

“When I am afraid, I put my trust in you.” Psalm 56:3

Change is inevitable in life, but sometimes we try and ignore it or deal with it in unhealthy ways. Today I want us to take a look at changes that are currently happening (or that have happened in the past) and assess how issues of trust can play a part in how well we deal with change.

First, let's define some words here:

Change: to alter, vary, modify mean to make or become different. Change implies making either an essential difference often amounting to a loss of original identity or a substitution of something.

Trust: firm belief in the character, strength, or truth of someone or something He placed his trust in me. A person or thing in which confidence is placed. Confident hope.

Biblical narratives on change, and how characters took initiative in incorrect ways:

Sarah was the wife of Abraham and eventually became the mother of Isaac. However, Sarah was childless until she was 90 years old. God promised Abraham that she would be “a mother of nations” (Genesis 17:16) and that she would conceive and bear a son, but Sarah did not believe this. Sarah then told her husband to sleep with their slave Hagar. Hagar then had a son Ishmael, but there was much emotional, mental, and even historical repercussions to this, resulting in what it can look like when we take change into our own hands instead of trusting God's plans.

Read this part of Genesis 18, and circle or highlight things that stick out to you:

9 They said to him, “Where is your wife Sarah?” And he said, “There, in the tent.” 10 Then one said, “I will surely return to you in due season, and your wife Sarah shall have a son.” And Sarah was listening at the tent entrance behind him. 11 Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. 12 So Sarah laughed to herself, saying, “After I have grown old, and my husband is old, shall I have pleasure?” 13 The Lord said to Abraham, “Why did Sarah laugh, and say, ‘Shall I indeed bear a child, now that I am old?’ 14 Is anything too wonderful for the Lord? At the set time I will return to you, in due season, and Sarah shall have a son.” 15 But Sarah denied, saying, “I did not laugh”; for she was afraid. He said, “Oh yes, you did laugh.”

Reflection Questions:

In dealing with change, a lot of times we have trouble with dealing with trusting ourselves, others, or even God. Sometimes we may even struggle with the opposite, by putting too much trust in ourselves and our own abilities. Do you have struggle with any of these? Why do you think that is?

What are some situations (dealing with change) in which you lacked trust of yourself, others, or God?

How might God be calling you to tangibly respond with any changes that may be present or coming up?

Here are a few things you can do if you are dealing with change: (taken from an article by Kathleen Smith, PhD, LPC)

1. Evaluate your level of control,
2. Practice self-care,
3. Check your thought patterns,
4. Be in the present

Today I am praying that we can be people who can accept change, and focus on our values instead of our fears. Together let's fight to find hope for our futures and recognize God's fingerprints in the midst of whatever we are going through! Amen.

Hope to see you this Saturday for REVIVE online at 2:00 p.m.! Also save the date for our next leaders' meeting on 8/8, and our 1st REVIVE back in person on 8/15 (both at 4:00 p.m.)!