

# LIFE GROUP GUIDE

## Joseph

## Week 2

### GOALS

- To talk about the realities of temptations and Jesus empowerment for us to face them.
- To grow in community through learning God's word, vulnerability, and prayer.

### TIPS

- This has the potential to be powerful if your group feels safe and are vulnerable. Maybe be prepared to set the tone with some of the things you find tempting currently.
- Prayer time is important, especially in light of the truth of how to defeat temptations, ensure you leave enough time at the end to pray.

### HEADLINES

Sunday's message dealt a lot with temptation especially around power and sexual. If you missed the message, maybe go and give it a listen in case your Life Group members have any questions, concerns. This evening's topic is on the same passage of scripture, but try keep it open so members can speak about other temptations they may be experiencing.

### PRAYER

Father God, thank you for bringing us together this evening. Help us be open and honest with you, ourselves and each other. Help us build into community and become a better reflection of you to the world around us. Thank you for your patience and grace towards us. Amen

## DISCUSSION

Life Group Leader: decide if you wish to read the whole chapter out, or to tell the story narratively yourself (summarise). Introduce as a reminder about what the message was on.

1. What stood out for you on Sunday (if you were there) or from listening to this story/recap now?
2. Which part of Joseph's story do you associate with in chapter 39 - things going well and feeling God's blessing - things spiralling out of control despite your best efforts - feeling like you are rotting in prison - and why?
3. What are your default "go-to's" when you feel out of control, e.g. binge watch tv, over-eating, anger, anxiety, knuckle down and work harder, etc?
4. Are there any areas you can share where you are struggling with temptations?

Read the following scriptures: Philippians 2:5-11 and Hebrews 12:1-2

5. What do these scriptures say about Jesus' example of facing temptations?
6. What comfort is there to be had, knowing that Jesus left to come to earth help you deal with temptation?

## PRAY

Spend some time praying for what came up in question 4 and thanking Jesus for what he has said and done to help us stand up against temptations.

To end: Thank you, Jesus, for all you have done and won for us. Thank you that like with Joseph, you give us the strength and commitment to face trials and temptations when we focus on you. Help us bring you to mind when we are facing difficulties and hardships. Help us make you ultimate in our hearts and minds. Amen.

Maybe encourage everyone to pray specifically over the next week for the person sitting on their left.