**Learn in Community**



Small Group Study

**Volume Overview**

**How does God help me overcome?**

For I can do everything through Christ, who gives me strength. ([Philippians 4:13](https://ref.ly/logosref/Bible.Php4.13))

*Because of God’s strength in them, many people we read about in the Bible were able to overcome difficulties. In the same way, God can help us overcome challenges in our life, regardless of what we face. Why is it important for us to know that Jesus gives us strength in our everyday life? How does God help us deal with the hard situations we face? How do we handle temptation? What do we do when we feel alone? These are a few issues we’ll look at in this volume.*

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| ***You Will Need***   * *Large, open space for the activity*   ***Getting Ready***   * *Secure and clear the large space for the activity prior to the session.* * *First time leading* Learn *for Youth? Look here for the* [*Facilitator Guide*](https://0b769b0ed3569ef9d18b-f88d8272f61086866d50d048b43ef630.ssl.cf2.rackcdn.com/sites/biblengagementproject/Listen_Facilitator_Guide.pdf)*.* |

*To access session content and videos from a computer, visit:* [*BibleEngagementProject.com/downloads*](https://bibleengagementproject.com/downloads)

**Engage**

**Welcome**

*Take this time to welcome everyone, introduce new students, learn names, and thank everyone for coming.*

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| **QUESTION**  Has anyone dreamed the same dream more than once? If so, are there any that you’d like to share with the group? |

**Opening Prayer**

*Prayer thoughts: Thank God for each student here, and ask Him to be present during the group time today. Pray for your church and all the families represented in your group. Pray that the Holy Spirit would speak to each individual in a unique way as you study the Word of God together.*

**Introduction**

Today we’ll continue to learn from the life of Joseph in the Old Testament. Our focus will be on how God helps us overcome loneliness. Feelings of loneliness are something all of us have experienced in different ways. I’m sure everyone here has wrestled with what to do when facing loneliness. Let’s dive in.

**Group Activity**

**Chain Link Tag**

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| ***You Will Need***   * *Large, open space for the activity*   ***Getting Ready***  *• Secure and clear the large space for this activity prior to the session.* |

Today we’ll be playing a game that’s a twist on the idea of overcoming loneliness. For our activity today, we’re going to play tag. But unlike a regular game of tag, the person who’s It won’t be alone. Instead, a group will link arms to form a chain. Then, the It chain will chase down everyone who is trying to avoid being tagged.

If you get tagged, you’ll join the It chain until every student has been added. The It chain can’t be broken. If the group unlinks their arms, the chase stops until everyone who’s It rejoins as a chain.

• *Depending on the size of your group, designate two or three students to start as It. These students will link arms to form a chain.*

• *The other students are essentially playing alone and trying to avoid being tagged by the It chain.*

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| **QUESTION**  Did it become easier to tag others when more people were added to the It chain? Why or why not? |

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| **QUESTION**  Was it easier to avoid being tagged as the chain grew bigger or not? Why do you think that is? |

Those who were It worked together as a group toward a goal. But those being chased played alone. When you were being chased, you may have felt like everyone was against you. This is similar to how we might sometimes feel in life. We may feel like we’re all alone and have no one to help. Other times we may feel forgotten and left out, as if everyone is against us. Let’s watch the video and then discover what God’s Word has to say about loneliness.

**Watch**



**Consider What the Bible Says**

*Ensure each student has access to a Bible, preferably the same version.*

Today, we’ll continue our study of Joseph in the Book of Genesis. Joseph navigated a very lonely season in his life. You may recall that he had been falsely accused and didn’t deserve his punishment. Today’s story highlights how he’s still away from his family and homeland in prison and in a foreign country. He could have easily been discouraged and felt alone.

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| **QUESTION**  How do you imagine Joseph felt being in prison and separated from his family? |

**Don’t Allow Your Situation to Keep You from Making a Difference**

We might assume that being separated from family and friends like Joseph was automatically means we’re alone. But feeling lonely and being alone are two different things. Loneliness is a feeling that we all experience in different ways sometimes. But our feelings aren’t always the same as facts. Let’s read about how Joseph handled his loneliness.

Read [Genesis 40:1–8](https://ref.ly/logosref/Bible.Ge40.1-8).

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| **QUESTION**  In prison, what was Joseph’s responsibility for Pharoah’s cupbearer and baker? |

In spite of Joseph’s situation, we can tell from verse [8](https://ref.ly/logosref/Bible.Ge40.8) that he kept God in perspective. While some people would let injustice and prison drive them away from God, Joseph seemed to hold on to Him.

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| **QUESTION**  Do you think God uses rejection in our life to draw us closer to Him? How so? |

Because Joseph knew God, he was in a unique position when the chief cupbearer and chief baker had dreams that no one else could interpret. But Joseph still had to choose to help them.

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| **QUESTION**  What steps can we take to continue helping others even if we’re feeling lonely or rejected? |

**Did You Know?**

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| *Many scholars agree that what really caused the imprisonment of both the cupbearer and the baker was a failed assassination attempt on the Pharaoh. Both positions were integral to the preparation of food for the Pharaoh, arguably the most powerful leader in the world at that time. Their positions were created to protect the Pharaoh. If an attempt to poison Pharaoh ever took place, both positions could be held responsible. In this instance, it appears that regardless of the attempt being foiled, the baker was either held responsible or actually was responsible. He was impaled for his actions or lack of protecting his leader.* |  |

**Keep Seeking God and Stay the Course**

With God’s Spirit in us, we’re always equipped to be used by Him, even when we’re in lonely or challenging circumstances.

