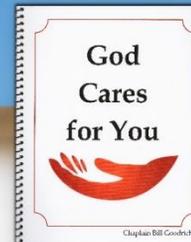


LIVING WITH CHANGE



LIFE GIVING MESSAGES FOR
SENIOR ADULTS



A BIBLE STUDY COMPANION TO THE BOOK
"GOD CARES FOR YOU"
BIBLICAL ANSWERS TO SENIORS' MOST IMPORTANT
AND CHALLENGING QUESTIONS



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CHAPTER 1 OVERVIEW

LIVING WITH CHANGE • LESSON 1 - 3



Overview for Living with Change:

People in care homes have experienced many changes. It is not only the change of address that is challenging, but also the losses associated with this change, such as the loss of independence and privacy. Change can be overwhelming for anyone, yet we know that change itself is constant for all of us. It is particularly difficult for a person who had worked hard to establish themselves and had looked forward to a comfortable and enjoyable retirement, only to hit a detour of declined health and loss of a spouse.

When people are able to see change as an opportunity for a more fulfilled life in Christ, they are more willing to accept the challenges that change brings.

Three Lessons on Living with Change:

1. **A Changing World:** God understands how everything changes and how difficult change can be.
2. **God's Unchanging Love and Word:** God's love and promises never change.
3. **Change Can Be Good:** We must be willing to change so we can know and walk with Jesus.

Preparation:

- Read Chapter 1 of *God Cares for You*.
- Answer the questions and pray the prayers at the end of the chapter.
- Read the suggested additional Scriptures at the end of the chapter.
- To create open discussion with your audience, write down some of the significant changes they may have experienced throughout their lifetime and also in the past year or two.
- Pray for your audience to be able to understand how to accept change, and to take Jesus' hand in the midst of it.
- Prayerfully read through each lesson, spending time adding or changing outline points or illustrations as the Lord leads.

CHAPTER 1 OVERVIEW

LIVING WITH CHANGE • LESSON 1 - 3



A note of caution: It is important to be sensitive to your audience, realizing that your feelings about a change may be significantly different from another's. For instance, Mrs. Jones is still grieving because she had to give her cat up when she moved into the nursing home. When Bill, who is not particularly fond of cats, says, "Well, it's just a cat", Mrs. Jones is hurt by his insensitivity. This makes ministering to her less effective. Bill does not need to be a cat lover to allow Mrs. Jones' grief to be the pathway of deepening their friendship. Instead, Bill could ask questions like: "You really loved your cat, didn't you?", "What was his name?", "How long did you have him?", "Do you have any pictures?" Bill does not need to love cats, he needs to love Mrs. Jones enough to regard what is important to her.

That being said, when you are speaking to your group audience, it is important not to express opinions or attitudes that could cause your audience to believe that you do not understand their grief, or worse yet, that you do not care.

...Clothe yourselves with compassion, kindness, humility, gentleness and patience...Put on love, which binds them all together in perfect unity...And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. ~ Colossians 3:12-17