



Joseph's Journey: The Pathway from Hurt to Healing

A guide to moving from bitterness to betterment.

Based on the ancient wisdom of Genesis and the teachings of The Cornerstone Church.

We all carry tattoos and scars.

Whether it is a family betrayal, a workplace injustice, or a shattered dream, everyone carries the weight of broken promises.

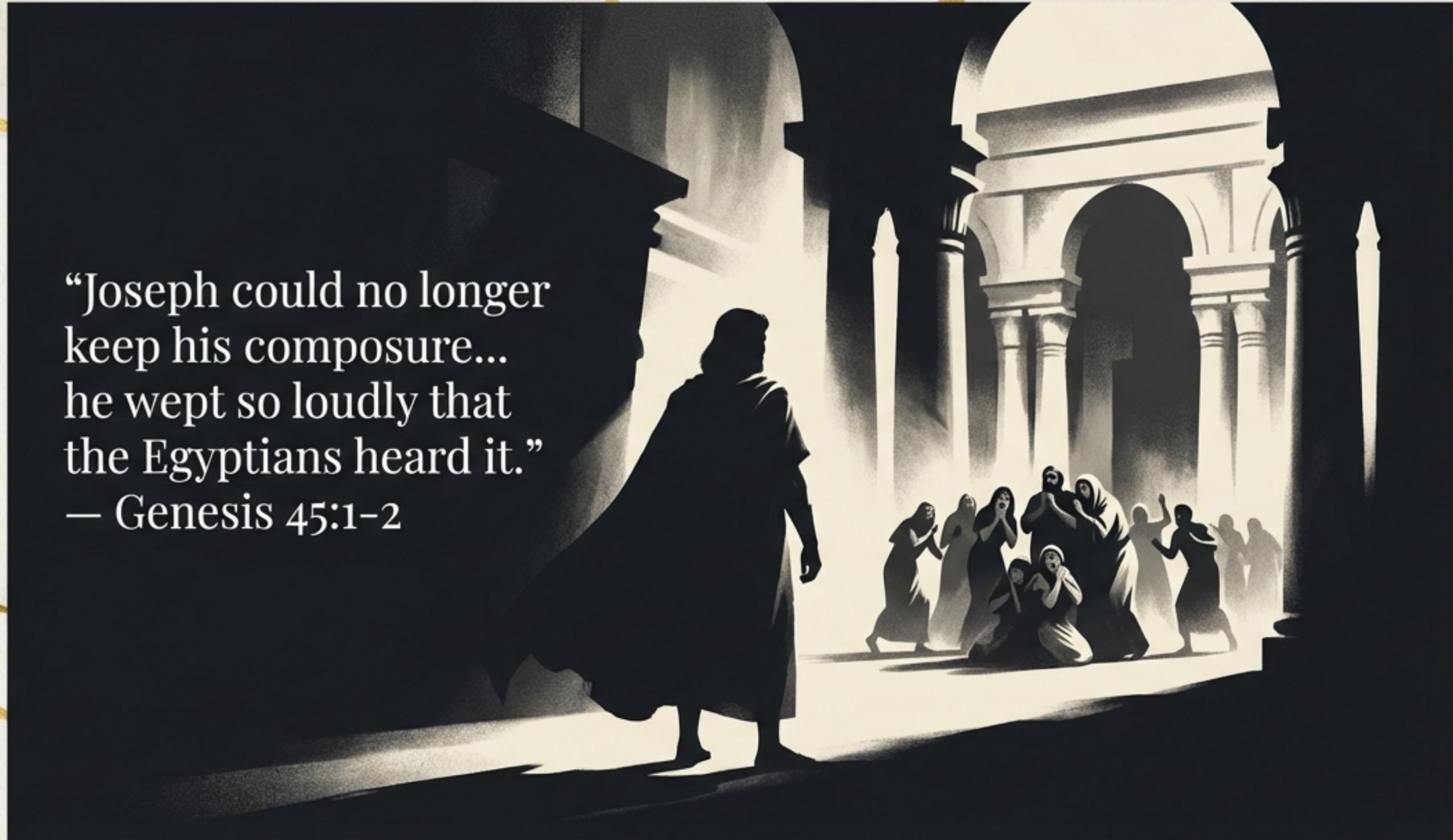
Emotional healing is available. We do not have to remain stuck in the past.

“This could be a game-changer.”

— Peter Foxwell

The Scene: Egypt, The Royal Palace

“Joseph could no longer keep his composure... he wept so loudly that the Egyptians heard it.”
— Genesis 45:1-2



The choice between Bitterness and Betterment

**Bitterness
(Revenge)**



**Betterment
(Healing)**

Joseph had the power to kill. He chose to reveal. Instead of seeking revenge, he chose a harder path. He didn't get bitter. He got better.

