

This month, we are going to examine Joseph's life from Genesis Chapters 37-50 to learn how to flourish even during difficult situations. Today, I want to show you why staying in survival mode is detrimental and what you must do to escape it.

### ***What is survival mode?***

- Survival mode is an adaptive response triggered by the autonomic nervous system that helps you focus and combat threats.

You shift into survival mode during a traumatic experience, after the loss of a relationship or career, or when you are overwhelmed or burned out. Survival mode usually prompts you to fight, flee, or freeze.

### ***How long are you supposed to stay in survival mode?***

- You are supposed to exit survival mode once the threat is gone.

### ***What happens if you stay in survival mode too long?***

- You will miss out on all kinds of exciting opportunities.
- You will become more and more tired, depressed, and irritable.
- You will become selfish.

### ***What do people stuck in survival mode need to know?***

- God sent His Son, Jesus, to show us how to live abundantly!

Jesus again said to them, *“Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers, but the sheep did not listen to them. I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture. The thief comes only to steal, kill, and destroy. I came that they may have life and have it abundantly.”* (Jn 10:7–10, ESV)

### **Genesis Chapters 37-50 tell us about Joseph's life.**

1<sup>st</sup> – Joseph is a favoured son. Genesis 37:1–4

Jacob favored his son Joseph over all his other sons because Joseph was Rachel's firstborn son (30:22–24). Jacob's favoritism for Joseph produced a divided and dysfunctional household.

2<sup>nd</sup> – Joseph is a despised dreamer. Genesis 37:5–11

Joseph's dreams were meant to inform him and his family that God had an important purpose for Joseph's life. Joseph was going to save Israel!

3<sup>rd</sup> – Joseph is a sad slave. Genesis 37:12–28

Joseph's brothers were going to kill him, but Reuben convinced them to throw Joseph into a dry cistern. But after Reuben left, Judah (praise) convinced his brothers to sell Joseph to some Ishmaelite traders.

Joseph was stripped of his multi-colored tunic, thrown into a dry cistern, and then sold to slave traders! The favored son that God said would be a great ruler was frightened, sad, angry, and confused. I'm sure Joseph shifted into survival mode. But he did not stay there long.

### ***How did Joseph escape survival mode?***

- Joseph learned to use his past, be content with his present, and focus on his future.

### ***Some Personal Questions...***

1. *Are you stuck in survival mode?*
2. *Do you believe Jesus can give you an abundant life?*
3. *Are you ready to learn how to view your past, present, and future properly?*