

ISSUE 47

Why Change Feels So Hard

Messy Story of the Week

For months, a family had been praying for answers.

Dad had been commuting long hours to a job he didn't enjoy.

The schedule was exhausting.

The family felt stretched thin.

Then the opportunity came.

A better position.

Better hours.

More time together.

Everyone celebrated.

They thanked God for providing exactly what they had been asking for.

But a few weeks later, something felt strange.

Mom found herself snapping at the kids more often.

Dad was unusually quiet in the evenings.

One child started having trouble sleeping.

Another became clingy and emotional.

Nobody understood why.

Wasn't this supposed to make life better?

The new job was a blessing.

But it was also a change.

New routines.

New expectations.

New relationships.

New schedules.

The family had spent so much time preparing for the opportunity that they hadn't prepared for the adjustment.

Nothing was wrong.

They were simply learning that even good changes require energy, patience, and time.

Faithful God Then and Now

After a great victory on Mount Carmel, Elijah found himself exhausted, discouraged, and overwhelmed.

He ran into the wilderness, sat down under a tree, and told God he had had enough.

What is remarkable is how God responded.

God did not begin by correcting Elijah.

He did not tell him to try harder.

He did not remind him of all the blessings in his life.

Instead, God provided food, water, rest, and His presence.

Only later did God begin speaking about Elijah's next assignment.

Sometimes we assume that feeling overwhelmed means we are failing spiritually.

But Elijah's story reminds us that even faithful people can become exhausted during difficult seasons.

Transitions require energy.

Change requires adjustment.

God understands that we are human.

He cares not only about our spiritual needs but also about the physical and emotional realities we experience while navigating life's challenges.

Just because you feel stressed during a season of transition does not mean you are doing something wrong.

Sometimes it simply means you are carrying more change than you realize.

God meets us there too.

What We Can Learn

- Stress is not proof something is wrong.
- Our bodies often notice change before our minds do.
- Stress is information, not an enemy.
- Most people become less patient when they are carrying more change than they realize.
- Paying attention helps us respond wisely instead of reacting automatically.
- Small moments of rest matter during seasons of transition.
- Every transition includes both gains and losses.

Behind the Curtain

In coaching I have noticed that many people assume stress means they are failing.

Sometimes stress simply means they are adapting.

Sometimes families assume they are failing because everyone feels overwhelmed.

More often, they are adjusting to change.

The problem isn't always the stress.

Sometimes the problem is expecting ourselves to function as though nothing has changed.

The goal isn't eliminating stress.

The goal is noticing it early enough to care for ourselves and each other.

Faithful Family Tools

Stress often shows up in our homes before we realize we're carrying it. If transition has made patience harder to find or conflict easier to start, these resources can help you respond with greater awareness and intention.

No Yelling Challenge

A practical challenge designed to help parents respond thoughtfully instead of reacting in the heat of the moment, especially during stressful seasons. Purchase the course here: [No Yelling Challenge](https://www.faithfulfamilycoaching.com/no-yelling-challenge)

Faithful Families Facebook Community

Join a community of Christian parents and couples who are learning how to navigate real-life family challenges with grace, wisdom, and support. Join now: [Faithful Families](#)

Faith Step for the Week

Practice noticing.

Several times a day ask:

What am I experiencing right now?

Bible Verse

"Be still, and know that I am God."
Psalm 46:10

2-Minute Practice

Pause and notice:

- What am I thinking?
- What am I feeling?
- What does my body need right now?

Next Week

How do family transitions affect children differently than adults?