

Sunday April 28, 2024 - "Genesis - Joseph - Week 5 - Forgiveness, Boundaries, & Reconciliation - Doug Kempton

Key Passages: Genesis 45:1-8, Genesis 50:19-21, Matthew 5:44, Jeremiah 45:5

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Genesis 50:19-21
 - Joseph shows incredible compassion to his brothers (he doesn't excuse their behavior)
 - v21 → fruit of total forgiveness
- "The deeper the wound, the more healing the healing work is critical" - Doug Kempton
- Time is no the answer. Jesus is.
- Joseph models the Jesus way: Cares for his brothers, is not bitter towards them
- Forgiveness is...
 - About your heart
 - A one way street
 - Giving hurt/bitterness to God
 - A choice...you decide and keep deciding
 - No list of wrongs...grace and mercy
 - Forgive offender, God and yourself
- Forgiveness is not...
 - Approving of what was done
 - Making excuses/justifying
 - Reconciliation (that takes 2)
 - Denial/pretending/forgetting
- How do we totally forgive? (not in a specific order)
 - Choose to forgive - to let go of the offense...if we're not willing then we can't
 - Keep choosing to forgive (but don't beat ourselves up when we need to choose again)
 - Pray (start and keep praying through the whole process)
 - Matthew 5:44 (for God to bless and show up strong)
 - For yourself and for your offender (learn to love the person)
 - Receive the exchange - what God has for us instead (Jeremiah 45:5)
- Forgiveness or un-forgiveness are lifestyle choices
- Boundaries
 - Every healthy relationship has boundaries...even from the beginning in Genesis
 - Abuse calls for physical and emotional separation
 - Include consequences
- Forgiveness and trust are not the same thing...Joseph tests his brothers
- Reconciliation (takes 2 people)
 - Repent and receive God's gift
 - We can't be reconciled to an offender that doesn't recognize the offense

Questions (Feel free to use all of these, some of these, or none of these)

1. Have you experienced health and wellness as a result of forgiveness?
2. What does it mean to you that forgiveness is a "one way street"?
3. How have you experienced or extended total forgiveness?
4. What does it look like to make forgiveness a lifestyle choice?
5. What have learned about reconciliation and how it differs from forgiveness?
6. What is God inviting you into as a result of this message or passage?

Songs from the weekend:

[Take Your At Your Word - *Cody Carnes*] - [Raise a Hallelujah - *Bethel Music*] - [Waymaker - *Sinach*] - [Holy Forever - *Bethel Music*]