



## Joseph – The Earthly Father of Jesus as a Model for Manhood.

Joseph is the forgotten figure of the Christmas story. He stands silent. He is spoken to and he is spoken about, but not a single syllable crosses his lips. He is viewed at best as just a bit player, an extra, in the Christmas drama. He has been pushed aside. And yet, he is vitally important because of what God said to him and what God did through him. His faith, his courage, his strength, his sensitivity, his compassion, his devotion, his determination, his foresight, and his obedience to the will of God actually have a greater impact on Christian thought and on the Christian lifestyle that we have been willing to acknowledge. Imagine Joseph comes for counseling. What would that sound like?

Highland Colony Men's Roundtable  
[www.MensTable.com](http://www.MensTable.com)

## Joseph – Dealing with Shame & Rejection

December 05, 2019

A Man understands how Joseph modeled manhood

**Bible Verses:** Matthew 1:18-25; Matthew 2:13-15

**Resources:** *The Forgotten Man of Christmas* by Howard Edington

**Music:** Joseph's Lullaby—Mercy Me with lyrics

**Videos:** The Nativity Story

<https://www.youtube.com/watch?v=NgcGmgrNulM>

<https://www.youtube.com/watch?v=nHf6aGcrhOg>

### Joseph –" I had this dream ... "– Matthew 1:18-25.

1. \_\_\_\_\_ → Joseph had made a deep, binding commitment to Mary. Joseph & Mary were betrothed. In Joseph's day, the Jewish marriage procedure included three steps. There was **engagement**, usually made through parents or through a professional matchmaker when the couple were still young children. Then came **betrothal**, the couple's ratification of the engagement that had been previously arranged. Betrothal lasted one year, resulting in marriage, or ending in divorce. During the year, the couple remained chaste, living in their respective family homes. Then came the **marriage** proper which took place at the end of the year of betrothal.
2. \_\_\_\_\_ → "I'm pregnant!" Mary told Joseph she was going to have a baby. /What was so shocking, so unexpected, so shameful was that the Lord of the universe, the Saviour of the world, the Messiah of God would be entrusted to the care of a teenaged girl and an unknown carpenter from an obscure village. Embarrassing!
3. \_\_\_\_\_ → God gave Joseph the directive to "take Mary to be your wife." Amazing! Joseph never spoke a word, but what he did speaks volumes. Joseph took Mary as his wife and took Jesus into his heart.

### Joseph – Tx for SHAME – Own Your Story!

1. \_\_\_\_\_ → Shame hates it when we reach out and tell our story. It hates having words wrapped around it—it can't survive being shared. Shame loves secrecy. The most dangerous thing to do after a shaming experience is hide or bury our story. When we bury our story, the shame metastasizes.
2. \_\_\_\_\_ → We are imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that we can also be brave and worthy of love and belonging. Owning our story and loving ourselves through that process is the bravest thing that we will ever do.
3. \_\_\_\_\_ → When we're looking for compassion, we need someone who is deeply rooted, able to bend, and, most of all, we need someone who embraces us for our strengths and struggles. We need to honor our struggle by sharing it with someone who has earned the right to hear it. When we're looking for compassion, it's about connecting with the right person at the right time about the right issue.

### Joseph –" I had another dream ...! Matthew 2:13-15.

1. \_\_\_\_\_ → No sooner had Jesus entered the world than efforts were made to banish Him for the face of the earth. Herod set out to destroy Jesus. Christmas is not just twinkling stars, lovely songs, angelic choirs, lavish gifts. Christmas is also about a midnight flight over desert wastes into exile in Egypt.
2. \_\_\_\_\_ → Joseph was assured the God would protect him and his family. He would be safe and secure in Egypt. Joseph was no guaranteed any quick, easy answers. He was told to flee to Egypt and wait there for the next assignment. During the First Christmas the Exodus was reversed as Jesus made Egypt His temporary home. The very land which had been a land of bondage and pain for God's people became a place of refuge and safety for God's son.
3. \_\_\_\_\_ → Joseph's life was changed! The direction of his life was completely altered by the arrival of Jesus. Jesus Christ, meager child, manger-born, is nothing less than the most powerful, most uplifting, most empowering force ever turned loose in the world.

### Joseph – Tx for REJECTION – Own Your Story!

1. \_\_\_\_\_ → Rather than suppress, ignore, or deny the pain, acknowledge your emotions. Admit whatever you're feeling.
2. \_\_\_\_\_ → Strong men know that rejection serves as proof that they're living life to the fullest. They expect to be rejected sometimes, and they're not afraid to go for it, even when they suspect it may be a long shot.
3. \_\_\_\_\_ → Rather than think, "You're so stupid for thinking you could do that," strong men treat themselves with compassion. They respond to negative self-talk with a kinder, more affirming message. Stop listening to the critical voice in your head.
4. \_\_\_\_\_ → Strong men don't make sweeping generalizations when they're rejected. They keep rejection in proper perspective.
5. \_\_\_\_\_ → Strong men ask themselves, "What did I gain from this?" so they can learn from rejection. Rather than simply tolerate the pain, they turn it into an opportunity for self-growth. With each rejection, they grow stronger and become better.

### ACTION: Journal This!

1. Who has been a model of manhood for you?
2. When have faced shame? How did you handle it?
3. When have you faced rejection? How did you handle it?

