jesus trusted God even in the most agonizing circumstances. Luke 22:42<sup>42</sup>“Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

## **Obey**

Jesus modeled obedience for us. Philippians 2:8 And being found in appearance as a man, he humbled himself and became obedient to death— even death on a cross! Obedience can be very difficult when we are going through loss. We are under attack from multiple angles; but we must follow Jesus' example and be obedient. **Hebrews 5:7-8**<sup>7</sup> During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. <sup>8</sup> Son though he was, he learned obedience from what he suffered

## **Helping Others**

Finally, a few strategies for helping others deal with loss.

**We can Listen.** This seems obvious; however, it is easy to forget. When those around us are suffering we need to spend the majority of our efforts just listening. Sometimes we listen half-heartedly as we plan our response; but we need to listen just for the purpose of understanding. I have always been impressed by the fact that Job's friends in the Bible, for all their faults and poor choices of words, came and sat with Job for seven days and didn't say a word.

**We can Think before Speaking;** much hurt has been heaped upon hurting people, by well-intended folks who don't think before they speak. It is hard to know what to say to hurting people; but “I am so sorry” is a very good place to start. When someone in the midst of loss asks for your advice, give careful thought to your words because they will have a magnified effect to those experiencing loss.

**We can Be Humble.** We do not know everything. We do not know the mind of God. We do not know why he brings difficulties and loss into others lives. We should not pretend that we can answer for God and explain his actions.

**We can Be Positive and Kindle Hope.** This is not false hope or putting an absurd happy face on losses. I am talking about looking at difficult situations and gleaning rays of hope and drawing out some positive things that are happening in the midst of great difficulty.

**We can Offer Comfort.** Discover practical ways that you can help those suffering loss. I am sure that all of us have said to people countless times, “If there is anything I can do to help please let me know.” And we really meant it; but I can count the times on less than one hand that someone actually responded to that invitation. Study others' lives, ask around and look for

practical ways you can help: mow the yard, run errands, drop off a meal, shovel snow, rake the leaves, provide gift cards. And then just do it.

**We can Pray.** Sometimes when your loss is deep, you can't even pray for yourself. We as the body of Christ need to step in and hold others up in prayer. Pray for them in private often and even better pray for them right on the spot when you see them in person or talk with them on the phone.

I opened this morning with several stories of individuals who had suffered great losses. Remember the Spaffords, he wrote the hymn, "It is well with my Soul". They eventually settled in Jerusalem and started a new family. In the holy city they were greatly used by God as they spread the gospel.<sup>9</sup> Thomas Edison as he walked around the smoldering remains of his lab and research facility, said, "There is value in disaster. All our mistakes are burned up. Now we can start anew."<sup>10</sup> And then there was the unnamed politician who by now you may have identified. Here is a resume to refresh your memory.

Age 7--	His family was forced out of their home on a legal technicality
Age 9--	His mother died and his family lived almost in squalor.
Age 23--	He ran for the Illinois legislature.
Age 24--	He bought a store on credit with a partner.
Age 25--	He was elected to the Illinois House of Representatives (and again at ages 27, 29, 31).
Age 26--	His business partner died, leaving him with a huge debt that took years to repay.
Age 27--	He obtained a license to practice law.
Age 29--	He was defeated for speaker of the state legislature.
Age 31--	He was defeated for elector.
Age 37--	On his third try he was elected to U.S. Congress.
Age 39--	He was defeated for reelection to Congress.
Age 41--	His four-year-old son died.
Age 46--	He was defeated for U.S. Senate.
Age 47--	He was defeated for vice-presidential nomination.
Age 49--	He was defeated for U.S. Senate again. <sup>11</sup>

We could flash up a resume for Joseph that wouldn't look much better at this point: a slave, a criminal, served time in prison. The unnamed individual with the resume, at age 49 broke down and wrote, "I am now the most miserable man living. Whether I shall ever be better, I cannot tell."<sup>12</sup> Joseph could have said the same thing. But God was not done with either of them yet.

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<sup>9</sup> Max Anders, ed, and Steven J. Lawson, Holman Old Testament Commentary: Job (Nashville: Broadman & Holman Publishers, 2004) 138-139.

<sup>10</sup> Max Anders, ed, and Steven J. Lawson, Holman Old Testament Commentary: Job (Nashville: Broadman & Holman Publishers, 2004) 253.

<sup>11</sup> Max Anders, ed, Kenneth O. Gangel and Stephen J. Bramer, Holman Old Testament Commentary: Genesis (Nashville: Broadman & Holman Publishers, 2002) 331.

<sup>12</sup> Max Anders, ed, and Steven J. Lawson, Holman Old Testament Commentary: Job (Nashville: Broadman & Holman Publishers, 2004) 67.

You see the unidentified individual went on at age 51 to be elected President of the United States. His name was Abraham Lincoln.<sup>13</sup> What if he had quit at age 20 or 30 or 40?

Joseph has a whole list of losses too. Yet, he rises to become second in command over the nation of Egypt. He saves many nations from starvation; including his own family who will eventually multiply into the nation of Israel. And most importantly he is a representative of the living God among a pagan nation. What if he had quit at age 17 or 25 or 29? Well, I think he would have missed the greatest blessings of his life. God will save his people and he will raise up other leaders if necessary; but how sad for us to miss the greatest blessings God has to bestow.

So don't give up. Whatever your circumstance, whatever your age, if you are still alive on this Earth, and committed to trusting and obeying God, God will still use you and the greatest blessings of your life may well be in front of you no matter what losses are behind you.

Philippians 3: 13-14 <sup>13</sup>Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup>I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

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<sup>13</sup> Max Anders, ed, and Steven J. Lawson, Holman Old Testament Commentary: Job (Nashville: Broadman & Holman Publishers, 2004) 67.

# A Study of the Life of Joseph: Overcoming Betrayal and Loss

September 24, 2008

## **Intensive Study Questions**

1. Read Genesis 37:12-36.
2. List some of the losses that Joseph experienced in this passage. Please note the references.
3. Reflect on your life in 10 year increments (0-10; 10-20; 20-30; 30-40; and so on). What are some losses you have faced in each decade of your life? (Please don't try to evaluate whether your loss is as significant as someone else's, simply list events that you have experienced as a loss).
4. Would you consider sharing, very succinctly, some of those losses with the members of your group?
5. How do you think Joseph overcame some of the losses you listed in Question 2? Skim the rest of the book of Genesis to find some evidences for your opinion about how he overcame.
6. How have you overcome some of the losses in your life?
7. Based on the lecture, how can you specifically use some of the strategies mentioned to get through a time of deep loss/betrayal?
8. Based on the lecture, how can you specifically use some of the strategies mentioned to help others get through a time of deep loss/betrayal?

## **Discussion Questions**

1. Reflect on your life in 10 year increments (0-10; 10-20; 20-30; 30-40; and so on). What are some losses you have faced in each decade of your life? (Please don't try to evaluate whether your loss is as significant as someone else's, simply list events that you have experienced as a loss).
2. Would you consider sharing, very succinctly, some of those losses with the members of your group?
3. How have you overcome some of the losses in your life?
4. Based on the lecture, how can you specifically use some of the strategies mentioned to get through a time of deep loss/betrayal?
5. Based on the lecture, how can you specifically use some of the strategies mentioned to help others get through a time of deep loss/betrayal?