

## **STRATEGIES FOR STRESSFUL TIMES**

Ryland Walter | Easter, April 7-9, 2023

Week 1: Trusting God Through Changes You Don't Like

“As long as the earth remains, there will be planting and harvest, cold and heat, summer and winter, day and night.” Gen 8:22 (NLT)

Change is \_\_\_\_\_

There is no *change* without loss

There is no loss without grief

There is no grief without *pain*

People try to ease the pain of life many ways:

- By acquiring possessions
- By experiencing pleasure
- By gaining prestige or power

But real happiness comes from  
understanding my \_\_\_\_\_ in life

### **WHY AM I HERE?**

We were created to \_\_\_\_\_ a personal relationship with God and to \_\_\_\_\_ all of the rest of God's creation Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. <sup>5</sup> God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. Ephesians 1:4-5 (NLT)

So God created human beings in his own image. In the image of God he created them; male and female he created them. <sup>28</sup> Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.” Genesis 1:27-28 (NLT)

When we know God and live in harmony with his intention for our lives, it brings \_\_\_\_\_ to our \_\_\_\_\_

There is wonderful joy ahead, even though you must endure many trials for a little while. <sup>7</sup> These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world.

1 Peter 1:6-7 (NLT)

## **WHAT'S THE PROBLEM?**

1. People have a natural desire to \_\_\_\_\_ and to ignore God's principles for living

2. The Bible calls this attitude \_\_\_\_\_

All of us, like sheep, have strayed away. We have left God's paths to follow our own. Isaiah 53:6 (NLT)

If we claim we have no sin, we are only fooling ourselves and not living in the truth. 1 John 1:8 (NLT)

It's your sins that have cut you off from God... Isaiah 59:2 (NLT)

*Even when we know that our deepest need is for God, we often try wrong ways of getting to know Him.*

There is a path before each person that seems right, but it ends in death. Proverbs 16:25 (NLT)

## **WHAT'S THE SOLUTION?**

Trust in the only thing that never changes: \_\_\_\_\_

Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me. John 14:6 (NLT)

For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. Romans 6:23 (NLT)

But God showed his great love for us by sending Christ to die for us while we were still sinners. Romans 5:8 (NLT)

To all who believed him and accepted him, he gave the right to become children of God. <sup>13</sup> They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God. John 1:12-13 (NLT)

*God has already taken the initiative to restore our relationship to him. Now he waits for each of us to individually accept what he has done for us.*

Dear God: Thank you making me and loving me. You know me, and you know the pain I'm experiencing. God, I want the changes in my life to work together for good. I know that I have sinned and that my sin separates me from You. Thank you for making a way for me to be saved. I believe Jesus is the way. He lived a sinless life, the life I could never live. He died on the cross in my place to save me from my sins. He rose from the dead giving new life to all who believe in him. Let Jesus be my Savior and Lord, so I can know you and live for you. In Jesus name, Amen

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In Jesus name, Amen

# STRATEGIES

## FOR STRESSFUL TIMES

TRUSTING GOD THROUGH CHANGES YOU DON'T LIKE  
Talk-it-Over Notes | Easter, April 7-9, 2023

### REVIEW IT

Change is inevitable. For good or for bad change is always occurring. The issue we have with change is that there is no change without loss. There is no loss without grief. And there is no grief without pain. People try to ease the pain of life many ways... by acquiring possessions, by experiencing pleasure, or by gaining prestige or power. But real happiness comes from understanding the purpose of life.

We were created to enjoy a personal relationship with God and to manage all the rest of God's creation. When we know God and live in harmony with his intention for our lives, it brings purpose to our problems. But, people have a natural desire to be the boss and to ignore God's principles for living. The Bible calls this attitude sin. We try all different kinds of things to overcome sin. But what's the real solution? The solution is to trust in the only thing that never changes. God's way: Jesus Christ

**Spend some time in the word: Read John chapter 14**

### TALK ABOUT IT

1. Change is unavoidable. There is no change without loss. There is no loss without grief. There is no grief without pain. Would you agree with these statements? Why?
2. How are some ways people might try to ease the pain of change in their life?
3. "It doesn't matter what you believe, just be sincere." "Live your truth." What would be some other attitudes people take on when they know there is a void they're trying to fill?
4. Why is the solution Christ? Why can He be the only way back to God?

### ACT ON IT

Think through a challenging change you're enduring right now. Write down on a card or piece of paper that you're choosing to trust God no matter what. Put that card in a place you'll see it often, and begin asking God to show you the lessons He has appointed for you to learn.

### PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.