



# MAKE IT STOP

By Archbishop Wayne Johnathan  
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# Gen 37: 1 to 36

**37** JACOB LIVED IN THE LAND WHERE HIS FATHER HAD STAYED, THE LAND OF CANAAN.

<sup>2</sup>This is the account of Jacob's family line.

Joseph, a young man of seventeen, was tending the flocks with his brothers, the sons of Bilhah and the sons of Zilpah, his father's wives, and he brought their father a bad report about them.

<sup>3</sup>Now Israel loved Joseph more than any of his other sons, because he had been born to him in his old age; and he made an ornate<sup>[a]</sup> robe for him. <sup>4</sup>When his brothers saw that their father loved him more than any of them, they hated him and could not speak a kind word to him.

<sup>4</sup>And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him.

<sup>5</sup>And Joseph dreamed a dream, and he told it his brethren: and they hated him yet the more.

<sup>6</sup>And he said unto them, Hear, I pray you, this dream which I have dreamed:

<sup>7</sup>For, behold, we were binding sheaf /graines in the field, and, lo, my sheaf arose, and also stood upright; and, behold, your sheaves stood round about, and made obeisance/deferential respect to my sheaf.

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- <sup>8</sup> And his brethren said to him, Shalt thou indeed reign over us? or shalt thou indeed have dominion over us? And they hated him yet the more for his dreams, and for his words.
- <sup>9</sup> And he dreamed yet another dream, and told it his brethren, and said, Behold, I have dreamed a dream more; and, behold, the sun and the moon and the eleven stars made bow to me.
- <sup>10</sup> And he told it to his father, and to his brethren: and his father rebuked him, and said unto him, What is this dream that thou hast dreamed? Shall I and thy mother and thy brethren indeed come to bow down ourselves to thee to the earth?
- <sup>11</sup> And his brethren envied him; but his father observed the saying.
- <sup>12</sup> And his brethren went to feed their father's flock in Shechem.
- <sup>13</sup> And Israel said unto Joseph, Do not thy brethren feed the flock in Shechem? come, and I will send thee unto them. And he said to him, Here am I.
- <sup>14</sup> And he said to him, Go, I pray thee, see whether it be well with thy brethren, and well with the flocks; and bring me word again. So he sent him out of the vale of Hebron, and he came to Shechem.
- <sup>15</sup> And a certain man found him, and, behold, he was wandering in the field: and the man asked him, saying, What seekest thou?

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- <sup>16</sup> And he said, I seek my brethren: tell me, I pray thee, where they feed their flocks.
- <sup>17</sup> And the man said, They are departed hence; for I heard them say, Let us go to Dothan. And Joseph went after his brethren, and found them in Dothan.
- <sup>18</sup> And when they saw him afar off, even before he came near unto them, they conspired against him to slay him.
- <sup>19</sup> And they said one to another, Behold, this dreamer cometh.
- <sup>20</sup> **Come now therefore**, and **let us slay him**, and **cast him into some pit**, and **we will say**, Some evil beast hath devoured him: and we **shall see what will become of his dreams**.
- <sup>21</sup> And **Reuben** heard it, and he delivered him out of their hands; and said, Let us not kill him.

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- <sup>22</sup> And Reuben said unto them, Shed no blood, but cast him into this pit that is in the wilderness, and lay no hand upon him; that he might rid him out of their hands, to deliver him to his father again.
- <sup>23</sup> And it came to pass, when Joseph was come unto his brethren, that they stript Joseph out of his coat, his coat of many colours that was on him;
- <sup>24</sup> And they took him, and cast him into a pit: and the pit was empty, there was no water in it.
- <sup>25</sup> And they sat down to eat bread: and they lifted up their eyes and looked, and, behold, a company of Ishmeelites came from Gilead with their camels bearing spicery and balm and myrrh, going to carry it down to Egypt.

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- <sup>26</sup> And Judah said unto his brethren, What profit is it if we slay our brother, and conceal his blood?
- <sup>27</sup> Come, and let us sell him to the Ishmeelites, and let not our hand be upon him; for he is our brother and our flesh. And his brethren were content.
- <sup>28</sup> Then there passed by Midianites merchantmen; and they drew and lifted up Joseph out of the pit, and sold Joseph to the Ishmeelites for twenty pieces of silver: and they brought Joseph into Egypt.
- <sup>29</sup> And Reuben returned unto the pit; and, behold, Joseph was not in the pit; and he rent his clothes.
- <sup>30</sup> And he returned unto his brethren, and said, The child is not; and I, whither shall I go?
- <sup>31</sup> And they took Joseph's coat, and killed a kid of the goats, and dipped the coat in the blood;

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- **32** And they sent the coat of many colours, and they brought it to their father; and said, This have we found: know now whether it be thy son's coat or no.
- **33** And he knew it, and said, It is my son's coat; an evil beast hath devoured him; Joseph is without doubt rent in pieces.
- **34** And Jacob rent his clothes, and put sackcloth upon his loins, and mourned for his son many days.
- **35** And all his sons and all his daughters rose up to comfort him; but he refused to be comforted; and he said, For I will go down into the grave unto my son mourning. Thus his father wept for him.
- **36** And the Midianites sold him into Egypt unto Potiphar, an officer of Pharaoh's, and captain of the guard.

# What causes hatred?

- People might begin to **hate** one another when they:  
Feel envy or want what the other person has.
- They may consider it unfair that someone has what they lack.
- Have contempt for another person or believe them to be inferior.

# How can I overcome hatred?

- **Here's How to Eliminate Hatred with 4 Simple Steps**

1. **TALK TO THE PERSON YOU HATE.** It's highly unlikely that you'll want to do this. ...

2. **PRACTICE MINDFULNESS.** I know this sounds cheesy but it's one of the most effective ways to **overcome** grudges. ...

3. **BE MORE EMPATHETIC.** Try to put yourself in the place of the person. ...

4. **DIVERT YOUR MIND AND MAKE IT STOP.**

# Can you forgive someone but still hate them?

- Resentment is the feeling **we** hold on to when **we** refuse to let something go or **forgive someone**.
- Biblically speaking, **you** cannot successfully **forgive someone** and **still** hold resentment towards **them**
- The Lord will refuse to offer **you forgiveness** of your own sins because of it.

# How do you stop hating someone who betrayed you?

- **Ways Of Dealing With Betrayal And Healing From The Hurt**

1. Name Your Feelings. **Betrayal** is an act. ...

2. Resist Retaliating. ...

3. Take Time Away. ...

4. Examine The **Betrayal**. ...

5. Examine The Relationship. ...

6. Talk To A Third Party. ...

7. Reflect On Your Future. ...

8. Speak To The Person Who **Betrayed You**.

# What does it mean to betray someone?

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  - To be unfaithful:

- To **betray** a trust.

- To disappoint the hopes or expectations of whoever or yourself

- Disloyal :

- To **betray** one's friends. to reveal or disclose in violation of confidence: to **betray** a secret.

# Why is betrayal so painful?

- **Betrayal** by people you care about **hurts** because it destroys your self-esteem.
- If you're to get over this **pain**, it may be difficult, it may require readjusting your values

# Healing from Betrayal

- **Here are five things to consider in healing from betrayal:**

1. Understand that **betrayal** is an issue of trust. No matter what circumstances led to the incident of **betrayal**, beneath the drama and tears lies trust. ...
2. Forgive yourself. ...
3. Seek licensed professional guidance. ...
4. See **betrayal** as an actual loss. ...
5. Learn the lesson. MAKE IT STOP?