Read [Genesis 40:9–19](https://ref.ly/logosref/Bible.Ge40.9-19).

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| **QUESTION**  Why do you think Joseph was able to interpret the dreams so easily? |

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| **QUESTION**  Do you find it easier or more difficult to hear from God when you feel alone or discouraged? Why? |

Joseph was faithful to God. He was willing to be used by God to interpret the dreams, even in his unjust imprisonment. And he did it without having the assurance that he would get anything in return. That sounds like someone committed to God’s work regardless of how he feels.

**You Can Trust God Even When You Feel Forgotten**

Read [Genesis 40:20–23](https://ref.ly/logosref/Bible.Ge40.20-23).

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| **QUESTION**  Did Joseph’s interpretations and request to be remembered get him out of prison? What happened? |

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| **QUESTION**  How do you think Joseph felt as his time passed by and day after day he heard nothing from the two men he had helped? |

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| **QUESTION**  What does this suggest about our obedience to God guaranteeing we won’t face rejection or loneliness? |

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| **QUESTION**  Why does the enemy seem to use loneliness and rejection so often against people? |

Our enemy, the devil, wants to get our eyes off of God and others, and make us feel like we’re all alone. Joseph was probably tempted to feel this way. But he trusted God’s plan even though he was alone in prison. God had given Joseph dreams earlier in his life. Joseph had to keep trusting in God’s perfect timing to see those dreams become true.

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| **QUESTION**  Is anyone willing to share a time when you felt forgotten by a family member or friend? |

**Reflect**

**God Helps Me with Loneliness**

Loneliness is something many of us are familiar with, especially when we go through difficult circumstances. Remember, loneliness is a feeling. Feelings are temporary. They come and go.

The truth is, we’re never alone when we know God. He never leaves us, no matter what. Even when we go through difficult times, we can trust Him just like Joseph did. God has a perfect track record. He is faithful! We have to learn to trust God even when things get difficult and we feel lonely or rejected. He will help us overcome!

**Listen to God**

Let’s take time to consider how our life demonstrates a real trust in God. These questions are meant to serve as a conversation between you and God. Sharing your responses with the group is completely voluntary.

• *Pause for a few moments of silent reflection before asking students if they want to share.*

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| **QUESTION**  Has the enemy tried to use rejection in your life to destroy your trust in God? If so, have you spent the time with God repairing that trust? |

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| **QUESTION**  What emotions were stirred by looking at Joseph’s response to loneliness and rejection? How might God use those feelings and this story to help you now and in the future? |

**Activate**

As you reflect on the topic today, ask God to help you remember that He is with you when you face loneliness. Feelings are real, but they aren’t the only truth. Our feelings will change, but God never changes. His presence is always with you. In fact, when you know Jesus, His Spirit is *within* you. What a cool truth to remember!

God made us with emotions, so there’s nothing wrong with feeling them. The challenge comes when we let emotions steer our life instead of God. We can overcome anything we face if we live for Him! Next time you feel lonely, take time to be alone with God. This is a good exercise for turning loneliness into an opportunity to grow closer to our God.

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| **Salvation Opportunity**  *Include this if you think there may be some in the group who do not have a personal relationship with Jesus.*  God’s presence in our life starts with a relationship with Him. Even though the devil wants us to feel isolated and alone, God wants to be with us. God sent His one and only Son, Jesus Christ, to save you and me because He loves us so much. He knows everything about us, including the emotions we feel. It doesn’t matter what you’ve done or how far away you feel from God. He is ready to forgive you. All you have to do is accept Him as your personal Lord and Savior, and He will be with you.  **Is there anyone here that we can pray for who doesn’t have a relationship with Jesus or wants to renew their relationship with Him?**  *Take a moment to acknowledge those who respond, and thank them for their desire to make things right between themselves and God. Pray with them as we close in prayer or after the group time is over. Following group time, talk more about where they are in their walk with God and how you might be able to help.* |

**Prayer**

Heavenly Father, thank You for Your presence that never leaves us. Thank You for being trustworthy and true. In a world that is constantly changing, where we experience different emotions every day, we know that You are the One who never changes. Your love for us is real. You help us walk through everything we face, even the hard stuff. Help us to remember that You are with us when we feel lonely. We put our trust in You. In Jesus’ name, I pray. Amen.

**Conclusion**

Remember that all of us experience emotions in life, even loneliness. Emotions are not evil, but if we let them go unchecked, they can keep us from God’s best for our life. Don’t forget that the devil, our enemy, will try to make us feel isolated, lonely, and depressed. These things are not from God. He didn’t create us to be victims; He makes us victorious. Because of Jesus, there is nothing we could ever face that is too big for God to help us get through! We are never alone. God has a plan for our life, and we can trust Him in any circumstance.

Don’t forget about the personal devotions provided for you on the app. These devotions will help you as you grow in your daily walk with Jesus. Also, let them be a reminder this week that they are something you’re not doing alone; you’re doing them as an important part of this community. I’m looking forward to seeing you next time!