

Life Notes

MISSION JH | April 21/22

Day 1 - Not An Easy Life



READ: Genesis 37:23-28; 39:19-20. Joseph was a follower of God. Sometimes we get the idea that following God will make life easy... but that's not true. It's a tough road! Joseph's story shows us this. His life was full of drama... but no matter what situation he was in, Joseph knew God was with him.

LOOK: As you experience tough situations, remind yourself that God is with you.

JOURNAL: Where is it easiest to remember God is with you? Where is it the hardest? Why do you think that is? What can you do to remind yourself He is there?

Day 2 - God's Story

READ: Genesis 39:3-4 & 39:22-23. Joseph's life was part of a bigger story... something beyond anything he could imagine. He had no idea that things were ever going to get better, so what did he do? He worked and remembered God. God was so evident in Joseph's life through his actions and attitude that he was put in charge in places where he was a prisoner! He was part of a bigger story.

LOOK: There may be someone around you going through a tough spot in their life. Find ways to encourage and love them today.

JOURNAL: Is it hard to remember that you are part of a bigger story? The actions and attitudes of today may have an impact beyond anything you'll ever know...

Day 3 - Always With You

READ: Joseph knew God was always with him. Is this a truth that you know too? Today we are going to read Psalm 139. Read the whole thing once. Stop and pray... ask God to show you what he would like you to know. Read the passage again. If a word or phrase stands out to you, take a few moments and think about why God may want you to know that truth right now... then JOURNAL these discoveries.

LOOK: Remind yourself throughout today that you are known and loved. If you get a chance, remind a friend or family member too!

Day 4 - Trusting God

READ: Knowing God is with us does not help much if we don't trust Him. Joseph trusted that no matter where he was, God was taking care of him. Let's jump forward to our Savior. Read John 14:1. Jesus told us that we can trust Him. Here are some things about God that you can trust. God is with you. God knows you. God is good. God's story is good. God loves you. God will never leave you.

LOOK: Throughout your day, remember that you can trust God. Help your friends remember this truth too.

JOURNAL: Which of the 'things you can trust' above is easiest for you to know. Which is hardest to believe? Why do you think that is?

Day 5 - Trust = Joy

READ: Romans 15:13. When we are in bad situations, we usually feel emotionally lousy too. Living a life for God and trusting Him no matter where we are brings something amazing to our heart... JOY. A good definition of Joy is: An irrational, uncontrollable, unmanageable sense of gratitude, peace and love. This doesn't mean that we will never be sad or angry - it does mean that we have comfort in our sadness, calm in our anger, peace in our anxiety. Trust = Joy.

LOOK: You are loved! Look for ways God is showing himself to you.

JOURNAL: Can you think of someone who went through something hard in their life and still had a joyful attitude throughout it? Write about them and what you learned.

Talk about it...

Questions & topics for conversation with your leaders, family & friends...

- Discuss where it is easiest to remember God is with you... how about hardest?
- Can you think of examples of people who were part of a bigger story but didn't know it?
- Discuss what you learned from Psalm 139.
- Talk about Joy - and the difference between Joy and Happiness.
- Was there a time recently that you needed God but felt like He didn't show up for you?
- Was there a time recently that God really showed up for you and you felt His presence or guidance?

Contact Information

If you have questions or would like someone to talk to this week, email Josh at joshb@mission68.org. We would also love to hear your story - what are you learning and how are you growing closer to God and your MISSION family? Let us know by sharing with your leaders or emailing Josh.

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