***Wisdom from the Curious Life of Joseph – Part III – What To Do When You Are Hurt – Gen 40-45***

**FBC Nacogdoches – Sunday, May 3, 2020 – A.M. Message**

# Description

— Sometimes life hurts. Sometimes people in our lives hurt us. Whether it is in marriage, with friends, or even at church, the bruises can be deep and long-lasting. So, how do we keep this from robbing us of life, joy, peace, and a future of hope? How do we deal with the wounds that seem to never heal? In this message, we will learn from the life of Joseph the hope-giving truth and power of forgiveness. How can we really forgive? How can we forgive in messy circumstances? How can we escape bitterness? The Genesis story of Joseph gives us a refreshing and encouraging answer.

# How to Deal with the Hurt?

# I. Focus on the sovereignty of God.

# II. Don’t delay forgiveness.

— How do I forgive?

**A. Keep perspective.**

**B. Ask for help.**

**C. Rinse and repeat.**

# III. Stay in your lane.