



WORKBOOK

**Working  
Through Your  
"It"**

# WELL BUILT ACADEMY

## Sermon Series



### **I Am Not Over "It"**

The Story of Joseph Genesis Chapters  
37-50

## Lesson Plan

Lesson 1-God Has Always Been With Me

Lesson 2-The Power of Influence

Lesson 3: The Importance of Removing The  
Mask

Lesson 4: The effects of Suppressing Their  
Emotions Have On Their Behavior & Assignment

Lesson 5: The Importance & Working of  
The Holy Spirit

Lesson 6: Understanding My "It" and  
How To Work Through Our "It."

Romans 8:28-29 (NIV)

28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. 29 For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters

# What To Expect

Goal #1 of this course is to enlighten students from a Biblical perspective on the importance of accepting their traumatic experiences, pain, and struggles; and the importance of expressing their emotions.

1. Learning Objective: By this course's end, students will be able to understand that God has always been with him.
2. Learning Objective: By this course's end, students will understand the importance of removing the mask.
3. Learning Objective: By this course's end, the student will understand the effects of suppressing their emotions on their behavior and assignment.

Goal #2 of this course is aimed so that the student in the course will understand the importance of the indwelling of the Holy Spirit to work through it, and they will be able to share with others

1. Learning Objective: By this course's end, the student will understand the power of their influence.
2. Learning Objective: By this course's end, the student will understand the importance and the working of the Holy Spirit.
3. Learning Objective: By the course's end, the student will understand there is and how to work through it.

# INTRODUCTION

THANK YOU FOR BEGINNING THE JOURNEY OF WORKING THROUGH YOUR "IT." THIS JOURNEY IS SIGNIFICANT FOR SPIRITUAL TRANSFORMATION. WE MUST UNDERSTAND THAT SPIRITUAL TRANSFORMATION IS A PART OF THE HEALING PROCESS, AND THE PROCESS IS NOT EASY. THE HEALING PROCESS CAN BE CHALLENGING, AND WHETHER OR NOT WE CAN WORK THROUGH IT WILL DEPEND ON YOUR MINDSET. OUR PERSPECTIVES ON HOW WE VIEW LIFE HAS BEEN ALTERED BY TRAUMATIC EXPERIENCES, CHRONIC STRESS, OR ADVERSE CHILDHOOD EXPERIENCES. OUR EXPERIENCES HAVE CAUSED SOME OF US TO BECOME NUMB, AVOIDING, SUBJECTIVE, OR OBJECTIVE.

AS WE WORK THROUGH THIS WORKBOOK, WE WILL BE ABLE TO IDENTIFY OUR VIEW IN PERSPECTIVE AND WHAT WE CAN DO TO MOVE US TO A PLACE OF EMPATHY AND SEEING AND FEELING THE WAY THAT GOD SEES AND FEELS. OUR PERSPECTIVES AND OUR STATES OF MIND AFFECT NOT JUST OUR RELATIONSHIPS BUT OUR RELATIONSHIP WITH CHRIST. AS WE WORK THROUGH OUR "ITS, " IT IS A PROCESS THAT WE MUST ENDURE TO COME TO A PLACE OF WHOLENESS THROUGH CHRIST JESUS. WHILE WORKING THROUGH YOUR "ITS, " THIS WILL REQUIRE FAITH. AS WE UNDERSTAND THAT FAITH IS THE SUBSTANCE OF THINGS HOPED FOR AND THE EVIDENCE OF THINGS NOT SEEN. NOW WE MAY NOT SEE HOW IN THE STATE WE MAY BE IN; WE CAN GET TO A PLACE OF WHOLENESS. THE GREATEST THING IS BECAUSE OF THE CROSS, WE HAVE BEEN MADE WHOLE; WE MUST NOT LEARN HOW TO WALK IN IT.

## Lesson 1- God Has Always Been With Me

As we study the story of Joseph, he had to deal with family issues, betrayal, rejection, false accusations, a position where he had increased, imprisonment, and then promotion. That is a lot for one person to have dealt with, yet he still maintained His trust in God. The amazing part is that Joseph did not have the indwelling of the Holy Spirit. As we are aware in the Old Testament, the Holy Spirit rested upon individuals and did not dwell inside of them. So, if Joseph was able to work through the "thick of it" with his emotions and experiences, and we now have the Holy Spirit living in us, we can not only work through our "its," but we can walk in the victory we have over our "its."

*Reading:*

**Read Genesis 37-5-10**

### Reflections:

How many have been rebuked? How many have been hushed in their times of traumatic events? Times of chronic stress? How many have been told that what happens in this house stays in the house? How many have dealt with that family issue where you had to keep quiet and could not tell anyone, or if you said something, they REBUKED you? Now we sitting here with a plethora of "its" and do not know how to deal with them.

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## *Affirmation*

I am anointed, appointed,  
and I have a plan.

### Genesis 37:10- 11

In v10, Jacob asks Joseph, "What kind of dream is this you have had?"

As we begin to dig deep about our "its," and as you have read, Joseph already has "its." He has an "it" of family, jealousy, and an "it" of being gifted. It is clear that God is speaking through him but instead of his Father, Jacob, teaching his 17-year-old son how to be meek or not to express everything God gave him. Instead, he did not believe the child but said, "He would keep it in mind." How many have those "its" where you have seen things or heard things from God, but no one trained you or talked to you about it? Now I am stuck in a family that cast me aside, or maybe wanted to harm you or perhaps they did break you. We are left feeling mistreated because we had a gift.

