

BE STILL

WHOSE IN CONTROL

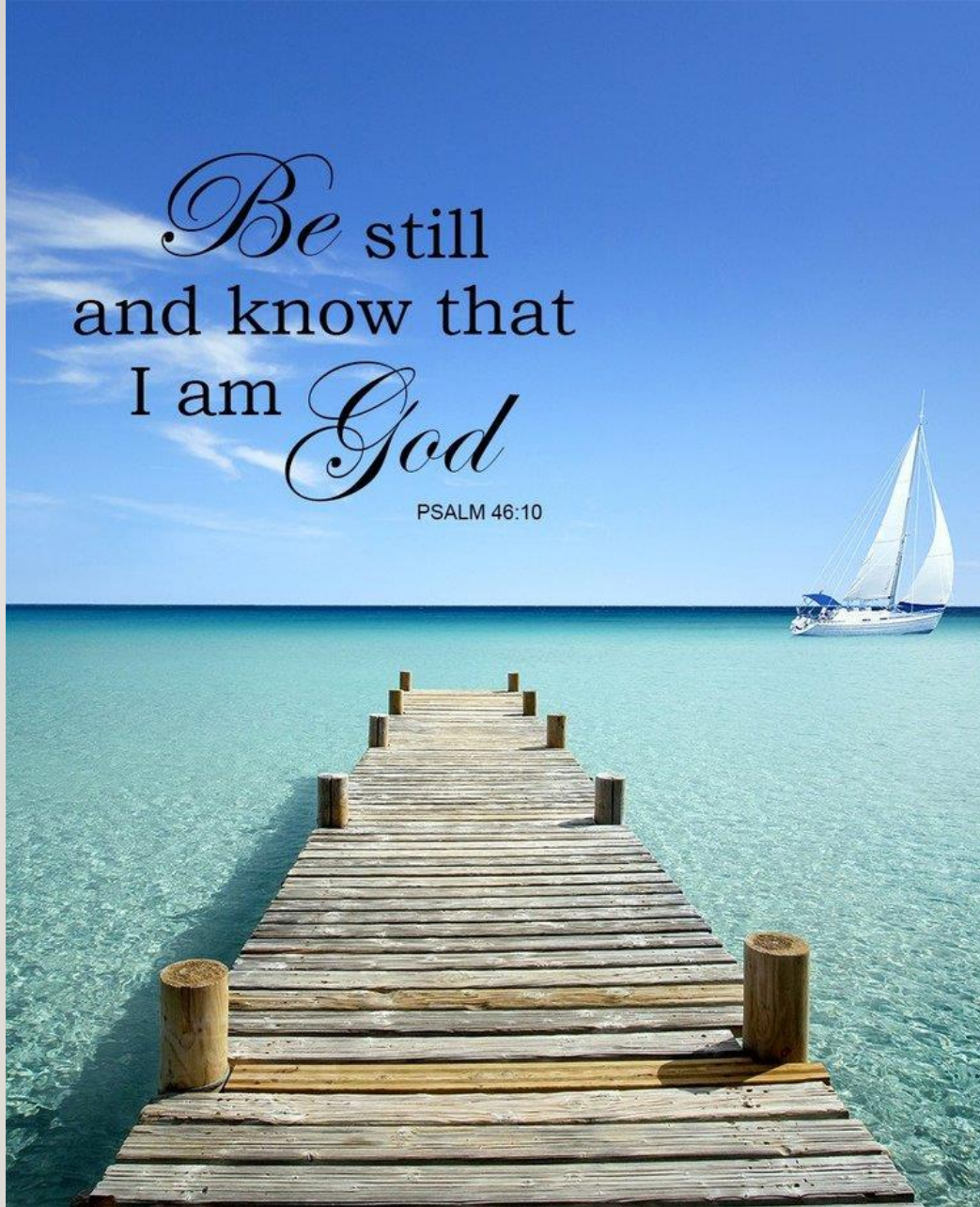
JUST BE HELD

Casting Crowns



Be still
and know that
I am *God*

PSALM 46:10



JOSEPH'S JOURNEY GENESIS CHAPTERS 37-50



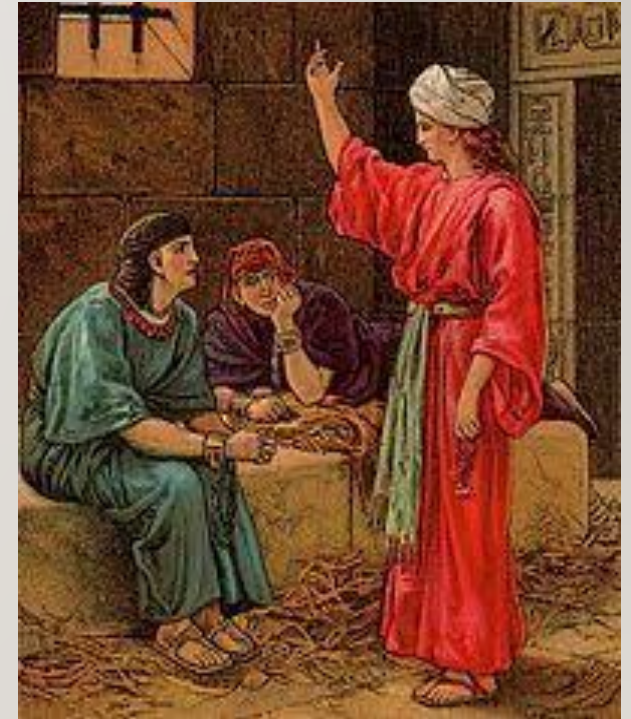
DISCUSSION QUESTION I

- What do you think were the possible thoughts and feelings Joseph was experiencing at this point in his life when he was thrown down the well and then sold to Midianite Merchants ?



DISCUSSION QUESTION 2

- What might Joseph been thinking and feeling when he was forgotten by the King's Cupbearer?



INSIGHT & UNDERSTANDING

- Helpful & unhelpful prayers and comments; root causes not understood
- Training as a counsellor and personal counselling
- Shelia Walsh's book
- Psalm 46: 10
 - ✓ Be still and know that I am God
 - ✓ From the Hebrew - Raphah רָפָא : (raw faw)
 - ✓ Imperative or command



RAPHAH (RAW FAW)

- Defined – to let drop; to let go; to be weak
- Its about LETTING GO OF CONTROL
 - ✓ Releasing false notions of my holiness
 - ✓ Surrender
 - ✓ Abandon
 - ✓ Relaxing
 - ✓ Dying to self
 - ✓ Choosing to be weak and helpless
 - ✓ Reaching the end of your own strength

ME IN CONTROL

- Self justification (need to be seen as right)
- Self determination (pride)
- Striving to make things happen
- Legalistic
- Lacking self confidence
- Anxiety; Addiction
- Deep mistrust of God; loss of intimacy

GOD IN CONTROL

- Letting God be God
- Listening to and hearing from God
- Not striving
- Trusting God
- Confidence in God
- Intimacy with God
- Peace

CONCLUSION

- Joseph was able to be real and release the pain when he revealed himself to his brothers (Gen 45:2) and when reunited with his father Jacob (Gen 46:29)
- He was able to say “You meant it for evil, but God meant it for good.”
- I hold in mind the verse my mother saw on the hospital wall as I was being born “You will keep him/her in perfect peace, whose mind is steadfast because he/she trusts in you.” (Isaiah 26:3) and.....
- Psalm 46:10 - Be still and know that I am God

WHILE I WAIT

Lincoln Brewster

