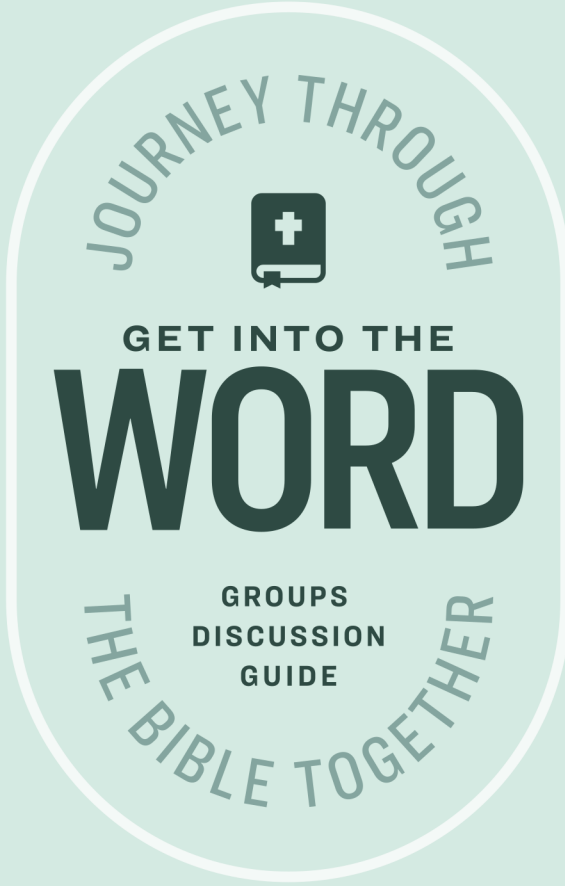




Week of Sunday,
March 29, 2026

TABLE OF CONTENTS

02

Introduction

03

Discussion Questions

04

Application Questions

05

Questions for Families | Bible Reading Plan

06

Resources

07

Commentary

09

Sermon Notes

Living out our God-given calling as we follow Jesus and make disciples every day.

Growing in the MARCS of a Disciple Everyday!

MARCH FOCUS - MISSIONAL

Select a question below to ask the group to gauge how you are growing in these MARCS of a disciple.

1. Who did you intentionally engage this week who does not follow Jesus? What was the context?
2. Where did you sense God prompting you to speak or act—and how did you respond?
3. How are your current rhythms (schedule, hobbies, work) helping or hindering mission?

INTRODUCTION

Genesis 37 and 50:20 show Joseph walking through betrayal, injustice, and pain without losing sight of God's hand at work. These same themes appear in the life of Jesus and in our lives as well. This guide is designed to help you move from merely knowing these stories to living them, refusing a victim mentality, trusting God's providence in hardship, and discipling others through their own "pit" seasons. Use these questions to identify real next steps of faith, obedience, and encouragement this week.

Genesis

READ ALOUD

Genesis 37:3-4 and **Genesis 37:23-34**

DISCUSS

Opening Question: Share about a time when something painful or disappointing happened in your life that later turned out to be a blessing in disguise.

- How is Joseph described as a “beloved son,” and how does that parallel the way God the Father speaks about Jesus at His baptism? What does this teach about God’s love and His choice of certain individuals for specific purposes?
- How does being thrown into a pit shape the understanding of Joseph’s suffering?

Have someone read aloud **Genesis 45:4-8** and **Genesis 50:20**

- How does Joseph interpret his own suffering and the evil done to him by his brothers?
- How can these verses shape the way we understand suffering, injustice, and God’s providence in our own stories?

DISCUSS & APPLY

- Where are you most tempted to see yourself only as a victim, and what would it look like this week to respond in faith instead of self-pity?
- Joseph’s pit, prison, and famine seasons prepared him for future leadership and service. In your current challenges, what might God be training you for?
- How does the reality that God is working through everything for our ultimate good and His ultimate glory change your perspective of the world around you? (**Romans 8:28**)

RESPOND

Think of a painful season in your life: how could God redeem that season and use it to help or comfort someone else? Who specifically could you encourage with that story?

Praying as a Church - Week 9 Prayer Prompts

(Share and pick some to pray through as a group.)

Adoration

- Praise God as the One who sees, El Roi, and hears. Like He saw the affliction of His people in Exodus 3, spend time acknowledging Him as “I AM”—self-existent, faithful, and unchanging.
- Praise God for how He has blessed Long Hollow through the years. For previous pastors who paved the way for the new, for the faithful founders who prayed over the land before breaking ground, to the members, regular attenders, and visitors we have today.

