



LEADER'S NOTES

Choose God

Proverbs 4:23; John 10:10; John 16:33; Romans 8:15-17; Genesis 37-50

Purpose of the Session

To help group members recognize how adversity—whether avoidable or unavoidable—can shape our spiritual growth and deepen our relationship with God. This week aims to encourage honest discussion, build faith, and equip members to choose God in the midst of difficulty, just as Joseph did in **Genesis 37–50**.

How to Use This Guide

Begin your group time by praying for wisdom, connection, and transformation. Use the 'Context for the Week' to frame the conversation with a short summary of the sermon. After talking about the suggested scriptures, start with the Sermon Reflection Questions to open hearts and get people sharing. Then walk through the Discussion Questions, using the notes below to help guide deeper reflection and connection.

Question 1 – Interpreting Adversity

Use this moment to talk about how we process hardship. Ask if group members tend to see adversity as God's punishment **or as spiritual attack—or something else**. Invite vulnerability and honesty. Highlight the importance of guarding our hearts (**Proverbs 4:23**) and gently correct harmful theology like 'God causes pain.' Emphasize God's presence and redemptive work, even in pain.

Question 2 – Avoidable vs. Unavoidable Adversity

Help the group differentiate between consequences of poor choices (avoidable) and suffering that comes through no fault of our own (unavoidable). Joseph's story includes both. Encourage people to consider how God has met them in both kinds of adversity. This section can lead to powerful testimonies of God's redemption.

Question 3 – Place Your Faith in God

This question invites application. Ask group members what it looks like for them to 'choose God' practically—through prayer, obedience, or surrender. Let them share challenges and victories. Use **Hebrews 11:1** to remind them that faith often operates even when we don't see immediate outcomes.

Question 4 – Focus on What Is True

Introduce this by talking about how feelings can distort truth during hardship.

Philippians 4:8 and **2 Corinthians 4:18** remind us to anchor ourselves in eternal truth. Ask what helps your group stay spiritually grounded (Scripture, community, worship). This can be a time to discuss spiritual disciplines or even struggles with staying focused.

Question 5 – Forgiveness

This can be an emotional section. Emphasize that forgiveness isn't pretending something didn't hurt—it's choosing not to stay chained to bitterness. Ask the group to reflect on Joseph's forgiveness of his brothers and how that model might apply to their lives. Be sensitive to those who are working through deep pain, and remind them that forgiveness is a process, not a one-time decision.

Closing Reflection and Prayer

Encourage the group to reflect on personal areas of adversity. Lead a time of honest sharing, followed by prayer. Pray specifically for courage to choose God, strength to forgive, and peace in the middle of unanswered questions. Consider reading a Scripture together or allowing time for silent prayer or journaling.