

Genesis 37–41

“And the Lord Was with Joseph”

Visit “[Studying the Scriptures](#)” to help prepare yourself spiritually to learn.

Have you ever felt like your situation keeps getting worse? At the hands of his brothers, Joseph was sold into slavery, falsely accused, and imprisoned for years. Yet Joseph lived righteously and exercised faith in God. As a result, the Lord blessed and helped him through his trials. This lesson can help you feel hope that God can use whatever trials you face to bless your life.

Study the Scriptures

The fable has been told of a donkey that fell into a pit. Attempting to rescue the scared and trapped donkey, the owner began to shovel dirt into the pit. Each shovel-full of dirt landed on the donkey’s back, making it whine. The donkey would shake the dirt off its back, causing mounds of dirt to pile underneath. Over and over, the donkey repeated the actions of shaking the dirt off and stepping onto the growing mound, until eventually the donkey rose high enough on the dirt to escape from the pit.

Think about times in your life when you have had trials or times of discouragement. Respond to the following questions:

What could the shovels of dirt represent in your life?

Why can it be hard to remember the Lord when you are facing challenges?

From an eternal perspective, how is it possible for Heavenly Father to use your challenges to bless your life?

As you study the life of Joseph today, seek revelation from the Holy Ghost to give you hope that Heavenly Father and Jesus Christ can turn even difficult trials into blessings in your life.

To review Joseph’s story, read the chapter headings for [Genesis 37](#), [39](#), [40](#), and [41](#). Match the chapter heading to each of the images below. If available, you could watch “[Joseph’s Inspired Dreams](#)” (2:18) and “[Joseph in Egypt](#)” (2:51).

Read the following verses, looking for how the Lord helped Joseph during his trials.

[Genesis 39:1–6](#)

[Genesis 39:20–23](#)

Respond to the following questions:

Why do you think Joseph had to wait so many years to receive the blessings he sought?

How can Heavenly Father and Jesus Christ help us in similar ways when we go through hard times?

Review and complete the following activities.

Activity A

How can my trials be a blessing?

Read [Genesis 41:37–45](#), looking for evidence of how God used Joseph's trials to bless him and others. Respond to the following questions:

How did the Lord bless Joseph and others through his trials?

How could trials help strengthen your relationship with Heavenly Father and Jesus Christ?

Read the following passages and link them to [Genesis 41:38](#). Look for how they apply to Joseph and all who experience trials and challenges.

[Romans 8:28](#)

[Doctrine and Covenants 90:24](#)

Read the following quote by Elder Dieter F. Uchtdorf of the Quorum of the Twelve Apostles.

It is my witness that though at times we may feel buried by the trials of life or surrounded by emotional darkness, the love of God and the blessings of the restored gospel of Jesus Christ will bring something unimaginable to spring forth. ("God Will Do Something Unimaginable," Ensign or Liahona, Nov. 2020, 52)

Make a note next to [Genesis 41:38](#) responding to the following question:

What do you think Joseph might want you to know about the Lord after the experiences he went through?

Activity B

How can God help me overcome feelings of hate or envy?

Read [Genesis 37:4–5, 8, 11](#), marking words that describe how his brothers felt toward Joseph.

Watch the video “[The Laborers in the Vineyard](#),” listening to what President Jeffrey R. Holland of the Quorum of the Twelve Apostles taught about hate and envy.

There are going to be times in our lives when someone else gets an unexpected blessing or receives some special recognition. May I plead with us not to be hurt—and certainly not to feel envious—when good fortune comes to another person? We are not diminished when someone else is added upon. We are not in a race against each other to see who is the wealthiest or the most talented or the most beautiful or even the most blessed. The race we are really in is the race against sin, and surely envy is one of the most universal of those. (“[The Laborers in the Vineyard](#),” Ensign or Liahona, May 2012, 31)

Take a moment to contrast Joseph of Egypt’s older brothers with Joseph Smith’s older brother Hyrum and Nephi’s older brother Sam. Hyrum and Sam were older brothers who humbly followed the direction of their younger brothers.

Read the following verses, marking Christlike attributes that may have helped Hyrum and Sam avoid feelings of hate or envy.

[2 Nephi 5:6](#) (Sam)

[Doctrine and Covenants 124:15](#) (Hyrum)

Using Sam’s or Hyrum’s name, make an acrostic poem with Christlike attributes and how Christ can help you overcome those emotions. Each line of an acrostic poem starts with a letter that, when read downwards, will match the name you chose. Use what you learned from Sam, Hyrum, and President Holland.
