

Lutheran Women in Mission



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INTRODUCTION

Tell about a change that occurred recently in your life, church, school, or community.

Someone once said that we can't wade in the same river twice. That is so true! The waters that we have to cross as families or individuals are so different. Times change! Families change! Cultures change! Our own needs change! So how do we as Christians wade safely through the turbulent waters of change?

Why can't things be the way they were? If only ... if only. There is a fundamental universal truth about the world in which we live: **Nothing of this world ever stays the same.** Everyone changes. Life changes. Sin brings many changes. The Bible gives a clear testimony of the effect of sin on the lives of people. On the other hand, God's Word announces the change in our condition that has taken place through the death and resurrection of Jesus Christ.

GOD'S SURE WORD IN THE MIDST OF CHANGE

We can all learn much from God's Word about how to cope with change in our lives and our families. This study of God's Word directs us to God as the source and the strength by which we can cope with the pain of change in life.

Let's begin with prayer: Dear Father, You are the source of all truth and giver of all wisdom. We ask You to be present with us now as we study Your Word. Guide each of us, Spirit of Truth, so that we may see Your will more clearly as we live our lives for You. We thank You, Lord, for this opportunity to study together. Enable us now to properly understand Your Word and correctly apply it all to our lives. We ask this in the Name of Jesus, our Savior and Lord. Amen.

Our Bible study is centered on the changes that came to Isaac and Rebecca. Please read **Genesis 25:19-34**. Consider the changes that took place in the lives of Isaac and Rebecca in only the sixteen verses read. List these changes below.

Which of these changes could bring about anxiety?

One thing is certain and that is there will be changes in life. Whenever there is change, there is also an adjustment to change. Name some adjustments that were necessary for Isaac and Rebecca.

About the time we finally get over one adjustment in life, we meet up with yet another.

Like one woman said, "I finally adjusted to the up and down emotions and then I got married. Then before I really adjusted to my marriage, I was up to my earlobes in babies, formulas, and diapers. Every time I turn around, I am dealing with yet another change in my life." Can you identify with this woman? How so?

Isaac and Rebecca lived as nomads in the land of promise. They were dependent on the Lord for the very necessities of life. How is it with us? We trust our Lord for the most important thing in our lives - the forgiveness of sins through Jesus who died and rose again to make payment for the debt we could not pay.

But sometimes our faith seems to fall apart when we face difficulties in the here and now. What happens when we miss our flight at the airport? We fail to win the election? The kids have trouble at school? We lose our jobs? Our friends betray us? We get the bad news from our doctor?

When do you find it the hardest to trust God? What assurance does **Romans 8:31-32** give you?

Before we can adjust to change, we have to face it. We have to admit to God and others: This is happening! I don't like it. But God can provide the strength I need to cope and to adjust to it. Help me, Lord! Consider Paul's words in Philippians 4:11-13. How can these words help us to cope and adjust?

TWO STATEMENTS CONCERNING CHANGE

Don't think of changes as liabilities; consider them opportunities to grow and mature. What do you think of this statement? How does God regard such an attitude?

A healthy attitude about change requires that I know and respect my identity as God's child for whom God cares immensely. That identity gives me the confidence that my life will remain secure, despite any change that can come into my life. Do you agree? What is your identity with God in Christ? A hint: Look at **Ephesians 1:13-14**.

Does God really care for you? How much?

God does care! He demonstrated His care for His people by establishing His covenant of grace and blessings with Abraham, Isaac, and Jacob. His care was evident in the life and family of Isaac and Rebecca as they struggled with childlessness and again as they struggled with the changes that the birth of twins brought to their lives.

God does care! He cares for each of us! His regard for us is so complete that even when we struggle and fail, God still loves and cares for us.

We pray together: Almighty God, Creator and Ruler of heaven and earth, help me to trust You when changes come into my life. Lord, help me to consider changes in my life as opportunities to grow and mature. Remind me always of the special identity that I have with You because of Your Son and my Savior. In Jesus' Name. Amen.

Listen to the song [This Is My Word](#). Download to your personal music system! (©1998 Bruce Carlson. Permission granted for use by LWML.)

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