

Cognitive Behavioral Therapy is based on the framework that our thoughts, emotions, and behaviors are all related and influenced by one another.

“Beliefs” in CBT are the essential or “core” ideas we hold about ourselves and the world, the lenses we use to interpret events in our lives. These are deeply held and rooted in stories we tell ourselves and have been told by those around us.

Genesis 41:1-8 Pharaoh has 2 disturbing dreams that no one can interpret

Genesis 41:9 The Cupbearer remembers Joseph when Pharaoh is receptive

Genesis 41:46 Joseph was 30 years old (He was 17 when his story begins)

Genesis 41:50-52 Joseph has 2 sons in Egypt, Manasseh (meaning “It is because God has made me forget all my troubles and all my father’s household”) and Ephraim (meaning “It is because God has made me fruitful in the land of my suffering”)

Forgiveness “is letting go of the need for revenge and releasing negative thoughts of bitterness and resentment”

*Forgiveness Myth 1: Forgiving means forgetting* - The memory may remain but what you think the past event means changes

*Forgiveness Myth 2: Forgiving means I’m saying how I was treated is okay or permissible* - Forgiving doesn’t minimize the pain or always lead to reconciliation, it means you stop drinking the poison hoping it will hurt the other person.

Forgiveness challenge: Often forgiving ourselves is the hardest person to forgive - Using phrases like following could be a good sign you haven’t forgiven yourself:

- “I should have been...” / “If I was...” / “It’s all my fault...”

Genesis 50:20 “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

“God writes straight with crooked lines”

When granting forgiveness remember to:

- Acknowledge your pain and anger
- Be specific about your future expectations and limits
- Give up your right to “get even”, you can insist on being treated better
- Let go of blame, resentment, and negativity
- When safe work towards reconciliation

## How do we heal & forgive when wronged?

Origins: Tough Questions, Real Answers

Pray: Lay down any distractions, control, fears, etc. that will keep you from fully engaging in your time together.

### Looking Back:

What is an event you would like to feel differently about? Recall both what happened, but also what meaning you ascribe to it about yourself, the world, God. (ex: Does this event show that you are unworthy of love, insignificant, that the world is out to get you, or that God doesn't care about you?)

### Looking Up:

When you think of that event that you have not experienced forgiveness yet, where do you notice it in your body? What thoughts accompany that memory? What emotions are brought up? Why do you think that is?

If you were able to forgive another or yourself, what would you have to let go of? Is it worth it?

What would you gain by experiencing forgiveness?

### Looking Forward:

Imagine your future self:

- If you were able to forgive how would your life change?
- How would you view yourself differently?
- How would practical decisions change as a result of this forgiveness?
- How does offering or asking for forgiveness change your walk with God?

### Spiritual Practice for October: Silence/Solitude.

Set a minimum of 5 minutes/day aside to be in silent reflection before God. During this time, seek to quiet your mind and heart. Ask God to examine your heart and bring to your attention anything that you need to hand over to Him. Discuss your experience with your life group at the beginning of each week's gathering.