Confession

- Repent of self-reliance. Like Moses’ hesitation in Exodus 3-4, bring your insecurities honestly before God and surrender your excuses.
- Confess any complacency toward injustice or suffering around us. Ask God to soften our hearts to what He sees and hears.
- Repent of prayerlessness. Where we have operated in strength instead of dependence, ask the Lord to renew our humility.

Thanksgiving

- Thank God for redeeming what was meant for harm in your own life. Specifically recall moments where hardship produced growth or deliverance.
- Thank the Lord for how He has preserved and sustained our church family through seasons of transition.
- Express gratitude that God hears the cries of His people (Exodus 2:23–25) and responds in His perfect timing.

Supplication

- Pray for courage to obey when God calls you into uncomfortable obedience, just as He called Moses.
- Pray that our church would be attentive to God’s voice and responsive when He sends us to difficult places.
- Ask the Lord to raise up deliverers, leaders, and servants from within our church family who will walk in humility and boldness for His glory.

This Week:

- Pray for the mission team traveling to Miami. Ask the Lord to go before them, prepare hearts, grant boldness in sharing the gospel, protect unity on the team, and produce lasting fruit from every conversation and act of service.
- Pray for our Staff Prayer Day as they prepare for Easter week. Ask God to unify hearts, refresh weary leaders, give clear direction, and saturate every plan with dependence on the Holy Spirit.
- Pray intentionally for Easter Week, that our church would walk through Holy Week with spiritual attentiveness, repentance, and gratitude. Ask the Lord to soften hearts across our community, draw the lost to services, and prepare us to boldly proclaim the resurrection of Jesus.

Here are some questions you can discuss with the whole family.

Genesis 37:3-4

Why do you think God allowed Joseph's brothers to throw him in a pit and sell him?

With younger kids, remind them that God is always with us and still in control, even when things feel scary or sad. With older kids/teens, discuss how God can be quietly working out a bigger plan that we can't see yet.

How do you think Joseph felt when his own family hurt him, and have you ever felt left out, picked on, or treated unfairly?

With younger kids, help them name simple feelings (sad, mad, scared) and reassure them that God cares about their hearts. With older kids/teens, invite them to share deeper hurts and talk about how God can heal and use those hurts instead of letting them define us.

If God used Joseph's hard story for good, what is one hard thing in your life right now that you can trust God with?

With younger kids, guide them to a small, concrete example (a fight with a friend, a fear at school) and pray together. With older kids/teens, encourage them to identify a real struggle and think of one step of trust or obedience they can take.

GET INTO THE WORD

A YEAR-LONG JOURNEY THROUGH THE OLD TESTAMENT

Week 9

- Genesis 49 / Psalm 41
- Genesis 50 / Psalm 42
- Exodus 1 / Psalm 43
- Exodus 2 / Psalm 44
- Exodus 3 / Psalm 45

MEMORIZE: Exodus 33:16,
Matthew 22:37-39

Other Resources

BEMA Discipleship Podcast - Into the Pit and Out of the Pit

Marty Solomon digs into the life of Joseph in a two part podcast. [Part 1 Into the Pit](#) and [Part 2 Out of the Pit](#).

The Bible Project Podcast - Joseph the Exile

Join Tim Mackie and Jon Collins as they discuss [Joseph's journey](#) through exile.

WATCH

The Bible Project's Guide - Genesis

See a collection of videos, classes, and articles that dives into [Genesis](#) and it's themes.

LIFE GROUP

We have a variety of resources and are continually adding new ones. Some of our resources include group launch guides, on-demand training modules, and curriculum resources.

To request a resource reach out to us at [**groups@longhollow.com**](mailto:groups@longhollow.com)



longhollow.com/lifegroups

D-GROUP

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



longhollow.com/dgroups

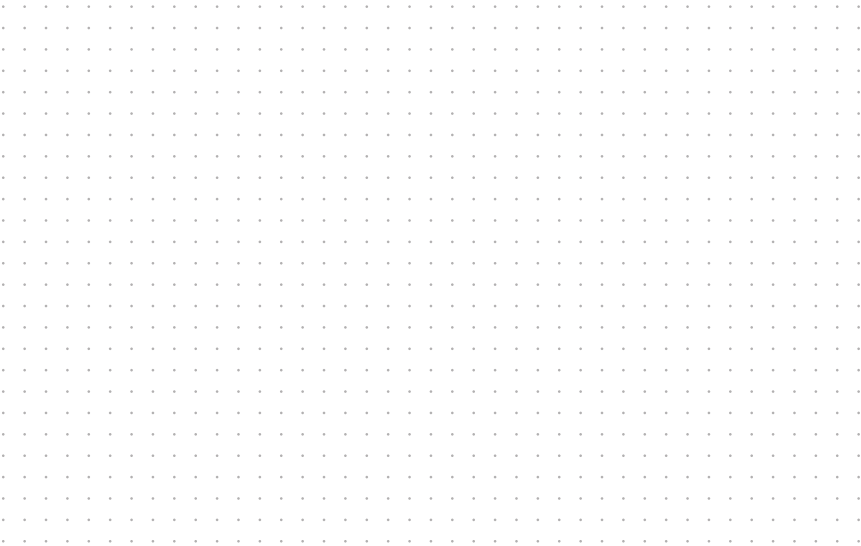
What’s Going On?

