

Joseph and Life

“Life comes at you hard”

- No one to listen
- No one cared
- Lies were told and believed by those who loved him
- Hopes denied
- Expectations lost
- He was where he did not want to be.
- Life was not what he wanted.
- What would you say of his emotional well being?

His options? – Same as ours

- He could have withdrawn into himself.
- He could have become bitter and angry.
- He could have turned to other things.
- He could have ended it all – “this life not worth living.”

What were his best options?

- Change his circumstances?
- Above all else, guard your heart, for everything you do flows from it. (Pro 4:23 NIV)
- This was not the life he wanted, but it was the life he had – he would glorify God in it.

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A-----B-----C
(Event) (Meaning) (Emotion)

"I make myself angry."
(My anger IS my choice.)

A ----- C
(Event) (Emotion)

"You make me angry!"

(Anger is NOT a choice.)

Now this makes sense:

- 1 Peter 2:9-12
- 2:21-25
 - Guardian of your soul
- 3:8-13