

bouncing back

What to do when life throws you a curve ball

Part
1

Joseph and Setbacks

This past weekend Pastor Ken started a four-week series entitled, Bouncing Back. We will look at some Bible characters and how they bounced back from life's setbacks. Over these weeks, we invite you to journey with someone at work, your family, or find a place to do it alone or with a friend. Let's all learn together what to do when life throws you a curve ball during this series.

*Do not gloat over me, my enemies! For though I fall, I will rise again.
Though I sit in darkness, the LORD will be my light. Micah 7:8 NLT*

1. Resilience (the ability to bounce back) is one of the most important qualities you can have when life knocks you down. The Bible character Joseph, had a dream to become a leader but life hit him hard. Before he was able to realize his dream. Joseph was thrown into a pit (read Genesis 37:18-24).
2. Remember, if there is a way into the pit, there is a way out of it. If it seems like there isn't a way out of your pit (whatever it might be), God is great enough to bring you out.
3. Next Joseph is sold into slavery (read Genesis 37:25-36). You cannot control what happens to you but like Joseph, you can control your attitude and make the best out of a bad situation. Joseph bounces back by getting promoted (read Genesis 39:1-6).
4. Then, Joseph is put in prison unjustly (read Genesis 39:19-23) but because he had the blessing of God on his life that setback turned into a stepping stone. Finally, Joseph goes from the prison to the palace (read Genesis 41:14-45).
5. Does it feel like God has forsaken you? Has someone wronged or hurt you? Has something bad happened to you recently? Take heart that God will never leave you nor forsake you (Deuteronomy 31:6 and Hebrews 13:5) and what others intended for evil, God can turn it into good (Genesis 50:20). This is why we can be resilient when life hits us hard. We know that God is working all things together for our good and His glory.

Close in prayer, praying about difficult situations you may be going through at this time.