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They saw him in the distance, and before he had reached them, they plotted to kill him. They said to one another, "Oh, look, here comes that dream expert!" Genesis 37:18–19

## Read: Genesis 37:12-24

How many feel that our family members tried to kill us? I am not talking about physical death, but it was an emotional death. I believe that the worst thing that one can be in is a place of emotional unhealthiness. Still, we are sitting where our emotions have us in a very unhealthy state of mind as we quickly adjust to the conditions of the mind. You will see with his brothers when they were plotting to kill him; Joseph's brothers viewing perspective was warped. It was subjective, and they could not see what God saw or feel what God felt. Joseph's brothers could only see themselves and what they wanted.



So, as we continue in the story and as Joseph's brothers are plotting to kill him, we have to determine that his brothers' viewing perspective was subjective. Let us identify their states of mind; most likely, they were in resignation or resentment. They had no viewing ability, nor did they have enough strength to make the right decision. There are three states of mind that our "its" will have us in:

1. Resignation- is giving up on changing things, settling for what happens, even if it hurts us. It is a surrender to obstacles, not because they are insurmountable but because pessimism or mental fatigue overcomes us. You have no strength in the situation and limited viewing ability.
2. Rejection
3. Tolerance-acceptance of others whose actions, beliefs, physical capabilities, religion, customs, ethnicity, nationality, and so on differ from one's own. You recognize it, and when questioned, there is an acknowledgment that always ends with a "but."

#### ***Viewing Perspectives:***

***Numb-"I can't see, feel anything."***

***Avoidant-"I avoid seeing anything."***

***Subjective-"I see just my viewpoint."***

***Objective-"I see what an observer sees."***

***Sympathetic-"I see what the other person sees."***

***Empathetic: "I feel what the other person feels."***

***"I see, feel, what God sees and feels. This viewing perspective has a balance between thinking and feeling."***

**Reflection: Which state of mind fits you? What is your current viewing perspective regarding your "its?"**

Reflection: I want you to take this time and discuss the "its" in your family. How do you relate to Joseph?

Now, with a better understanding of one's state of mind and viewing perspective, we can understand why Joseph's brothers behaved the way they did. We are not making excuses for individuals' behavior because of what they have been through, which is unfair. I'm not making excuses, nor am I justifying anything; however, we can see their perspective and how they perceive things. We can see most of Joseph's brothers were in a resentful state of mind, while the others were in a place of rejection. So, due to their states of mind, this is why they wanted to kill Joseph.

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These verses are so profound because it shows how God had his hand on Joseph the entire time. Joseph has been thrown into a pit, stolen, and sold, but God still has his hands on him.

Read Genesis 16:1-10 (CSB)

V11. 11 The angel of the Lord also said to her:

"You are now pregnant

and you will give birth to a son.

You shall name him Ishmael,[a]

for the Lord has heard of your misery.

These verses are important in understanding how God still his hand on Joseph even while he was in the pit. Ishmael, son of Hagar, was not the child of promise but who would establish the generation of the Ishmaelites. The Ishmaelites were the ones who purchased Joseph and started him on the journey to Egypt. The Ishmaelites also remind us that the Lord has heard of our misery.

**Reflection: I want you to take this time and discuss the "its" in your family. How do you relate to Joseph?**

**Read: Genesis 37:23–36**

**Keywords: "Ishmaelites" & Midianites**

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## *Affirmation*

**Declare, "I am in Egypt because my family is in a spiritual famine. God is using me to speak life into them." I have everything that I need for this life. I am gifted, anointed, and appointed. God has given me the plan."**

*Reflection:* Take a few moments and begin to write down how you can recognize that God has always been with you. How do you know that he always heard your cry of affliction?

God had already set it up for Joseph through generations before him, as we read in Genesis 16 and 25. Joseph comes along in Genesis 37, and who would have thought that God would use what man had interfered in for the good of a nation? We just looked at Ishmael as a wild donkey that was not the child of promise but God! God had already heard Joseph cry in the pit. How do I know? Ishmael is the father of the Ishmaelites, remembering that Joseph's brothers sold Joseph to the Ishmaelites. I am so thankful that we serve a God that hears our cry of affliction.

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Abraham had another wife by the name of Keturah, whom he married after Sarah died (Genesis 25:1). Keturah had four sons with Abraham, and one was named Midian, who was the father of the Midianites. In Genesis 37:38, the Midianites purchased Joseph from the Ishmaelites, and they sold Joseph to Potiphar, an officer of Pharaoh. Can you see that no matter what we have gone through, God has always had his hand on us and heard us?

As we conclude this lesson, God kept you; it may not have been as you thought it should be, but God's hand was always in it. What you thought was a mistake was all set up by God. "I had the dream, and my family disowned me. I told them I would be somebody, but they disputed that I would not. Whatever family issues I may have, I must see God was always with me. The hands that I fell into it was God, that used them as a way for me to accomplish what He promised me."

At the beginning of this lesson, we discussed how Joseph had to deal with family issues of betrayal and rejection. The challenging part of it was this was all done by his very own family. God had His hand on him because God gave him a position and increase once Joseph arrived in Egypt. We must not neglect our position. In the position, I am in, "I don't have to live the hurt of the past any longer. I was not a mistake."

**Declare, "I am in Egypt because my family is in a spiritual famine. God is using me to speak life into them." I have everything that I need for this life. I am gifted, anointed, and appointed. God has given me the plan."**

**Reflection: You may need to identify some other family "its." Allow the Holy Spirit to illuminate those areas in your life and write them down. It is essential to identify our "its" because "we are not over it yet."**

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