

Riding the second wave – some lessons from Joseph



With new restrictions being brought in across the UK and some areas heading back into Lockdown here are some lessons from Joseph, who knew a lot about emotional rollercoasters and a life full of ups and downs!

Joseph had BIG, amazing dreams about what his life was going to look like. When he shared them his brothers became jealous, they threw him in a pit and then sold him as a slave! Joseph was carried off to Egypt.

Genesis 37

For a while Joseph's life seemed to get better while he worked for a man called Potiphar. But then Potiphar's wife lied about Joseph and had him thrown in Prison!

Genesis 39

Joseph must have felt like he had hit rock bottom again, but he didn't give up. Joseph rode the second wave of disaster and ended up exactly where God needed him!

Here are some top tips from Joseph's time in prison that we can apply to our lives today!

Look out for others!

In prison Joseph met two men who had been servants of Pharaoh, a baker and a cup bearer. Joseph supported them both and listened to their worries and stories.

For the cup bearer in the story everything turned out well in the end and he returned to working for Pharaoh.



It's good to celebrate with our friends when things go well for them. Even if you can't meet in person why not send an encouraging message or picture.

Hold on to God

It may not be the most theologically accurate retelling but in Andrew Lloyd Webber's musical "Joseph and the Technicoloured Dreamcoat" Joseph sings these words in prison.

"Children of Israel are never alone"

Even in his darkest times Joseph trusted in God and his promises. He knew that God was with him whatever happened! We can do the same and choose to draw even closer to God in these challenging times knowing that He is always with us.

For the baker things did not end well. When our friends go through difficult or upsetting times we can let them know that we care and are there to support them.



Why not offer to pray for friends who are sad or struggling. Even if you can't meet in person you could send a message of love and support.

Be an example

Wherever he went Joseph received favour, he was trusted with responsibility even in prison. We can set a good example for others during these difficult times choosing to obey the new rules and keep those around us safe.

Dear God,
Thank you that you never change, that you are always with us. Help us to trust in you just as Joseph did through all of the ups and downs of life. Give us patience as we pray for an end to this pandemic. Help us to be a support for those around us just as Joseph was and set an example for others.
Amen