Dealing With Change

How do we live as "Holy Families" when dealing with change?

Change is difficult for us all and often gets more difficult as we get older. Even our children have difficulty handling change. The truth is that the only one who really enjoys change is a baby with a dirty diaper!

Change can be hard and unnerving even for the strongest of families. Regardless of whether the change is good, bad or indifferent, change has a tremendous impact on us. So how do Holy Families deal with change?

The first and most important thing is to look to God as the source of constancy in our lives. God is the one constant in our lives and in the world. Malachi 3:6a reminds us, "I the Lord do not change." In a world that is ever changing, our God remains the same. Looking to God as the source and giver of life, remembering that he is the one who gives all good gifts, reminds us that we are not alone. He is our sure foundation as we weather any kind of change in our lives and in our families.

Secondly, we look for God in the midst of the thing that is actually changing. Whether it is good change or difficult change, change we have chosen or change that we did not choose, we look for God in the midst of the circumstances. The Holy Spirit is constantly present and at work in our families and in the details of our lives. God has something for each of us in every situation, season and transition. God can and will do a good work in us. We must look for where the Holy Spirit might be moving in the midst of the change we face and ask God to reveal that work to us.

Thirdly, we ask God for help in the midst of change. So often when we face change, we try to handle it on our own or we wait to go to God as the last resort. God is always with us and cares about every aspect of our lives. It is in seasons of transition and change that we often need God the most. Prayer is essential to our lives, and it is essential in times of transition, uncertainty and change. We can go to God with any thought, feeling, joy, worry or fear we have. God hears us, understands us and cares about us. He embraces us in love without condition.

We look for God in the midst of change.

Finally, we must trust God because he can be trusted in all things. Trust is our one great act and God does the rest.

Change can be good, it can be hard or it can sometimes be indifferent, but it is a reality of life. Regardless of the type of change we face, God is with us in the midst of it and in every season of life.

Living as Holy Families

Topical conversation starters to help parents stay "on the same page" with each other and their families.

Things to Pray and Talk About:

a) *How do you feel about change? How do you think others feel about change?*

b) *What are some ways you can ask God to help you in the midst of change?*

c) *What can we do as a family to rely on God during change?*

d) *How does your faith in God impact how you think about and deal with change?*

Asking for God's Blessing:

God, we thank you that you never change. Your faithfulness endures forever, and your love never fails. Help us to look to you in the midst of any change we may face. Help us to listen to the movement of your Holy Spirit and to trust you in all seasons of life. Open our eyes, our hearts and our minds to what you have for us. In the name of Jesus we pray. Amen.

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