

Behind the Scenes
Week 4: Distress and De-Stress
Genesis 42:1-25

1. When Jacob tells his sons, “Why do you just keep looking at each other?” What does this reveal about how people often respond to distress? How do you tend to respond when you feel stuck or overwhelmed?
2. The brothers’ journey to Egypt is driven by famine. How has God used seasons of “famine” or lack in your life to move you toward something you would not have chosen on your own?
3. Joseph recognizes his brothers immediately, but they do not recognize him. What does this moment teach you about how God may be working in your life in ways you cannot yet see?
4. Joseph accuses his brothers of being spies, creating pressure and fear. Why do you think God sometimes allows distress or tension to expose what is hidden in our hearts?
5. The brothers say, “Surely we are being punished because of our brother.” How does unresolved guilt shape the way people interpret their circumstances?
6. Reuben reminds the brothers of their past sin. What role can honest confrontation play in healing old wounds or restoring relationships?
7. Joseph weeps when he hears his brothers’ confession. What does Joseph’s emotional response teach you about forgiveness, compassion, and the long process of reconciliation?
8. Joseph keeps Simeon in custody but sends the others home with grain. How do you see both justice and mercy operating in Joseph’s actions, and how do you balance those two in your own relationships?
9. The brothers discover their silver returned in their sacks and are terrified. Why do you think blessings or unexpected kindness sometimes frighten us instead of comforting us?
10. This chapter shows God working through distress, fear, and confusion to move His plan forward. Where in your life might God be using a stressful or confusing situation to accomplish something deeper? (Now or in the past).

Simple Bible Discovery Questions

Check In with Each Other: Have each person share:

- Love God: Where did you see God working this week? What makes you grateful?
 - Joys, struggles, breakthroughs with God
- Grow in Grace: What challenges did you face this week? How did you respond?
 - Positive or negative; good, bad or indifferent
- Share with Others: How did you share Jesus' love and truth this week?
 - By your actions; By your words

Apply God's Word:

- What stands out to you in this passage?
- What does this passage tell us about God, Jesus or His plan?
- What does this passage tell us about people?
- How can you specifically live out what you learned in this passage? Fill in this blank:
 - "I WILL _____"
- Who will you tell about what you discovered?