



Anger is often related to being hurt by someone. Learning how to handle that hurt is key to controlling anger.

B.L.U.F. – Forgetting is the secret of accepting the hurt.

1. A Memorable Story – _____ Genesis 37-41

Genesis opened with the story of the 1st family where uncontrolled anger resulted in murder. Genesis closes with the story of a later family where forgiveness resulted in sustained life.

1. Childhood – a Dysfunctional Family Genesis 37
2. Slavery – at the Hand's of Brothers Genesis 37
3. Potiphar's House – a Place of Influence Genesis 39
4. Jail – Another Place of Influence Genesis 39-41
5. #2 in the Empire – the Top of His Game Genesis 41
6. 1st Son Born – Manasseh Genesis 41:51
7. 2nd Son Born – Ephraim Genesis 41:52

2. Some Impacting Steps to _____ Genesis 50

The story of Joseph's experience teaches four impacting steps that are related to this concept of forgetting the pain caused by others.

1. _____ Their Pain v. 17b
2. Learn _____ Requires Vengeance v. 19
3. Accept that Painful Things Can _____ Good v. 20
4. Reach Out to _____ the One Who Hurt You v. 21



43100 Center Street
South Riding, VA 20152
www.cbc4me.org
703-327-0204

It's your choice to forget.