



# ZION

FAITH FELLOWSHIP

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## 7 Things You Need to Know to Deal With Major Life Changes

### 1 Samuel 19:8-11 King James Version (KJV)

<sup>8</sup> And there was war again: and David went out, and fought with the Philistines, and slew them with a great slaughter; and they fled from him.

<sup>9</sup> And the evil spirit from the LORD was upon Saul, as he sat in his house with his javelin in his hand: and David played with his hand.

<sup>10</sup> And Saul sought to smite David even to the wall with the javelin: but he slipped away out of Saul's presence, and he smote the javelin into the wall: and David fled, and escaped that night.

<sup>11</sup> Saul also sent messengers unto David's house, to watch him, and to slay him in the morning: and Michal David's wife told him, saying, If thou save not thy life to night, to morrow thou shalt be slain.

### Psalm 118:8-17 King James Version (KJV)

<sup>8</sup> It is better to trust in the LORD than to put confidence in man.

<sup>9</sup> It is better to trust in the LORD than to put confidence in princes.

<sup>10</sup> All nations compassed me about: but in the name of the LORD will I destroy them.

<sup>11</sup> They compassed me about; yea, they compassed me about: but in the name of the LORD I will destroy them.

<sup>12</sup> They compassed me about like bees: they are quenched as the fire of thorns: for in the name of the LORD I will destroy them.

<sup>13</sup> Thou hast thrust sore at me that I might fall: but the LORD helped me.

<sup>14</sup> The LORD is my strength and song, and is become my salvation.

<sup>15</sup> The voice of rejoicing and salvation is in the tabernacles of the righteous: the right hand of the LORD doeth valiantly.

<sup>16</sup> The right hand of the LORD is exalted: the right hand of the LORD doeth valiantly.

<sup>17</sup> I shall not die, but live, and declare the works of the LORD.

### Psalm 121 King James Version (KJV)

121 I will lift up mine eyes unto the hills, from whence cometh my help.

<sup>2</sup> My help cometh from the LORD, which made heaven and earth.

<sup>3</sup> He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

<sup>4</sup> Behold, he that keepeth Israel shall neither slumber nor sleep.

<sup>5</sup> The LORD is thy keeper: the LORD is thy shade upon thy right hand.

<sup>6</sup> The sun shall not smite thee by day, nor the moon by night.

<sup>7</sup> The LORD shall preserve thee from all evil: he shall preserve thy soul.

<sup>8</sup> The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.

# 7 Things You Need to Know to Deal With Major Life Changes

David is anointed, but is going through transitional changes on his way to the throne. Saul attempts to kill him 12 times for being faithful, and right. That could've been discouraging.

How did he continue to go forward? Can you empathize with him? Can you see yourself in him? Anointed, but going through changes?

You can have your pity party, but only for a day or two, and then you have to move on. If you spend too much time in that place of anger or pity or blame, you end up not being able to adapt to your change. It keeps you in a place of helplessness.

In a split second, in a freak accident, my family was almost unalterably changed. The reaction and adaptation to the trauma and my new reality taught me some key lessons about going through a major life change. A set of life lessons that helped me to survive and thrive. And since most of us go through changes in our lives, some drastic, some minor, these lessons are applicable to you.

## 1. It's okay to be emotional.

- A. It's natural to have feelings of sadness, to grieve over the loss of something, to feel angry about your situation, or to place blame.
- B. You have permission to feel that way, but only for moments.
- C. You can have your pity party, but only for a day or two, and then you have to move on.
- D. If you spend too much time in that place of anger or pity or blame, you end up not being able to adapt to your change.
- E. It keeps you in a place of helplessness. And what you need to be is in a place of hope and of growth.

## 2. You can give yourself permission to be vulnerable:

- A. Some of us like to project an image of being strong and fearless, but sometimes it's not the truth. The truth is that we're scared, vulnerable, weak and in need of help.
- B. We need to allow ourselves to rely on others. And showing that vulnerability is OK.
- C. There is always learning and growth that can come from it. You allow people to really see you and when they can see you, can know your stress or pain, they can help.
- D. Vulnerability is just part of who we are as people.

## 3. You are never alone:

- A. Sometimes when we go through major changes we think we are dealing with something no one else can understand or no one else is going through.
- B. There are others that can empathize with you.
- C. Even if you don't ask people to be around you, family and close friends will come to your side.
- D. You're also never alone because you always have yourself to rely on.
- E. Ultimately none of us are separate from the Creator or separate from the universe.
- F. The idea of being alone is a false one.

## 4. You have to ask for help:

- A. Often people don't know what to say or what to do.
- B. People might not know how to react, or what to do. Sometimes people are natural caregivers. They jump right in to help. But these are the minority.
- C. It is your job to tell people what to say and what to do that will be helpful.
- D. What I've learned is that I've had to ask very specifically for what I need and for even, sometimes, what I need to hear.
- E. Being able to clearly articulate what you need gives people a sense of relief.
- F. In the end, people really like to be told how they can help you in very specific terms. They need it defined for them so they can

feel like they are helping and supporting you. Left on their own to guess this information, they feel helpless. And when they feel helpless they do not act.

- G. Empower them and empower yourself by letting them know specifically how they can help.

**5. You can adapt to anything.**

- A. Our ability to adapt is amazing.
- B. Necessity is the mother of invention and you will naturally find ways to solve your problems and do things in new and different ways when you're presented with challenges.
- C. The adaptability and flexibility of our spirits and of our beings is a given.
- D. Those who cannot change and adapt have convinced themselves it is not possible.
- E. If you trust that you can adapt, then you will.
- F. If you believe that you can change, then you will, no matter what the challenge.

**6. You have to have hope for the future:**

- A. Despite all setbacks, you have to believe that there is hope in the future.
- B. Having hope and a positive perspective is what keeps me moving forward every day.
- C. If you gave up that belief it would be like letting go of a rope that pulls you forward. Believing that things can and will be different, and that you will see the light at the end of the tunnel, even if you can't see it yet, is the most important thing in getting through a change process.
- D. Trust and believe that ultimately, things are going to work out.

**7. You will grow as a person, but you are still the same:**

- A. Going through a change, especially one that is traumatic, changes you forever. It changes how you see life and deal with things.
- B. You're never going to be the same again and that's a good thing. Because in the midst of change is a great deal of learning, if you are willing to have vision and perspective.
- C. If you are willing to continually ask yourself the questions, "What am I supposed to be

learning from this?" "How am I supposed to grow?" "How will I become a better person because of this?" In any change process, you can become stronger, and a better version of you.

- D. Just because something changes about you, even something radical, doesn't change the core of who you are as a person.
- E. If you are strong and centered and grounded, that is still who you are. Sometimes you have to remind yourself of that.