

# OVERCOMING ADVERSITY



Have you ever been scared before? I mean real fear. Fear of not making it. Fear of not providing for your family. Fear of failure. Shall we go on? What about facing challenges like the loss of a loved one, financial challenges, relationship issues, health challenges, you know...things you never thought you would deal with? This is what is called adversity. This is a great quote, "Worry is a cycle of inefficient thoughts whirling around a center of fear". How true is that? Did you know your worry is ineffective and inefficient. The reason is because when you get through the struggle, you are a stronger and better version of you which means the more you go through the stronger you become. The blessings are endless.

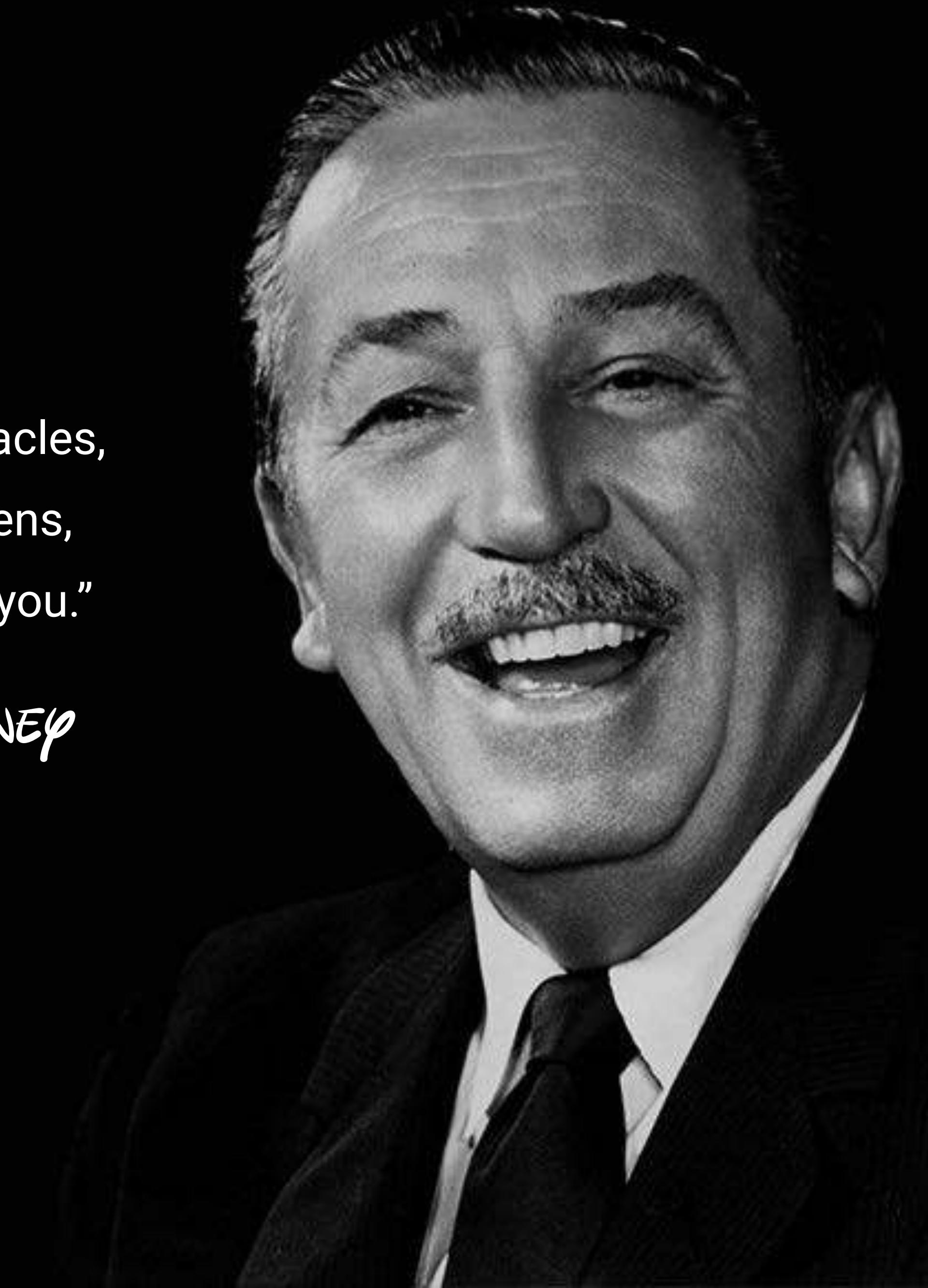


## Resistance Training

Joshua 1:9 says, "Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go." There is a reason why God is preparing you for struggle. It's like working out. The purpose of working out is to lose weight and look good...right? In order to do that you need to burn fat and build muscles. The ONLY way to do that is to feed yourself the right food and put resistance on your muscles, which breaks them down. Then the nutritious foods you're supposed to eat, rebuilds them back up bigger and stronger. Are you catching where we are going here. The adversities in life may break you down a bit at times, but when you feed yourself the Truth and the promises of God, you will be built back up stronger and better than ever.

"All the adversity I've had in my life, all my troubles and obstacles,  
have strengthened me... You may not realize it when it happens,  
but a kick in the teeth may be the best thing in the world for you."

