

Hunter Whiddon
Tabernacle Baptist Church
August, 30 2020

Coping With Change

Ecclesiastes 3:1, 5-6

1. “To every thing there is a season, and a time to every purpose under the heaven.”
5. “A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;”
6. “A time to get, and a time to lose; a time to keep, and a time to cast away;”

Who hates dealing with change?

1. Plans changing last minute.
2. My weekly schedule.
3. Moving from my home.
4. Losing a loved one, job, being married,

I. How to recognize a need for change.

- A. The conviction of the Holy Spirit.
- B. When something becomes unhealthy to you or others.
- C. Lack of satisfaction
- D. Loss of interest

II. How to cope with change?

A. Acknowledge that you need change

5. A time to cast away stones, and a time to gather stones together...

B. You must determine when to hold on or to let go

5. ...time to embrace, and a time to refrain from embracing;

C. Prepare yourself for pain

6. A time to get, and a time to lose...

D. Listen & Trust God. Psalm 32:8, Proverbs 3:5-6

8. "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye."

Proverbs 3:5. "Trust in the Lord **with all thine heart**; and lean not unto thine own understanding."

6. "**In all thy ways acknowledge him**, and he shall direct thy paths."

E. Go to God with your struggles of change.

1 Peter 5:6-7 "Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:"
"**Casting all your care upon him**; for he careth for you."