

From the heart

Genesis 45:1-15

Joseph is now a powerful leader in Egypt. Having tested his brothers' motivations, he reveals himself to them and an emotional reconciliation ensues. Joseph sees the hand of God in all that has happened to him.

Read this week's passage:



Living Scripture

Then Joseph said to his brothers, 'Come closer to me.' And they came closer. He said, 'I am your brother Joseph, whom you sold into Egypt.' Genesis 45:4

Saying sorry or forgiving those who say sorry to us can sometimes be difficult. Joseph's brothers had put him in a well and then sold him into slavery. When he met his brothers again many years later, Joseph was very important. Instead of hitting back at his brothers, he forgives them and begins to mend their relationship, which is why he tells them to come closer to him.

Joseph was a man who knew God in his heart. We can also know God in our hearts, especially when we try to live like Jesus, who shows us how to be kind and caring to people around us. When we make unwise choices or things go wrong in our lives, God forgives us and encourages us to say sorry to others so that we can mend friendships. We are also encouraged to forgive others in turn and take little steps to heal these friendships.

Take a moment to wonder where we might say sorry or forgive others. What are the challenges that make it hard to forgive?

First impressions

- When was the last time you cried?
- Which is easier: showing forgiveness or being forgiven? Why?
- Can you pray for a situation where reconciliation or forgiveness is needed?



Pray



Lord, you know our heart:
the thoughts that guide our words,
the motivation that guides our actions.
We are sorry when we do things that hurt others.
We are sorry when we stand by when others are hurting.
Help us to be motivated by truth and kindness.
Make us more like Jesus. Amen.



Make a slip knot using the video. Think of situations which are 'knotty' or messy and, as you pray for them, pull the loose threads away, letting the knot come undone.

REFLECT

Is forgiveness an easy concept for you? Is it easier to forgive or to be forgiven? Can you think of a time you forgave someone or were forgiven? How did it feel? You could journal your responses or discuss with a friend or family member.

Find more free Roots resources to reflect on this week's theme:



Consider Joseph's generosity, and his role in managing food resources during famine – look into a local or global project providing food for those in need and see what you could do to help.

Questions



As a household unit, each take the Apology Language Quiz to find out your 'apology language'. Spend some time as a unit chatting about the results. Do you all have the same apology language? Will the findings impact how you say 'sorry' in the future?