- *WALT DISNEY*





# The Part When **JOSEPH HAS A DREAM**

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## Joseph has a dream...

To show the power of adversity, we are going to start with the biblical character Joseph. The son of Israel. We are going to start in Genesis 37 when we learn Joseph has some haters... his brothers. Joseph was sort of a miracle child as Israel had him in his old age and his brothers were jealous of Joseph because their perception was that he was the favorite child.

### **What dreams have you had that cost you something?**

So there was already animosity between Joseph and his brothers to the point where the scripture says they were not even friendly with him (v4). Joseph then has a dream from God where him and his brothers were wrapping up grain plants and his brothers grain plants bowed down to him. His brothers were FURIOUS because it was insinuating that the youngest Joseph, would rule over his oldest brothers. He then has another dream which is similar where the sun, moon and eleven stars were bowing down to him. He told his father and brothers and now even his father rebuked him.

Often times when we pursue the things of God adversity is almost a guarantee. Anything worth having is always going to be fought for. The focus of this week is to help you understand that adversity is not a sign that "God is telling you to stop", but a challenge to strengthen you in victory. The thing about God is that He doesn't remove your enemies, he strengthens you to defeat your enemies.

The Part When

# JOSEPH IS IN THE PIT



## Betrayed by his own flesh and blood...

Part 2 of this story is going to be focused on the pit. Ever been there before? Well, not literally...but you know what we mean. Let's continue the story. Josephs brothers are in a town called Shechem where they went to pasture their father's flock. Israel wanted to send Joseph to help them and he was very willing to go. Joseph is sent by his dad to meet his brothers in Shechem and when he gets there, finds that his brothers had left. They went onto another town called Dothan. So Joseph heads to Dothan.

Josephs brothers now see him coming and they were so angry about the dreams he had they had plotted to kill him. They started mocking him as he was coming closer and then jumped him, stripped him of his clothes and threw him in a pit. Afterwards, they sat down for a meal. SMH! While eating, Josephs brothers see a group of Midianites coming from Gilead and end up selling Joseph to them for 20 shekels of silver. 2/3 of the price of the betrayal of Jesus. The equivalent of \$80.

**BETRAYAL...HAVE YOU EVER BEEN BETRAYED?**





The Part When

# JOSEPH IS ACCUSED OF RAPE

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## Sitting on a Throne of Lies

Part 3 of our walk through adversity is going to be focused on accusation. Have you ever been accused of something you didn't do? Check out how this crazy story continues with Joseph. After the Midianites purchased him, they sold him in Egypt to a man named Potiphar. Awful name I know (Meanwhile, Josphehs brothers go back to their dad and told him Joseph was killed by a wild beast...LIES! SMH!). In Genesis 39 we read Potiphar was a wealthy and prestigious man. He was the captain of the bodyguards for Pharaoh. The amazing thing i that even though Joseph was a slave to Potipher he still became successful as the Bible states the Lord was with Him (v2).

One day, Potiphar's wife tried to pull something sneaky as Joseph was a handsome man. Potiphar's wife had cornered Joseph and pushed him to sleep with her on a daily basis. Joseph, being a man of character and integrity, refused. He loved and honored Potiphar too much to do such a thing. One day Joseph went into the house to do some work by himself and Potiphar's wife grabbed his garment yelling at him to have sex with her. Joseph refused and started to run away out of the house, which tore his clothes completely off. She was so embarrassed from being turned down like this that she called the guards of the home and told them Joseph had raped her! Joseph was then ordered, by a very angry Potiphar, to be thrown in jail.

**Have you ever been accused of something that you did not do?**

The Part When

# JOSEPH IS KING

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## Take The Knee

So we wrap up the 4 parts here with Joseph in jail, in Egypt. Just imagine what was going through his mind about his life so far? Then one day, Pharaoh has dreams that he wants interpreted. He calls upon Joseph because there was a rumor throughout the land that he accurately interprets dreams. Pharaoh asks Joseph for the interpretation and he gives it to him... and it wasn't an easy thing to say. He tells Pharaoh that the abundance of the seven years prior in his land will soon be forgotten because there is a famine coming that will destroy everything. Imagine saying that to a man who has (thinks he has) your life in his hands?

**If we were to ask 10 people to describe you in one word, what would that word be?**

Pharaoh was so impressed by the accuracy of the interpretation that he makes Joseph ruler over all of Egypt. He does this believing it will stop the famine because God was with Joseph. Joseph now rules in the place he came into as a slave, was accused of rape, and was bound in jail. He was able to rule because of his willingness to never give up and keep on believing in God. Shortly after all of his dreams had come true, as his brothers had come to Egypt for food...bowing to the King...Joseph! Even when it doesn't look good, God's plan will always come to pass if you just keep going.





## EXPECTATION

That you will encounter trials, adversity, discouragement, complacency etc...

BUT...YOU WILL WIN!

## Review:

- 1- What are your thoughts on the story of Joseph?
- 2- What do you think Joseph learned throughout his life?
- 3- What adversity has stopped you in the past?
- 4- Have you overcome it?
- 5- What are things you can do during adversity to overcome?



## Homework For Next Week

What promises have you made...

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that you broke? Why?