Podcast Worksheet
Are You a Hot Mess? Get Healing (Joseph's Story)

Scriptural Texts:
Genesis 45:1-15; 50:20

Main Points:

1. Time does not heal wounds. When the right circumstances come together, unhealed wounds are quickly fanned into full flame.
2. Our wounds may have gone dormant, but if they are not fully healed, they will continue to emit toxic waste.
3. Painful wounds make it hard to hear to God's voice.
4. Unhealed wounds make us desperate to maintain control, usurping God's place in our life as our true power, protector, and provider.
5. When we maintain control of our wounds we are not protecting them, we are preserving them.
6. Our season of healing is always confusing, messy, and uncomfortable.
7. God can't heal us until we relinquish control to him and allow him to do the needed work.
8. Just as God restored Benjamin to his big brother, Joseph, so God gives us the desires of our heart when we allow him to heal us.
9. When Joseph's healing was completed, he could see how God had been working toward a good purpose in his life all along.

Questions:

1. What are some of the wounds you have received in your life? How have these wounds interfered with your ability to see and hear God?

2. If friends, family, and coworkers were interviewed about you, how would they describe you? A controlling, manipulative, messy person? A kind, gracious, accepting person?

3. To what degree have you allowed God to do a healing work in your life? Are there unresolved issues that still need God's healing? Are there wounds you are still holding on to? If so, describe.

Prayer of Response:
Lord God, I realize there are still some wounds and rough edges needing your attention. I don't want to be a messy person, hurting people wherever I go. Forgive me for guarding these things rather than giving them to you. Please come and begin the necessary work in my life so I can get free from anything holding me back. I choose to trust you. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____

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