

YOU'LL

GET

THROUGH

THIS

DAY ONE

Re-read

We walked through the return of Joseph's brothers into his life. Now read the story for yourself, and consider what you can pull from it.

Read Genesis 42-45.

Reflect

Their Time

What especially strikes you from this story? Write a brief paraphrase, in your own words, of what is happening.

All Time

What principle(s) can you learn from this passage? Write out the timeless truth(s) from the section you paraphrased above.

My Time

What is the personal application of the all-time principle(s)?

DAY TWO

The Rally Cry

Read this statement slowly and carefully. Allow the words to settle in.

"You'll get through this.

It won't be painless.

It won't be quick.

But God will use this mess for good.

In the meantime don't be foolish or naïve.

But don't despair either.

With God's help you will get through this."

Taken from [You'll Get Through This: Hope and Help for Your Turbulent Times] by [Max Lucado] Copyright© [2013] by [Max Lucado]. Used by permission of Thomas Nelson. www.thomasnelson.com.

Reflect

Which sentence of the rally cry resonates with you today? Why?

Where is God seeking to do an inner healing work in you, and how is our rally cry speaking into it?

Pray it Back

Turn this statement into a prayer back to God.

DAY THREE

Dig Deeper



Watch or listen to *NMC Digging Deeper* on one of the following platforms:

- **App:** Click “You’ll Get Through This” on the home page
- **iTunes:** Subscribe to the *NMC Digging Deeper* podcast
- **NMC Website:** Visit nmc.church/media
- **Facebook:** Visit facebook.com/nmcconline

Reflect

After listening or viewing this week’s episode, write down any impressions or takeaways:

DAY FOUR

In Good Company

Pastor Derry referenced Paul's call from Ephesians 4:32 to forgive just as in Christ, God forgave you. This comes in the midst of some great instructional teaching.

Read Ephesians 4:25-32.

Reflect

Which challenge or instruction especially resonates with you? Write it out as it appears in the scripture.

Why does this resonate with you?

How can you put this into practice?

DAY FIVE

Worship Through Music

In the first week of our study, Pastor Dave encouraged us to find our default mechanisms when walking through the tough times of life. A great place to go is worship. Today, take some time to worship the Lord. Here are three options; you can do one, two or all!

Listen to one of the *You'll Get Through This* playlists available on the NMC app under the "Recommended Resources" button.

Make your own *You'll Get Through This* playlist and listen.

Read PSALM 91 as a worship song to God.

Reflect

As you listen to this music or work through Psalm 91, use this space provided to reflect and respond to God:

DAY SIX

Pre-read

Let's prepare for Sunday's message.

We will walk through a large section of scripture. Read or skim through
Genesis 46:1-47:11.

Reflect

Jot down some of your initial impressions from this section of Joseph's life.

THE JOURNEY CONTINUES

App

You can work through this devotional week-by-week on our app! Each day will save to your phone, even after you close the app. Just tap on "You'll Get Through This" on the home page, and you'll find this devotional, recommended resources, and the *NMC Digging Deeper* podcast.



The Nappanee Missionary Church App

Available in App Stores



Recommended Resources

We've gathered a list of recommended resources from NMC pastors and staff. These include books, devotionals, worship playlists, and more. Stop by the Ministry Center to pick up copies of these resources.

You can also see this list and listen to worship playlists on our app.

Digging Deeper

Digging Deeper is a NMC podcast that explores this series on a deeper level. NMC pastors and Christian mental-health professionals will share a wide range of insight and expertise on this topic.

Ready to listen? This podcast will be released every Wednesday and can be accessed on the following platforms:

- **App:** Tap "You'll Get Through This" on the homepage
- **iTunes:** Subscribe to the *NMC Digging Deeper* podcast
- **NMC Website:** Visit nmc.church/media
- **Facebook:** Visit facebook.com/nmconline

Blog

Each Sunday, we will hear a story of hope from someone who has gone or is going through a difficult circumstance. Later in the week, we will dive deeper into each story on our blog. Visit nmc.church/blog every Thursday to read more about stories of hope in the midst of painful circumstances.