

# Flourishing in Seasons of Change

## When Life Changes

Change, whether we like it or not, is simply a part of life. We each have to decide whether we are going to adapt! In the first chapter of the book of Joshua, we can learn something from the Israelites about how to handle change.

At the beginning of the book, God's chosen people are facing a lot of changes. There is a change of leadership. Joshua 1:1 tells us Moses is dead, and now Joshua is in charge. Secondly, there was a change in location. For 40 years the desert had been their home, and now they are going to finally enter the long-awaited Promised land.

Joshua must be overwhelmed with the changes, because the Lord speaks directly to Him and provides him with three tools to rely on for help. These three tools are available to us as well.

1. **God's Presence.** Joshua 1:5, 9. Two times the Lord reassured Joshua with the promise of His unfailing presence. God goes with us, no matter where we go or what we face. God is saying, *"I will be with you to direct and sustain. I will not drop or abandon you."*
2. **God's Strength.** Joshua 1:6, 7, 9. Three times in this passage, Joshua is told to be strong and courageous. Not strong in his own strength, but in a strength that comes from the Lord. The Hebrew word for "strong" refers to "sound legs" while the one for "courage" refers to "having a secure gasp." The point is clear: God was telling Joshua that his success as a leader depended on whether he could stand strong and hold tightly! When we've got God's presence and strength we will be fine, if we hold on to Him!
3. **God's Word.** Joshua 1:7-8. Joshua's strength and courage would come from the presence of the Lord and from meditating on God's Law, believing its promises and obeying its precepts. In order for Joshua to succeed in dealing with the changes that lay ahead he had to obey the commands and guidance God had given Joshua through His Law. The Lord's Word had to be a part of Joshua's daily life; the same is true for us.

Whatever changes lay ahead for each of us, none of us are facing them alone. God is there. We don't have to rely on our own strength; we've got God to lean on. With whatever changes come, turn to the Bible for His guidance, comfort and reassurance. And just like Joshua, journey forward. Change need not scare or crush us, for the Lord is with us and leads us. The Lord is there to offer His encouragement, just like He did for Joshua. The Lord will comfort, guide and strengthen you so that you can flourish in a season of change.

***Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.***

Joshua 1:9



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## Territorial Women's Ministries Department

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## Flourishing in Relationships: Conversation Starters

Gather some friends for coffee, or enjoy the nice summer weather. Use these questions to help get the conversation started.

- ◆ What's your favorite season and why?
- ◆ What do you enjoy most about summer?
- ◆ What's your favorite hymn/worship song right now in your life? Why?
- ◆ Summer is a time for travel. What is the most beautiful place you have been?
- ◆ How are you making the most of your life in your current season?
- ◆ If you had to pick any character in a book, movie or TV show who is most similar to you, who would you choose? Why?
- ◆ If you could rewind your life is there anything you would change?
- ◆ How do you deal with change? What are some tips or tricks you have used to help you cope with changes in life?
- ◆ What is your favorite verse to cling to in times of change?

*"You can endure change by pondering His permanence."*

Max Lucado

### Additional Resources

Check out our website for more resources to help you flourish in the ordinary season:

<https://usw-womensministries.org/>

Bible Study: *Flourishing in Times of Uncertainty*

Devotional: *Praise Changes Things*

Craft Idea: *Seasons May Change Painting*

Flourishing Story: Josie Leyva, a solider at the Fairbanks, AK Corps shares her testimony.

## 4 Prayers for Dealing with Change

**Psalm 18:2.** Oh Lord, please help us deal with the changes that are happening in our lives. We thank You for being our best friend, our rock, our fortress and our deliverer. You are our rock and in You we find refuge because you are our shield and the horn of our salvation. You Lord are our stronghold in the midst of uncertainty which change brings. So, Lord, we choose to lean on You because You are the one constant in the world of inconsistency and transition. Thank you Lord. Amen.

**Psalm 32:8.** Father, dealing with change is hard. It's hard to really walk in faith and not by sight. Honestly, it is hard to remain faithful when I do not know where my journey will take me. But I thank You for Your Word that comforts me right now. Your Word declares that You will instruct me and teach me in the way I should go. Even though the path ahead is uncertain and unfamiliar, You will counsel me with Your loving eye on me. Amen.

**Proverbs 3:5-6.** Oh Savior, I pray that I trust in You with all my heart during this time of change. I pray against any doubts in You or doubts in the will You have over my life. I do not want to lean on my understanding, because sometimes Father, I honestly do not understand; but You know all things. I pray that I submit to You so that You can direct me in everything I do. Amen.

**Ecclesiasts 3:1-3.** Dear Lord, Your Word says that there is a time for everything, and a season for every activity under the heavens. This Word shows me that there is a time for change, it is natural for every activity to have it's allotted time. Lord help me to be comfortable with this time of change. Amen.



