



Episode 11 Study Guide: Forgiveness & Healing Family Relationships

Genesis 42-50

"Come Follow Me" Old Testament Manual

00:00-09:12	"Family stress, parents & children: The need for family healing"
09:13-15:33	"You're either in the trial or your being prepared for it."
15:34-24:30	"Joseph's example of love & forgiveness"
24:31-33:34	"How to 'get out of the box' & 'see the other person'"
33:35-38:14	"How to identify relationship problems, communicate, & seek help"
38:15-42:43	"Ask forgiveness, change & bring God into it"
42:44-46:11	"Joseph's life is similar to the life of Christ"
46:12-51:45	"Patriarchal blessings: God will bless you"

Study Questions/Exercises

- How have you been "prepared" for hard times in your life? How are you using your times of "plenty" to prepare for future times of "famine?" Temporally? Spiritually? Emotionally?
- Is there someone in your life who needs your forgiveness? Is there someone of whom you need to ask forgiveness? How might you take steps toward forgiving or seeking forgiveness this week?
- Exercise:** Listen to 24:31-33:34. Work on "getting out of the box" with someone you're struggling with.
 - "*Seeing the other person*"—Imagine you're someone removed from the situation, and try to see the other person as this "outside person" would see them.
 - Write out all you see as you try to understand this person's experiences, emotions, thoughts and behaviors in a new way.
 - After you've been able to do this, reach out and tell this person you're sorry for not "seeing" them before. Attempt to make amends, communicate, and seek forgiveness for both of you. Or, if it's not a healthy relationship, use what you've learned to at least develop greater empathy for and forgive them.
- When it comes to family relationships, are you being honest with yourself about how you feel? If so, what are you feeling? Can you become very clear on it? If not, what is blocking you? What might you do to be more honest with yourself in your relationships? How might you communicate more effectively what you really feel?

5. If you have seen any of the “4 Horsemen of the Apocalypse” (by John Gottman) in your relationship, how might you work to identify and work on these things? (Criticism, stonewalling, defensiveness, contempt)
6. How are you seeking to bring God into your relationships? How are you coming unto Christ in times of relationship stress or hardship? How might you better do this with your family and other relationships?

Resources

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