

When Change Hurts

James Boole, an extreme sports lover, survived a 6,000-foot fall without a parachute. Only seconds before hitting the ground, his chute finally launched, landing him on snow-covered rocks. Amazingly, Boole suffered only a broken rib and back.¹ Change interrupts our lives in much the same way—we find ourselves in midair, scrambling to put on the brakes in an attempt to stop the inevitable.

Someone once said, “The only constant in life is change.” We must simply expect change to come and trust God when it does. We can accept change as an obstacle or an opportunity. If we look to God’s stability in the midst of changes, we experience God’s faithfulness, His provision and goodness. Then we can more readily turn over our anxious thoughts and unanswered questions to Him. Jill Briscoe says, “Change interrupts my nesting habits and intrudes into my comfort zone. But with change we have a new start, a clean page and an opportunity to try again. That hope renews us.”

Within one year, our family changed churches, my husband changed jobs and one of our children changed schools. We allowed God to bring us into new relationships at church, ministry and schools. We grieved our losses and learned to rely on God in a deeper way. He taught us to hold our relationships loosely, allowing Him flexibility in how and to whom we would minister. “For the Lord is good and his love endures forever; his faithfulness continues through all generations,” says Psalm 100:5 (NIV).

God knows what changes lay ahead of us and has our best interests in mind. Each change provides us with opportunities. But it doesn’t mean that change isn’t harsh on emotions.

God never changes; this is His attribute of immutability. This character quality is God’s alone. Immutability defined is

“never changing or varying.” Understanding immutability reminds us God will be the same during the ever-changing times, events and relationships of our lives.

God is stable and will be there for you when you need Him. Psalm 102 says, “In the beginning you laid the foundations of the earth. ... But You remain the same, and your years never end” (vv. 25, 27).

When change has you piled in a heap, take hold of God’s unchanging character by trusting Him. Choose to believe His plan and purposes are ultimately good. God provides immeasurable joy and insurmountable peace, but it is your choice whether you let it rule your mind and heart. Our great God is enough for us to be raised up to face an ever-changing world, uncertain circumstances and an even unknown future.

*Exchanging hurt for hope is **Sheryl Giesbrecht**’s focus—a message she shares with audiences as a radio personality, author and speaker. A dynamic teacher and motivating leader, Giesbrecht has endured many changes and challenges, moving her to a deep faith, trust and dependence on God. She is host of the nationally syndicated radio show Turn Up the Music With Sheryl Giesbrecht and the executive director of International Christian Ministries (). Her new book is Get Back Up: Trusting God When Life Knocks You Down.*

1 The Freefall Research Page (Marshfield, MA: Green Harbor Publications, 2001).