

# THE MOST STRESSFUL TIME OF THE YEAR

“Trusting God Through The Changes” – Part 3 of 5

November 3, 2024

## WHAT TO REMEMBER

### 1. \_\_\_\_\_ IS UNAVOIDABLE

“As long as the earth remains, there will be springtime and harvest, cold and heat, winter and summer, day and night.” **Genesis 8:22 (NLT ‘96)**

*There is no growth without change*

*There is no change without loss*

*There is no loss without grief*

*There is no grief without pain*

### 2. CHANGE IS NOT ALWAYS GOOD, BUT GOD \_\_\_\_\_ IT FOR GOOD!

“We know that in all things God works for the good of those who love him, who have been called according to his purpose.” **Romans 8:28 (NIV)**

### 3. GOD’S PURPOSE IN EVERY CIRCUMSTANCE IS TO MAKE ME MORE LIKE \_\_\_\_\_!

“We know that God causes EVERYTHING to work together for the good of those who love God and are called according to his purpose for them. For God knew His people in advance, and he chose them TO BECOME LIKE HIS SON...” **Romans 8:28-29 (NLT)**

“Endurance produces character and character produces hope.”

**Romans 5:4 (ESV)**

### 4. GOD CAN USE US EVEN HUMAN \_\_\_\_\_ & \_\_\_\_\_

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” **Genesis 50:20 (NIV)**

### 5. EVERY CHANGE IS ALWAYS A \_\_\_\_\_ OF MY FAITH!

“The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold, and by passing the test, it gives praise, glory, and honor to God.” **1 Peter 1:7 (GW)**

## WHAT TO DO WHEN I’M STRESSED BY CHANGES

### 1. INVEST MORE TIME \_\_\_\_\_ WITH GOD

“Have you never heard? Have you never understood? The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary.... (Instead) He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” **Isaiah 40:28-31 (NLT)**

**2. ASK GOD TO HELP ME SEE HIS \_\_\_\_\_**

*“He (God) made known his WAYS to Moses, His ACTS to the people of Israel.”*  
**Psalm 103:7 (ESV)**

*“If you need wisdom – If you want to know what God wants you to do -- ask Him and He will gladly tell you.”* **James 1:5 (NLT ‘96)**

**3. INSTEAD OF ASKING “WHY IS THIS HAPPENING?”  
ASK WHAT DO YOU WANT ME TO \_\_\_\_\_ ?**

*“I have learned the secret of contentment in every situation, whether it be a full stomach or hunger, plenty or want; for I can do everything God asks me to with the help of Christ who gives me the strength and power..”*

**Philippians 4:12-13 (LB)**

**4. FOCUS ON WHAT NEVER \_\_\_\_\_**

*“I have loved you with an everlasting LOVE.”* **Jeremiah 31:3 (NIV)**

*“...The WORD of our God stands forever.”* **Isaiah 40:8b (NLT ‘96)**

*“His PLANS endure forever; his purposes last eternally.”* **Psalm 33:11 (GN)**

**5. KEEP TELLING GOD: I \_\_\_\_\_ YOU NO MATTER WHAT**

*“He (The righteous man) does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him.”*

**Psalm 112:7 (LB)**

*“Even if a whole army surrounds me, I will not be afraid! Even if enemies attack me, I will still trust God!”* **Psalm 27:3 (GN)**