

ISSUE 49

Creating Stability When Life Is Changing

Messy Story of the Week

A family found themselves in one of those seasons where everything seemed to be changing at once.

Schedules shifted.

Responsibilities changed.

Plans that had worked for years no longer fit.

Everyone was adjusting.

The parents spent weeks trying to solve every problem.

They rearranged calendars.

Held family meetings.

Created new systems.

Some things helped.

Some things didn't.

But what surprised them most was what seemed to matter most to the children.

It wasn't the new schedule.

It wasn't the new plan.

It wasn't the carefully organized calendar hanging on the refrigerator.

It was the little things.

The nightly bedtime prayers.

The Friday pizza tradition.

The story Dad always told.

The way everyone gathered together before leaving for church.

Those familiar moments reminded the children that even though life felt different, the family itself was still the same.

The transition wasn't over.

But the family no longer felt like they were drifting.

They had anchors.

Faithful God Then and Now

On the night before the Israelites left Egypt, God gave them specific instructions for a meal.

At first glance, it may seem like an unusual detail in the middle of such a dramatic story.

After all, they were about to experience one of the greatest transitions in Scripture.

Everything was about to change.

Their homes.

Their routines.

Their future.

Their identity as a people.

Yet in the middle of that uncertainty, God established a practice they would continue for generations.

The Passover meal became a way for families to remember God's faithfulness and tell the story of what He had done.

Children would ask questions.

Parents would answer.

The story would be retold.

Again and again.

God knew His people would need reminders.

Not just once, but throughout their lives.

The same is true for our families today.

We cannot remove all uncertainty from seasons of transition.

But we can create rhythms that remind us who we are, what matters most, and how God has been faithful in the past.

Family anchors do not eliminate stress.

They provide stability while we walk through it.

Exodus 12

What We Can Learn

- Stress during transitions is normal.
- Every transition includes both gains and losses.
- Stability comes from rhythms more than certainty.
- Families don't need perfect plans to navigate change.
- Small predictable moments build security.
- Connection helps people tolerate uncertainty.
- Faithfulness is often found in ordinary practices.

Behind the Curtain

What I see in coaching is that many families wait for life to settle down before reconnecting.

But connection is often what helps families survive unsettled seasons.

We don't create stability by eliminating every challenge.

We create stability by consistently reminding one another:

"We're in this together."

One of the most powerful ways to do that is through family anchors.

Anchors are the simple practices that stay with us even when everything else changes.

They might be family meals, bedtime prayers, reading together, game nights, morning devotions, Sunday traditions, or favorite routines.

Anchors don't remove stress.

They provide stability while we move through it.

Faithful Family Tools

Transitions are easier to navigate when families have support, connection, and healthy rhythms. If you're working to create greater stability in your home, these resources can help.

Do We Need Coaching? Assessment

Some seasons require more than information. If your family is facing significant change and you're unsure what support would be most helpful, start with this assessment: [Do We Need Coaching?](#)

Faithful Families Facebook Community

A place to stay connected, ask questions, and learn alongside other families who are working toward stronger relationships one faithful step at a time. Join today: [Faithful Families](#)

Faith Step for the Week

Choose one small rhythm your family can rely on this week.

Not five.

Just one.

It might be dinner together, bedtime prayers, a weekly walk, reading together, or ten minutes of conversation before bed.

Small anchors often carry families through big changes.

Bible Verse

"The steadfast love of the Lord never ceases; his mercies never come to an end."
Lamentations 3:22-23

2-Minute Practice

Ask each family member:

- What is one thing we should keep doing no matter what changes?
- What helps you feel connected to our family?

You may discover that some of your family's most important anchors are simpler than you realized.

Next Week

A new series on helping families navigate conflict without losing connection.