

“Coping with Change”

Sermon Series: Pain Management #5

Joshua 1:1-9

5.3.26

Change is an unavoidable part of life.

Whether we embrace or avoid change, it is a part of life. Change often brings about pain.

Types of Changes

❖ Marriage

❖ Children

❖ Moving

❖ Career

❖ Relationships

❖ Health

Courage is the ability to move forward into the unknown despite fear.

So, how do we Cope with Change?

➤ Read the Signs

➤ Move Forward

Change can be very painful, but how we handle those changes is important.

➤ Anticipate the Future with Courage