

HEALING FROM LIFE'S HURTS

Part 8 of Foundation 260 - OT. Genesis 45:1-8.

Peter Foxwell. Cornerstone Church. March 1, 2026.

THIS IS A GAME-CHANGER

The ancient story of Joseph has modern insights.

- What he did illustrates a pathway to healing for us today.
- One of the benefits of the Christian faith is access to emotional healing and the Great Healer, God Himself.

GENESIS 45:1-8

Joseph's brothers traveled to Egypt, hoping to purchase grain during a famine in their homeland. They gained an audience with the prime minister, who was Joseph, the brother they sold into slavery. Will he kill them?

Genesis 45:1-8 (CSB) Joseph could no longer keep his composure in front of all his attendants, so he called out, "Send everyone away from me!" No one was with him when he revealed his identity to his brothers. 2 But he wept so loudly that the Egyptians heard it, and also Pharaoh's household heard it. 3 Joseph said to his brothers, "I am Joseph! Is my father still living?" But they could not answer him because they were terrified in his presence.

4 Then Joseph said to his brothers, "Please, come near me," and they came near. "I am Joseph, your brother," he said, "the one you sold into Egypt. 5 And now don't be grieved or angry with yourselves for selling me here, because God sent me ahead of you to preserve life. 6 For the famine has been in the land these two years, and there will be five more years without plowing or harvesting. 7 God sent me ahead of you to establish you as a remnant within the land and to keep you alive by a great deliverance. 8 Therefore, it was not you who sent me here, but God. He has made me a father to Pharaoh, lord of his entire household, and ruler over all the land of Egypt.

1. THE DECISION TO REVEAL OUR HURTS

When we hold onto emotional pain:

- We build a shell to protect us from people.
- We blow up as our wounds fester into anger and depression.
- Joseph had an emotional meltdown - venting his pain and anger.

Joseph named his pain and assigned blame - simply and honestly:

“I am Joseph, your brother,” he said, “the one you sold into Egypt” (verse 4).

Revealing is the path to healing.

- Talk about what happened and how you feel. Four helpful ways:
 1. Talk to the Lord, *“This is what happened, and this is how I feel about it.”*
 2. Keep a journal where you vent your feelings in writing.
 3. Meet with a trusted friend or professional helper.
 4. Talk to the people who hurt you - but only if it's safe and with support.

2. THE DECISION TO REFRAME OUR EXPERIENCE

We need an accurate perspective on what happened to us.

- In verses 5-8, Joseph put God in the frame.
- God had a purpose behind Joseph's pain:

Genesis 50:20 (CSB) You planned evil against me; God planned it for good to bring about the present result — the survival of many people.

Instead of drifting into:

- Fatalism (“it doesn't matter”), denial (“it wasn't that bad”), or self-blame (“I deserved it”); it helps to name the bigger purpose behind our suffering.

- We have to climb above the pain to see God’s purpose. For example:
 - God wants to refine our hope - Romans 5:3-4.
 - God wants to increase our empathy - 2 Corinthians 1:4
 - God wants to advance his salvation plan - Acts 2:23.

Whenever you experience hurt, reframe it. Tell yourself:

- “I don’t love what I’m going through, but God has a good purpose for this. He never wastes a hurt.”

3. THE DECISION TO RELEASE OUR ENEMIES

This is the most significant decision of the healing path.

- Forgive those who hurt us.
- Joseph decided not to hurt his brothers, but to help them (50:19-21).

Forgiving might not feel good, but refusing to forgive will hurt us.

- The best reason to forgive is that we’re forgiven:

Ephesians 4:32 (CSB) And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ.

Forgiveness looks like:

- We release them from our revenge or punishment.
- Forgiving is instant, trusting takes time.
- We do good to those who hurt us (when wise/safe to do so).
- Forgive before it is asked for.
- Forgiveness sets us free from the bitterness that chokes out faith/life.

CHRIST ON THE CROSS

Luke 23:34 (CSB) Then Jesus said, “Father, forgive them, because they do not know what they are doing.”

SMALL GROUP GUIDE

Review

- Review Peter's March 1st teaching and study guide.
- What were the main insights of Peter's teaching?
- What questions do you have about the passage or Peter's teaching?
- What were the main applications or takeaways for your life?

Discuss

1. Joseph both confronts the sin ("you sold") and comforts his brothers ("don't be grieved...or angry with yourselves"); what's hard about holding truth and tenderness together when you've been hurt by someone?
2. What's the difference in real life between revealing feelings in a healthy way that facilitates emotional healing and rehashing hurts to stay stuck (self-pity, wallowing, fatalism, denial, self-blame)? Try talking about a concrete situation.
3. Describe a time when it helped you to name God's bigger purpose for a painful experience, such as growing your character, empathy, ministry, wisdom, or dependence on God. How did it help?
4. Ephesians 4:32 ties forgiving others to being forgiven in Christ; how does remembering God's mercy change what feels "impossible" to release?

Prayer Focus

- Our 247 prayer: "Lord, please add daily to the Cornerstone those who are being saved."
- Pray for each other to experience God's healing power for life's hurts.