

Message Notes (April 30/May 3, 2026)
Series: Pain Management
“Coping With Change”
Joshua 1:1-9

Change is an _____ part of life.

Change often brings about _____.

Types of Changes

M_____

C_____

M_____

C_____

R_____

H_____

Joshua 1:1-2

How Do We Cope with Change?

- Read the _____
- Prepare to _____ on
- Anticipate the _____ and Face it with _____

Joshua 1:6-9

Ephesians 4:22-23