*Even when life changes, God does not change!*

## Flourishing in the Word

One of the best ways to handle change, is to cling to the character to God. Spend the month of June reading about God's unchanging, immutable character. He is constant, stable, unwavering, faithful, and eternal.

|         |                       |         |                      |
|---------|-----------------------|---------|----------------------|
| June 1  | 2 Samuel 22:47-51     | June 16 | Psalms 119:145-160   |
| June 2  | 1 Chronicles 16:25-36 | June 17 | Psalms 136:1-26      |
| June 3  | Psalms 10:1-11        | June 18 | Psalms 145:1-21      |
| June 4  | Psalms 33:1-22        | June 19 | Psalms 146:1-10      |
| June 5  | Psalms 55:1-23        | June 20 | Isaiah 40:1-31       |
| June 6  | Psalms 66:1-20        | June 21 | Isaiah 46:8-10       |
| June 7  | Psalms 89:1-18        | June 22 | Lamentations 3:19-27 |
| June 8  | Psalms 90:1-17        | June 23 | Malachi 2:17-3:18    |
| June 9  | Psalms 92:1-15        | June 24 | 1 Timothy 1:12-17    |
| June 10 | Psalms 100:1-5        | June 25 | Titus 1:1-4          |
| June 11 | Psalms 102:1-28       | June 26 | Hebrews 1:1-4        |
| June 12 | Psalms 111:1-10       | June 27 | Hebrews 6:13-20      |
| June 13 | Psalms 117:1-2        | June 28 | Hebrews 13:1-8       |
| June 14 | Psalms 118:1-29       | June 29 | James 1:12-18        |
| June 15 | Psalms 119:89-96      | June 30 | 1 Peter 1:13-25      |

### Flourishing Ideas from the Territory

**Cathedral City, CA** is doing a study on the movie "War Room" with an emphasis on prayer.

**Oceanside, CA** is doing the study, *Defiant Joy*, by Candace Payne.

**El Centro, CA** prepared and dropped off care bags and toys to the local women's domestic violence shelter.

**Prescott, AZ** started a new study on *The Lies Women Believe* by Nancy DeMoss Wolgemuth.

**Ridgecrest, CA** drew random partners to go into the thrift store and shop for a new outfit. It was a great way to get to know their sisters as they picked out clothes for each other.

**San Diego Citadel, CA** did a study on *Love Wins*, by Rob Bell.

**Santa Ana, CA** held a training on CPR, Emergency Disaster Preparedness and what to do in an active shooter situation. **Santa Cruz, CA** held a "Mom's Night Out" event and was able to bless 150 women in the community with clothes from GAP, Old Navy and Banana Republic.

**Santa Monica, CA** started discipleship groups and are using the book *The Good and Beautiful God: Falling in Love with the God Jesus Knows*, by James Bryan Smith.

**Washougal, WA** had cookie decorating class and delivered their finished products to the local Police and Fire stations.

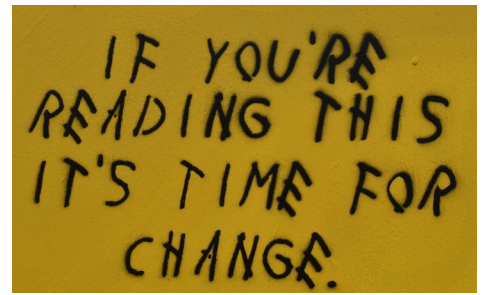
### 3 More Prayers for Dealing with Change

**Jeremiah 29:11.** Heavenly Father, we worship You because You are awesome. You know the plans that You have for us; these plans are not intended to harm us, but to give us hope and a future. Lord, we pray that in this period of change, we will remember that You have a plan for our life that outweighs what we see right now. Thank you for remaining with us in this time of transition and change, Amen.

**Malachi 3:6.** Righteous God, it seems as though everything around me is changing, but it is You who does not change. Glory to Your Name! You remain the same no matter what the circumstance, and for that I bless Your Holy Name. I will not be destroyed by change because I put my trust in You and You are faithful to those who are faithful to You. I put my future in Your hands. Amen.

**Philippians 4:6-8.** God of peace, today I choose to be anxious about nothing, instead in every situation, by prayer and petition, with thanksgiving, I present my requests to You. May your divine peace, which transcends all understanding, guard your heart and mind! Despite the storms of change pressing up against me, I pray that Your peace keeps me calm. I declare that Your peace destroys any anxiety within me and renews my mind with things that praises You. This I ask, in Your name, Amen.

<https://connectusfund.org/7-good-prayers-for-dealing-with-change>



***“I the Lord do not change...”*** Malachi 3:6a



### Flourishing Fun in June

1. Draw pictures on the sidewalk with chalk.
2. Enjoy a sunset.
3. Enjoy summer with a BBQ. Invite friends over for some fun.
4. Find a swing and enjoy.
5. Go for a picnic.
6. Go play miniature golf.
7. Go swimming (or at least get your feet wet).
8. Have a water gun fight.
9. Make a Father's Day Craft.
10. Take a trip to an ice cream parlor. Try a new flavor.