Genesis 37 launches the final section of Genesis (chapters 37–50), focused on Joseph. This chapter sets up big themes: favoritism, jealousy, betrayal, suffering, and God’s hidden work.

Joseph’s special robe marks him as honored and chosen. When the brothers strip it off and soak it in blood, they are trying to erase his place in the family and deceive their father, continuing a long pattern of trickery in this family line.

The empty pit Joseph is thrown into pictures death and total helplessness. The brothers eating nearby show how hard their hearts have become. Yet Joseph is not left to die; he is taken to Egypt, which will become the stage for God’s rescue plan.

The sermon uses these scenes as “shadows” that point ahead to Jesus: the beloved Son, betrayed, seemingly destroyed, but placed exactly where God wants Him to bring salvation.



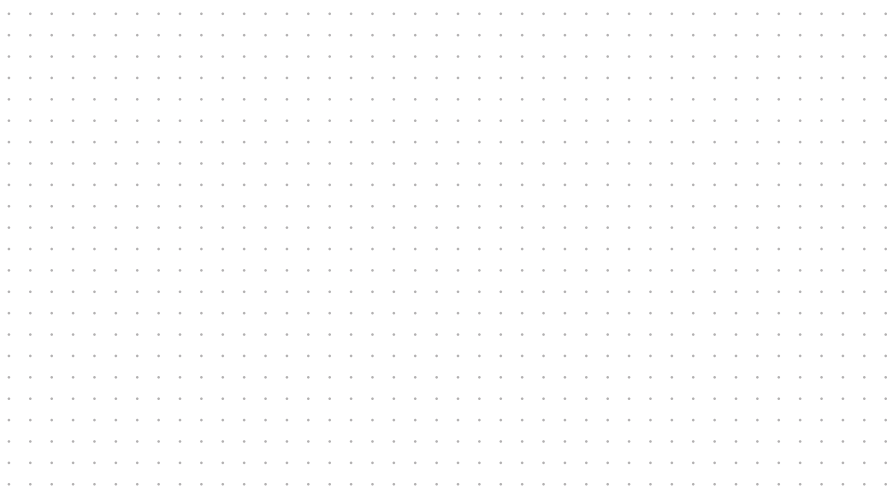
A Bit of Background

Genesis 37 begins the story of Joseph, one of Jacob's twelve sons. Jacob (also called Israel) is the grandson of Abraham, the man God chose to start His special people. Joseph is the first son of Rachel, Jacob's beloved wife, which is why Jacob favors him.

In that culture, the oldest son normally got the most honor. But Jacob gives Joseph a special robe and extra attention, which stirs up deep jealousy in the other brothers. Their anger grows so strong that they choose to harm him.

Slavery was common in the ancient world, and traders regularly carried spices and people along trade routes. When the brothers sell Joseph for silver to Ishmaelite traders, they are treating their own brother like an object.

Even though everything looks unfair and cruel, God is already using these events. Joseph's trip to Egypt will one day allow him to save many people, including his own family, from famine. The chapter shows that, even in betrayal and pain, God's plan is still moving forward.



Now Israel loved Joseph more than his other sons because Joseph was a son born to him in his old age, and he made a long-sleeved robe for him. When his brothers saw that their father loved him more than all his brothers, they hated him and could not bring themselves to speak peaceably to him.

Living out our God-given calling as we follow Jesus and make disciples every day.

MISSIONAL

Engaging with the world to share the Gospel intentionally.

ACCOUNTABLE

Being transparent with Christ and other believers about your walk.

REPRODUCIBLE

Disciples who make disciples; the mentee becomes the mentor.

COMMUNAL

Living in deep community with other believers; never alone.

SCRIPTURAL

Grounded in the Word of God as the ultimate authority.



LONG HOLLOW
CHURCH