

## Rest in Christ

### #7- Rest, Relationships, and Healing

#### **Memory Verse - Hand Out Scriptures to read**

**Gen. 42:7–20, Gen. 42:21–24, Gen. 45:1–15, Luke 23:34, Gen. 50:15–21.**

**Genesis 45:5 (NKJV)** “But now, do not therefore be grieved or angry with yourselves because you sold me here; for God sent me before you to preserve life”

**Genesis 40:23** Yet the chief butler did not remember Joseph, but forgot him.

**Why does Jesus take abuse or neglect of others so personally?**

**Matthew 25:41–45 (NKJV)** “Then He will also say to those on the left hand, ‘Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: <sup>42</sup> for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; <sup>43</sup> I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.’ <sup>44</sup> ‘Then they also will answer Him, saying, ‘Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?’ <sup>45</sup> Then He will answer them, saying, ‘Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.’”

#### **Pharaoh’s dream, Joseph’s exaltation.**

**Genesis 41:41 (NKJV)** And Pharaoh said to Joseph, “See, I have set you over all the land of Egypt.” He does not retaliate against Potiphar’s wife

#### **Facing the Past**

Read about the first encounter between Joseph and his brothers since they sold him into slavery. Why the elaborate plot? What was Joseph trying to do with this first meeting? Genesis 42:7–20

**Genesis 42:7–20 (NKJV)** Joseph saw his brothers and recognized them, but he acted as a stranger to them and spoke roughly to them. Then he said to them, “Where do you come from?” And they said, “From the land of Canaan to buy food.” <sup>8</sup> So Joseph recognized his brothers, but they did not recognize him. <sup>9</sup> Then Joseph remembered the dreams which he had dreamed about them, and said to them, “You are spies! You have come to see the nakedness of the land!” <sup>10</sup> And they said to him, “No, my lord, but your servants have come to buy food. <sup>11</sup> We are all one man’s sons; we are honest men; your servants are not spies.” <sup>12</sup> But he said to them, “No, but you have come to see the nakedness of the land.” <sup>13</sup> And they said, “Your servants are twelve brothers, the sons of one man in the land of Canaan; and in fact, the youngest is with our father today, and one is no more.”

<sup>14</sup> But Joseph said to them, “It is as I spoke to you, saying, ‘You are spies!’ <sup>15</sup> In this manner you shall be tested: By the life of Pharaoh, you shall not leave this place unless your youngest brother comes here. <sup>16</sup> Send one of you, and let him bring your brother; and you shall be kept in prison, that your words may be tested to see whether there is any truth in you; or else, by the life of Pharaoh, surely you are spies!” <sup>17</sup> So he put them all together in prison three days. <sup>18</sup> Then Joseph said to them the third day, “Do this and live, for I fear God: <sup>19</sup> If you are honest men, let one of your brothers be confined to your prison house; but you, go and carry grain for the famine of your houses. <sup>20</sup> And bring your youngest brother to me; so your words will be verified, and you shall not die.” And they did so.

#### **Setting the Stage**

**What did Joseph learn about his brothers?**

**Genesis 42:21–24 (NKJV)** Then they said to one another, “We are truly guilty concerning our brother, for we saw the anguish of his soul when he pleaded with us, and we would not hear; therefore this distress has come upon us.” <sup>22</sup> And Reuben answered them, saying, “Did I not speak to you, saying, ‘Do not sin against the boy’; and you would not listen? Therefore behold, his blood is now required of us.” <sup>23</sup> But they did not know that Joseph understood them, for he spoke to them through an interpreter. <sup>24</sup> And he turned himself away from them and wept. Then he returned to them again, and talked with them. And he took Simeon from them and bound him before their eyes.

**Genesis 43:34 (NKJV)** Then he took servings to them from before him, but Benjamin’s serving was five times as much as any of theirs. So they drank and were merry with him.

