



Get a Grip 5 Fundamentals for a Better Life

“Joe’s Journey” Background Review

- Family of 12
- Dreamed of Greatness—Genesis 37:7-9
- Love by Father
- Hated by Brothers
- Sold Into Slavery
- Given Opportunity by Potiphar

Fundamental #1
You have to choose
resilience in the place
of resistance.

Notes _____

Genesis 39:6

Fundamental #2 for a Better Life

What is _____ ?

“... the ability to govern and discipline oneself by the use of reason... sagacity or shrewdness in the management of affairs... skill and good judgment... caution or circumspection as to danger or risk...”
 —Webster’s New Collegiate Dictionary

The opposite of _____ is _____.

“... to give free reign... to take unrestrained pleasure: to gratify... to yield to desire...” —Webster’s New Collegiate Dictionary

⁹He is not greater in this house than I am, nor has he kept back anything from me except yourself, because you are his wife. How then can I do this great wickedness and sin against God?” ¹⁰And as she spoke to Joseph day after day, he would not listen to her, to lie beside her or to be with her.
 —Genesis 39:9-10 ESV

- _____ choices begin with an understanding of the “ _____ ”

Temptation is: _____, _____ and _____!

¹⁴But each person is tempted when he is lured and enticed by his own desire. ¹⁵Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death. —James 1:14-15 ESV

_____ is the _____
 to fulfill a God-given _____ in a _____ way.

Notes _____



Lies Men Believe

- > _____
- > _____
- > _____
- > _____
- > _____

Satan wants to D-E-R-A-I-L your usefulness to God and destroy those you love.

- D** _____
- E** _____
- R** _____
- A** _____
- I** _____
- L** _____

- _____ choices are made on the

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

—1 Corinthians 10:13 ESV

“You cannot play with the animal in you without becoming wholly animal, play with falsehood without forfeiting your right to truth, play with cruelty without losing your sensitivity of mind. He who wants to keep his garden tidy doesn’t reserve a plot for weeds.” —Dag Hammarskjöld

⁷Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. ⁸For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.

—Galatians 6:7-8 ESV

1 Thessalonians 4:1-5, 7-8

Flee from sexual immorality...
—1 Corinthians 6:18 ESV

Notes _____

- _____ choices require

Notes _____

“In our members there is a slumbering inclination towards desire which is both sudden and fierce. With irresistible power desire seizes mastery over the flesh. All at once a secret, smoldering fire is kindled. The flesh burns and is in flames. It makes no difference whether it is sexual desire, or ambition, or vanity or desire for revenge, or love of fame and power, or greed for money, or, finally, that strange desire for the beauty of the world, of nature. Joy of God is in course of being extinguished in us and we seek all our joy in the creature. At this moment God is quite unreal to us, he loses all reality, and only desire for the creature is real; the only reality is the devil. Satan does not here fill us with hatred of God, but with forgetfulness of God... the lust thus aroused envelops the mind and will of man in deepest darkness. The powers of clear discrimination and of decision are taken from us... It is here that everything within me rises up against the Word of God.” —Dietrich Bonhoeffer

Galatians 5:16-24