



Making Peace with Pain *Thriving Under Pressure*

Genesis 45:1,3-5,9-11,15: Then Joseph could no longer control himself before all his attendants, and he cried out, "Have everyone leave my presence!"...³ Joseph said to his brothers, "I am Joseph! Is my father still living?" But his brothers were not able to answer him, because they were terrified at his presence. ⁴ Then Joseph said to his brothers, "Come close to me." When they had done so, he said, "I am your brother Joseph, the one you sold into Egypt! ⁵ And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you... ⁹ Now hurry back to my father and say to him, 'This is what your son Joseph says: God has made me lord of all Egypt. Come down to me; don't delay. ¹⁰ You shall live in the region of Goshen and be near me—you, your children and grandchildren, your flocks and herds, and all you have. ¹¹ I will provide for you there...¹⁵ And he kissed all his brothers and wept over them...

Psalms 13:1-4: How long, Lord? Will you forget me forever? How long will you hide your face from me? ² How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? ³ Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, ⁴ and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

Psalms 13:5-6: But I trust in your unfailing love; my heart rejoices in your salvation. ⁶ I will sing the Lord's praise, for he has been good to me.