

**DONCASTER
CHURCH OF CHRIST**

2022

Study 5

COPING WITH CHANGE

STUDY 5. NOTES FOR LEADERS

1. **Share with the group a photo of you in earlier times.**
What has changed for you since this photo was taken? How have you changed?
Has the world changed?
2. **Which of the following have brought the most change to your life?**
Health Marriage Parenthood Work Study
3. **What special needs would these people have?**
 - a. A young woman who loves her job has become pregnant.
 - b. A policeman is about to retire.
 - c. A couple approaching middle age is about to have their last child leave home.
 - d. An elderly man discovers that his wife has Alzheimer's disease.
 - e. An accountant discovers that the computer package with which he is familiar is about to be ditched by his firm.
4. **Read Psalm 23.**
 - a. Which verses speak of times of prosperity?
 - b. Which verses speak of inner peace?
 - c. Which verses speak of danger?
 - d. Which verses speak of confidence and assurance?
 - e. What does the "shepherd" do for his sheep?
 - f. Which is the verse that you need to hear most right now?
5. What big decisions have you made about change and life in recent times?
 - a. What caused you to make those decisions? (Life stage? Health? Tragedy? Boredom? Loneliness? Something else?)
 - b. How much control did you have in the decisions?
 - c. How did you come to your decisions? (Talking to friends? Took a "punt"? Weighed up the "pros and cons"? Something else?)
6. **Read Proverbs 3:5-6**
 - a. Would it have been possible to have involved God in the big decisions? If so, how?
 - b. Have you ever experienced the guidance of God when you have had to make a life changing decision?
7. **Read Isaiah 43:1-3.**
 - a. Does any one in the group know of the circumstances behind this great passage of Scripture?
 - b. What words describe the relationship of Israel and God?
 - c. What words imply threat and obstacles?
8.
 - a. What is the next significant change that you are facing?
 - b. Are you looking forward to it with anticipation or a feeling of dread?
9. **How would you rank from 1 (greatest) to 10 (least) the following snippets of advice for people facing change? Why did you choose that ranking?**
 - a. Anticipate the change and plan for it.
 - b. Appreciate that it is difficult to turn the clock back.
 - c. Consider all the options and talk to people who have been through the change.
 - d. Ask God to guide you about the various options.
 - e. Appreciate that God goes through the change with you.
 - f. Ask God how you can grow through the change.
 - g. Have a clear focus on your purposes for the next stage of life.
 - h. Know that it is normal to experience some grief about leaving some aspects of life behind.
 - i. Minimise the number of changes that are going to occur at the same time. Plan some continuity.
 - j. Appreciate that the best is yet to be.