

## HOW TO TRUST GOD WHEN YOU DON'T LIKE THE CHANGES IN YOUR LIFE

Strategies for Stressful Times  
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### WHAT TO REMEMBER

#### 1. CHANGE

*"As long as the earth remains, there will be springtime and harvest, cold and heat, winter and summer, day and night." Genesis 8:22 (NLT)*

**There is no growth without change**  
**There is no change without loss**  
**There is no loss without grief**  
**There is no grief without pain**

#### 2. CHANGE IS NOT ALWAYS GOOD, BUT GOD

*"We know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28 (NIV)*

#### 3. GOD'S PURPOSE IN EVERY CIRCUMSTANCE IS TO

*"We know that God causes EVERYTHING to work together for the good of those who love him and are called to his purpose for them. For God knew in advance, who would come to him, and he chose them TO BECOME LIKE HIS SON." Romans 8:28-29 (NLT)*

*"Endurance builds character and character produces hope." Romans 5:4*

#### 4. GOD CAN USE US EVEN CHANGE

*"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." Genesis 50:20 (NIV)*

#### 5. EVERY CHANGE IS

*"The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold, and by passing the test, it gives praise, glory, and honor to God." 1 Peter 1:7 (GW)*

### WHAT TO DO WHEN I'M STRESSED BY CHANGES

#### 1. INVEST MORE TIME

*"Don't you know that the Lord is the everlasting God, and he created everything on this earth? And he never grows tired or weary . . . Instead, he gives strength to those who are weary and worn out; and he gives power to the weak. Even young people become exhausted and want to give up. BUT those who trust and wait on the Lord will find new strength, flying high like eagles. They will run and not grow weary. They'll keep going and not faint." Isaiah 40:28-31 (NLT)*

#### 2. ASK GOD TO HELP ME

*"God let the people of Israel see his mighty ACTIONS, but he revealed his WAYS to Moses." Psalm 103:7*

*"If you need wisdom—just ask God for it! God is generous and he'll gladly tell you what you need." James 1:5 (NLT)*

#### 3. INSTEAD OF ASKING "WHY IS THIS HAPPENING?" ASK

*"I've LEARNED the secret of being content in any and every situation, no matter what happens. I can live when I have more than I need or when I don't have enough. I have the strength to face all conditions by the power that Christ gives me." Philippians 4:12-13*

#### 4. FOCUS ON

*"I have loved you with an everlasting LOVE." Jeremiah 31:3*

*"The WORD of God shall stand forever." Isaiah 40:8 (NLT)*

*"His PLANS endure forever; his purposes last eternally." Psalm 33:11*

#### 5. KEEP TELLING GOD:

*"The righteous man does not fear bad news, nor live in dread of what might happen. For he is settled in his mind that God will take care of him." Psalm 112:7*

*"Even if a whole army surrounds me, I will not be afraid! And even if enemies attack me from all sides, I will still trust God!" Psalm 27:3*

*Next Step*

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