## Bible Verses – The Message

**Matthew 1:18-25 - 18** The birth of Jesus took place like this. His mother, Mary, was engaged to be married to Joseph. Before they came to the marriage bed, Joseph discovered she was pregnant. (It was by the Holy Spirit, but he didn't know that.) **19** Joseph, chagrined but noble, determined to take care of things quietly so Mary would not be disgraced. **20** While he was trying to figure a way out, he had a dream. God's angel spoke in the dream: "Joseph, son of David, don't hesitate to get married. Mary's pregnancy is Spirit-conceived. God's Holy Spirit has made her pregnant. **21** She will bring a son to birth, and when she does, you, Joseph, will name him Jesus - 'God saves' - because he will save his people from their sins." **22** This would bring the prophet's embryonic sermon to full term: **23** Watch for this - a virgin will get pregnant and bear a son; They will name him Emmanuel (Hebrew for "God is with us"). **24** Then Joseph woke up. He did exactly what God's angel commanded in the dream: He married Mary. **25** But he did not consummate the marriage until she had the baby. He named the baby Jesus.

**Matthew 2:13-15 - 13** After the scholars were gone, God's angel showed up again in Joseph's dream and commanded, "Get up. Take the child and his mother and flee to Egypt. Stay until further notice. Herod is on the hunt for this child, and wants to kill him." **14** Joseph obeyed. He got up, took the child and his mother under cover of darkness. They were out of town and well on their way by daylight. **15** They lived in Egypt until Herod's death. This Egyptian exile fulfilled what Hosea had preached: "I called my son out of Egypt."

### Joseph's Lullaby By Mercy Me

<p>Go to sleep my Son This manger for Your bed You have a long road before You Rest Your little head Can You feel the weight of Your glory? Do You understand the price? Or does the Father guard Your heart for now</p>	<p>So You can sleep tonight? Go to sleep my Son Go and chase Your dreams This world can wait for one more moment Go and sleep in peace I believe the glory of Heaven Is lying in my arms tonight</p>	<p>But Lord, I ask that He for just this moment Simply be my child Go to sleep my Son Baby, close Your eyes Soon enough You'll save the day But for now, dear Child of mine Oh, my Jesus Sleep time</p>
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**Philip K. Hardin, M.A., M.Div.**

Director of Business & Professional Outreach, Intl. - Licensed Marriage & Family Therapist, Licensed Professional Counselor, and Certified Life Coach  
563 Johnson Avenue – Fairhope, Alabama 36532  
Phone: 601-925-0707

Email: [phil@bpintl.org](mailto:phil@bpintl.org)

Webpage: [www.bpintl.org](http://www.bpintl.org)

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## **Joseph – Dealing with Shame & Rejection**

# Joseph – “I had this dream ...” – Matthew 1:18-25

1. Committed → Joseph had made a deep, binding commitment to Mary. Joseph & Mary were betrothed. In Joseph's day, the Jewish marriage procedure included three steps. There was *engagement*, usually made through parents or through a professional matchmaker when the couple were still young children. Then came *betrothal*, the couple's ratification of the engagement that had been previously arranged. Betrothal lasted one year, resulting in marriage, or ending in divorce. During the year, the couple remained chaste, living in their respective family homes. Then came the *marriage* proper which took place at the end of the year of betrothal.
2. Shocked & Shamed → “I'm pregnant!” Mary told Joseph she was going to have a baby. /What was so shocking, so unexpected, so shameful was that the Lord of the universe, the Saviour of the world, the Messiah of God would be entrusted to the care of a teenaged girl and an unknown carpenter from an obscure village. Embarrassing!
3. Fear Not → God gave Joseph the directive to “take Mary to be your wife.” Amazing! Joseph never spoke a word, but what he did speaks volumes. Joseph took Mary as his wife and took Jesus into his heart.



# Joseph – Tx for SHAME – Own Your Story!

1. **NO Secrets** → Shame hates it when we reach out and tell our story. It hates having words wrapped around it—it can't survive being shared. Shame loves secrecy. The most dangerous thing to do after a shaming experience is hide or bury our story. When we bury our story, the shame metastasizes.
2. **Brave & Worthy of Love** → We are imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that we can also be brave and worthy of love and belonging. Owning our story and loving ourselves through that process is the bravest thing that we will ever do.
3. **Safe Community** → When we're looking for compassion, we need someone who is deeply rooted, able to bend, and, most of all, we need someone who embraces us for our strengths and struggles. We need to honor our struggle by sharing it with someone who has earned the right to hear it. When we're looking for compassion, it's about connecting with the right person at the right time about the right issue.

# Joseph – “I had another dream ... ! Matthew 2:13-15

1. **Rejection** → No sooner had Jesus entered the world than efforts were made to banish Him for the face of the earth. Herod set out to destroy Jesus. Christmas is not just twinkling stars, lovely songs, angelic choirs, lavish gifts. Christmas is also about a midnight flight over desert wastes into exile in Egypt.
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# Joseph – Tx for REJECTION – Own Your Story!

1. Acknowledge Your Emotions → Rather than suppress, ignore, or deny the painnn, acknowledge your emotions. Admit whatever you're feeling.
2. Evidence of Your Calling → Strong men know that rejection serves as proof that they're living life to the fullest. They expect to be rejected sometimes, and they're not afraid to go for it, even when they suspect it may be a long shot.
3. Offer Kindness & Compassion to Your Self → Rather than think, "You're so stupid for thinking you could do that," strong men treat themselves with compassion. They respond to negative self-talk with a kinder, more affirming message. Stop listening to the critical voice in your head.
4. Refuse to Let Rejection Define You → Strong men don't make sweeping generalizations when they're rejected. They keep rejection in proper perspective.
5. Learn & Grow from the Rejection → Strong men ask themselves, "What did I gain from this?" so they can learn from rejection. Rather than simply tolerate the pain, they turn it into an opportunity for self-growth. With each rejection, they grow stronger and become better.



# **ACTION: Journal This!**

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