

WEEK 3 - THE HEALTHY RESOLUTION OF TRAUMA

SMALL GROUP DISCUSSION GUIDE

Leader Notes: For question 1, assign five group members the passages below and ensure they are all ready before you begin. It is a lot of Scripture to read, but it gives an overview and the context of Joseph's experience.

You can select option 1 or 2 below, depending on your group members participation in the On Your Own Exercises.

1) Read:

- a) Genesis 37.12-28
- b) Genesis 39.1-4; 11-20
- c) Genesis 39.20-22
- d) Genesis 40.13-15; 20-23
- e) Genesis 42.1-11

What would you have done if you were in Joseph's position? How do you respond when you are unfairly wronged by others?

2) Option 1: if group members HAVE completed the On Your Own Exercise, in turn, go around the room / group and each finish this sentence:

My experience with processing a trauma was...

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You don't have to share the intimate details of what happened. Most people find reading from columns 3, 4 & 5 or giving a summary of the entries on these columns helpful.

3) Option 2: if group members have NOT completed the On Your Own Exercise. As a group, taking turns, read the entire chapter of Genesis 45.

What impresses you most in this story?

What challenges you most in this story?

What is God saying to you?

What will you do about it this week?

*In Freedom Session processing a wound / trauma is called completing a "Mirror Inventory."