Three Decisions to Get Unstuck



Decision 1:
Reveal Our Hurts

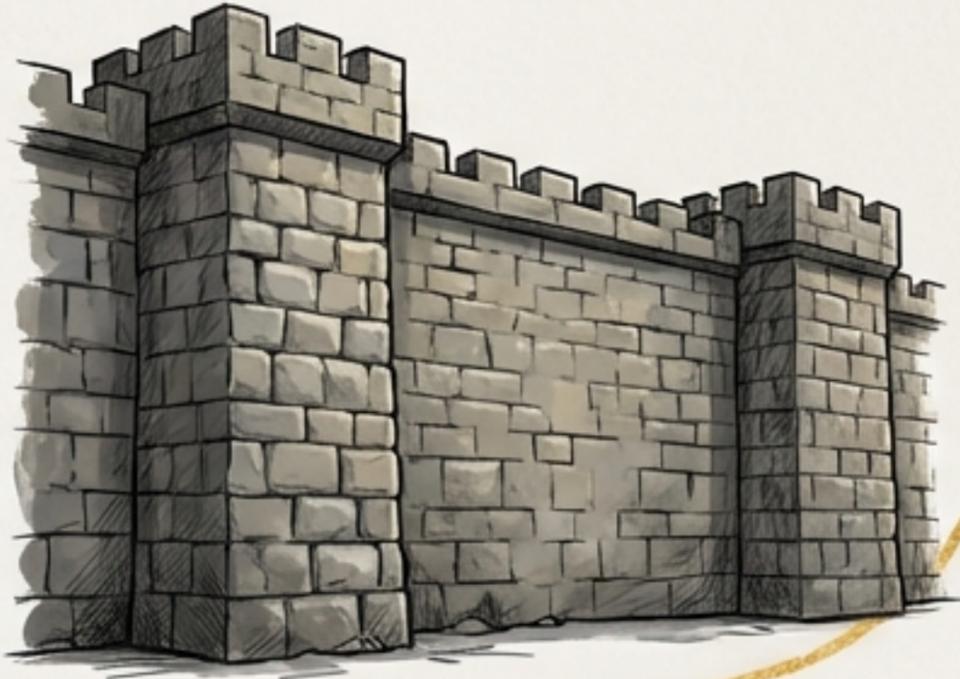


Decision 2:
Reframe Our Experience



Decision 3:
Release Our Enemies

Decision 1: The Danger of Suppression



The Shell



The Volcano

When we ignore pain, we build a shell to keep people out, or we fester until we explode.

“The volcanic emotional eruption will surely come. It’s going to be ugly.”

Revealing is Healing

The Lord

Tell Him: This is what happened, and this is how I feel.

The Journal

Vent feelings in writing to name the pain.

The Trusted Friend

Speak with a professional helper or confidant.

The Offender

Only if it is safe and done with support.

Decision 2: Reframe the Experience



We must climb above the pain to see the **purpose**. God never wastes a hurt.

“You planned evil against me; God planned it for good.” — Genesis 50:20 in Lato

The Three Purposes of Pain

Refine Hope

Affliction produces endurance and character. (Romans 5)

Increase Empathy

We comfort others with the comfort we received. (2 Cor 1)

Advance Salvation

God uses human actions for divine plans. (Acts 2)

Decision 3: Release Your Enemies



Holding a grudge is like drinking poison and hoping the other person dies.

“Forgive as God forgave you.” — Ephesians 4:32

When you release the enemy, you are actually releasing yourself from a prison of bitterness.

What Forgiveness Is NOT

Forgiveness vs. Trust

Forgiveness is instant.
Trust is earned over time.
You can forgive without re-entering the relationship.

Mercy vs. Justice

It is sometimes right and necessary to report a person to the authorities. This is not revenge; it is justice.

Keep your distance from dangerous people.

What Forgiveness Looks Like in Action



Don't Seek Revenge.

Release the desire to punish.



Do Good.

When wise, bless the enemy (Gen 50:21).



Do It Now.

Don't wait for an apology that may never come.

We forgive to stop the root of bitterness from choking our own faith.

The Ultimate Model



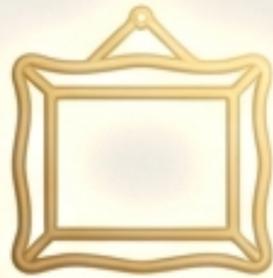
“Father, forgive them, because they do not know what they are doing.” – Luke 23:34

In the face of cruelty, injustice, and mockery, Jesus did not call down wrath. He prayed for mercy.

Why Jesus Forgave



He Revealed God's mercy to sinners.



He Reframed the Cross not as defeat, but as salvation.



He Released his executioners to die free of bitterness.

Our experience of forgiveness in Christ is the catalyst for our own healing.

Live and Love Again



Reveal your hurts.
Reframe your story.
Release your enemies.

Move from the past into a future where you are whole, healed, and free.