#### **Forgive and Forget?**

**Matthew 18:21, 22 (NKJV)** Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven”.

**Can you forgive a person that does not ask?**

#### **Watering their enemy’s garden. So Who Won?**

- A General once said to John Wesley, “I never forgive and I never forget.” Wesley responded, “Then Sir, I hope you never sin.”
- When you cannot forgive others you burn the bridge over which you must pass.

Forgiveness doesn't mean that there will be no consequences. Forgiveness doesn't mean letting an abuser continue abusive patterns. Forgiveness means, instead, that we turn our resentment and our desire for revenge over to God. If not, the anger, the bitterness, the resentment, and the hatred will make whatever that person or persons did to us even worse.

- The trouble with some people forgiving and forgetting is that they keep reminding us they are doing it.
- Refusing to forgive is like trying to kill someone else by drinking poison.
- Unforgiveness is like an acid that corrodes the container that holds it.

### Like Jesus

**Ephesians 4:32** *And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.*

**Colossians 3:12, 13** *Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, long-suffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.*

**1 John 4:11** *Beloved, if God so loved us, we also ought to love one another.*

### Making It Practical

**1 Peter 2:23** *who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously;*

**Luke 23:33–34** (NKJV) *And when they had come to the place called Calvary, there they crucified Him, and the criminals, one on the right hand and the other on the left.<sup>34</sup> Then Jesus said, “Father, forgive them, for they do not know what they do.” And they divided His garments and cast lots.*

- The greatest conqueror overcomes his enemy without a blow.

**Matthew 5:44–45** (NKJV) *But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you,<sup>45</sup> that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.*

### Finding Rest After Forgiveness

**Genesis 50:15–21** (NKJV) *When Joseph's brothers saw that their father was dead, they said, “Perhaps Joseph will hate us, and may actually repay us for all the evil which we did to him.”<sup>16</sup> So they sent messengers to Joseph, saying, “Before your father died he commanded, saying,<sup>17</sup> ‘Thus you shall say to Joseph: ‘I beg you, please forgive the trespass of your brothers and their sin; for they did evil to you.’”*

*Now, please, forgive the trespass of the servants of the God of your father.’” And Joseph wept when they spoke to him.<sup>18</sup> Then his brothers also went and fell down before his face, and they said, “Behold, we are your servants.”<sup>19</sup> Joseph said to them, “Do not be afraid, for am I in the place of God?<sup>20</sup> But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.<sup>21</sup> Now therefore, do not be afraid; I will provide for you and your little ones.” And he comforted them and spoke kindly to them.*

“Nothing can justify an unforgiving spirit. He who is unmerciful toward others shows that he himself is not a partaker of God’s pardoning grace. In God’s forgiveness the heart of the erring one is drawn close to the great heart of Infinite Love. The tide of divine compassion flows into the sinner’s soul, and from him to the souls of others. The tenderness and mercy that Christ has revealed in His own precious life will be seen in those who become sharers of His grace.”—Ellen G. White, Christ’s Object Lessons, p. 251

### Vengeance?

**1 Samuel 26:1-27:4** When Saul died someone thought that David would rejoice at the news.

**Proverbs 24:17-18** *Do not rejoice when your enemy falls, And do not let your heart be glad when he stumbles; Lest the LORD see it, and it displease Him, And He turn away His wrath from him.*

**Proverbs 26:27** *Whoever digs a pit will fall into it, And he who rolls a stone will have it roll back on him.*

**Haman hung on his own gallows**

**Matthew 7:2** (NKJV) *“For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you.”*

**Romans 12:14–21** (NKJV) *Bless those who persecute you; bless and do not curse. ...<sup>17</sup> Repay no one evil for evil. ...<sup>19</sup> Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord.<sup>20</sup> Therefore “If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head.”<sup>21</sup> Do not be overcome by evil, but overcome evil with good.*

**Our Sin** - When we reflect on how much God has forgiven us, it makes our own little grudges against others seem rather petty.