

The Challenge of Change



Getting Started

Do you like change?

Why do we often resist change? Some big changes like moving to a new town, going to a new school, or starting a new job can be very stressful.

But change can also be exciting.

Trying a new food, or making a new friend, or getting a new haircut can be fun! It is easier to accept new changes if we have at least one thing in our lives that stays familiar. For example: if you and your family move to a new city, and you have to go to a new school and make new friends, this can be very hard. But because your family is still the same, this can make it easier to accept all the other new changes. What do you think?

Improving Your Vocabulary

resist (v) – to keep from giving in to; to stand firm against the effects or force of

stressful (adj) – full of stress or tending to cause stress

familiar (adj) – what is known or common because of previous contact

created (v) – caused to exist or come into being

remain (v) – continue in the same state or condition; continue to exist

wear out (v phr) – to become unusable through long or heavy use

promise (v) – to commit oneself to doing something; to pledge

constant (adj) – continuing, persistent, unchanging

Reading God's Word

Hebrews 1:10-12

10 He also said, "You, Lord, in the beginning created the earth, and with your own hands you made the heavens. **11** They will disappear, but you will remain; they will all wear out like clothes. **12** You will fold them up like a coat, and they will be changed like clothes. But you are always the same, and your life never ends."

James 1:17

17 Every good gift and every perfect present comes from heaven; it comes down from God, the Creator of the heavenly lights, who does not change or cause darkness by turning.

Numbers 23:19

19 God is not like people, who lie; He is not a human who changes his mind. Whatever he promises, he does; He speaks, and it is done.

Jeremiah 31:3b

3 People of Israel, I have always loved you, so I continue to show you my constant love.

Taking a Closer Look

1. What did God create?

2. What are the “heavens and the earth”? What will happen to them?

3. What will always remain?

4. What is true of God's promises?

5. What do all these verses teach us about God and His character?

6. Why is it so important that we understand this about God?

Taking Action

1. Are you facing some difficult changes in your life now? Think about God and His unchanging promises this week.

2. Are you putting your trust in things that will one day fail? Why not put your trust in God? His love is everlasting!

Memory Verse: Numbers 23:19

¹⁹ God is not like people, who lie; He is not a human who changes his mind. Whatever he promises, he does; He speaks, and it is done.

Reviewing the Vocabulary

Answer the questions using the **bolded** vocabulary word.

1. What is something you have **created**?

2. Is there anything **stressful** in your life right now? What is it?

3. Who or what are you very **familiar** with?

4. Has anyone ever **promised** you something? What?

5. What are some things that can **wear out** over time?

6. What is one thing that **remains constant** in your life?

For Further Study, see I Samuel 15:29; Lamentations 3:22;
Malachi 3:6; 2 Timothy 2:13; Hebrews 13:8

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