

ICEBERGS: CHANGE

WHAT KINDS OF CHANGE AFFECTS OUR FAMILIES?

- Loss - Job (Job 1:1-3; 2:9)
- Death - Naomi (Ruth 1:20)
- Relational - Paul & Mark (Ac 15:39)
- Health - A Sick Woman (Mark 5:26)

TIPS FOR ENDURING CHANGE

- Take your troubles to the Lord! (Php 4:6a)
- Remember that hard times don't last forever. (Ecc 3:1)
- Watch for ways that God is working. (Pr 3:5-6)
- Trust that God is working for your good. (Rom 8:28)

ICEBERGS: CHANGE

WHAT KINDS OF CHANGE AFFECTS OUR FAMILIES?

Loss - Job (Job 1:1-3; 2:9)

Job 1:1-3 There once was a man named Job who lived in the land of Uz. He was blameless—a man of complete integrity. He feared God and stayed away from evil. 2 He had seven sons and three daughters. 3 He owned 7,000 sheep, 3,000 camels, 500 teams of oxen, and 500 female donkeys. He also had many servants. He was, in fact, the richest person in that entire area.

Job 2:9 His wife said to him, “Are you still trying to maintain your integrity? Curse God and die.”

Death - Naomi (Ruth 1:20)

Ruth 1:1-5 “3 Then Elimelech died, and Naomi was left with her two sons. 4 The two sons married Moabite women. One married a woman named Orpah, and the other a woman named Ruth. But about ten years later, 5 both Mahlon and Kilion died. This left Naomi alone, without her two sons or her husband.”

Ruth 1:20 “Don’t call me Naomi,” she responded. “Instead, call me Mara, for the Almighty has made life very bitter for me.”

Relational - Paul & Mark (Ac 15:39)

Acts 15:36-40 “Let’s go back and visit each city where we previously preached the word of the Lord, to see how the new believers are doing.” 37 Barnabas agreed and wanted to take along John Mark. 38 But Paul disagreed strongly, since John Mark had deserted them in Pamphylia and had not continued with them in their work.

Ac 15:39 Their disagreement was so sharp that they separated. Barnabas took John Mark with him and sailed for Cyprus.

Health - A Sick Woman (Mark 5:26)

25 A woman in the crowd had suffered for twelve years with constant bleeding. 26 She had suffered a great deal from many doctors, and over the years she had spent everything she had to

pay them, but she had gotten no better. In fact, she had gotten worse.

Mark 5:26 She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse.

***See the The Holmes and Rahe Stress Scale**

www.mindtools.com/pages/article/newTCS_82.htm

TIPS FOR ENDURING CHANGE

Take your troubles to the Lord! (Php 4:6a)

Php 4:6 Don't worry about anything; instead, pray about everything.

Remember that hard times don't last forever. (Ecc 3:1)

Ecc 3:1 "For everything there is a season, a time for every activity under heaven."

Watch for ways that God is working. (Pr 3:5-6)

Pr 3:5-6 "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

Trust that God is working for your good. (Rom 8:28)

Rom 8:28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.