

PARSHAT VAYIGASH  
GENESIS 44:18-47:27  
HAFTARAH EZEKIEL 37:15-28  
9 TEVET 5784/21 DECEMBER 2023



*A Portrait of a Young Gentleman* oil on linen, canvass by Kehinde Wiley  
*A Portrait of a Young Gentleman*, oil on canvass by Thomas Gainsborough

### REFRAMING THE PAST

1. Joseph could no longer control himself...his sobs were so loud....”I am your brother Joseph, whom you sold into Egypt. And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you...God sent me ahead of you to ensure your survival on earth and to save your lives in an extraordinary deliverance. So, it was not you who sent me here, but God.” (Genesis 45:1-8)
2. Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. (Viktor Frankl, founder of Logotherapy)
3. Above all, during the interval, change from “ego orientation” to “task orientation” to “task orientation.” While you can’t control your experiences, you can control your explanations. Pessimistic labels lead to passivity, whereas optimistic ones lead to attempts to change. (Martin Seligman, founder of Positive Psychology)

4. If our thinking is bogged down by distorted symbolic meanings, illogical reasoning and erroneous interpretations, we become, in truth, blind and deaf. We can intervene consciously about the interpretation that we make of things that happen to us. We can choose what to internalize about certain facts. (Aaron Beck, founder of Cognitive Behavioral Therapy)
  
5. “It’s a portrait of an individual who occupies space.” (Kehinde Wiley)