

**YOU'LL**

**GET**

**THROUGH**

**THIS**

# DAY ONE

## Re-read

We walked through the initial journey of Joseph in the first week of our study. Now take a moment to study this section of Scripture on your own.

Read Genesis 37.

## Reflect

### Their Time

What especially strikes you from this story? Write a brief paraphrase, in your own words, of what is happening.

### All Time

What principle(s) can you learn from this passage? Write out the timeless truth(s) from the section you paraphrased above.

### My Time

What is the personal application of the all-time principle(s)?

## DAY TWO

### The Rally Cry

Read this statement slowly and carefully. Allow the words to settle in.

*"You'll get through this.*

*It won't be painless.*

*It won't be quick.*

*But God will use this mess for good.*

*In the meantime don't be foolish or naïve.*

*But don't despair either.*

*With God's help you will get through this."*

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### Reflect

Which sentence of the rally cry resonates with you today? Why?

Take some time to work on committing this statement to memory.

### Pray

Turn this statement into a prayer back to God.

*God, I believe I will get through this.*

*It won't be painless.*

*It won't be quick.*

*But I am trusting that You will use this mess for good.*

*In the meantime, help me to not be foolish or naïve.*

*Help me not despair either.*

*With Your help, God, I WILL get through this.*

*Amen.*

# DAY THREE

## Dig Deeper



Watch or listen to *NMC Digging Deeper* on one of the following platforms:

- **App:** Click “You’ll Get Through This” on the home page
- **iTunes:** Subscribe to the *NMC Digging Deeper* podcast
- **NMC Website:** Visit [nmc.church/media](http://nmc.church/media)
- **Facebook:** Visit [facebook.com/nmconline](https://facebook.com/nmconline)

## Reflect

After listening or viewing this week’s episode, write down any impressions or takeaways:

# DAY FOUR

## In Good Company

Joseph was not the only person to be placed in a pit as he sought to walk with God. Today, read the story of Daniel.

Read Daniel 6.

## Reflect

### Their Time

What especially strikes you from this story? Write a brief paraphrase, in your own words, of what is happening.

### All Time

What principle(s) can you learn from this passage? Write out the timeless truth(s) from the section you paraphrased above.

### My Time

What is the personal application of the all-time principle(s)?

# DAY FIVE

## Claim It

Let's claim a promise for the times we are in the pit.

Read Psalm 40:1-3.

## Reflect

What pit do you find yourself in?

How does the promise found in Psalm 40:1-3 speak to that pit?

Take a moment to turn Psalm 40:1-3 into a prayer back to God.

## DAY SIX

### Pre-read

Let's prepare for Sunday's message.

Read Genesis 39.

### Reflect

Jot down some of your initial impressions from this section of Joseph's life.

# THE JOURNEY CONTINUES

## App

You can work through this devotional week-by-week on our app! Each day will save to your phone, even after you close the app. Just tap on “You’ll Get Through This” on the home page, and you’ll find this devotional, recommended resources, and the *NMC Digging Deeper* podcast.



The Nappanee Missionary Church App

Available in App Stores



## Recommended Resources

We’ve gathered a list of recommended resources from NMC pastors and staff. These include books, devotionals, worship playlists, and more. Stop by the Ministry Center to pick up copies of these resources.

You can also see this list and listen to worship playlists on our app.

## Digging Deeper

*Digging Deeper* is a NMC podcast that explores this series on a deeper level. NMC pastors and Christian mental-health professionals will share a wide range of insight and expertise on this topic.

Ready to listen? This podcast will be released every Wednesday and can be accessed on the following platforms:

- **App:** Tap “You’ll Get Through This” on the homepage
- **iTunes:** Subscribe to the *NMC Digging Deeper* podcast
- **NMC Website:** Visit [nmc.church/media](http://nmc.church/media)
- **Facebook:** Visit [facebook.com/nmconline](https://facebook.com/nmconline)

## Blog

Each Sunday, we will hear a story of hope from someone who has gone or is going through a difficult circumstance. Later in the week, we will dive deeper into each story on our blog. Visit [nmc.church/blog](http://nmc.church/blog) every Thursday to read more about stories of hope in the midst of painful circumstances.