

## HOW TO TRUST GOD WHEN YOU DON'T LIKE THE CHANGES IN YOUR LIFE

Strategies for Stressful Times  
Rick Warren

### WHAT TO REMEMBER

#### 1. CHANGE \_\_\_\_\_

*"As long as the earth remains, there will be springtime and harvest, cold and heat, summer and winter, day and night." Genesis 8:22 (NLT)*

There is no growth without change.  
There is no change without loss.  
There is no loss without grief.  
There is no grief without pain.

#### 2. CHANGE IS NOT ALWAYS GOOD, BUT GOD \_\_\_\_\_ !

*"We know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28 (NIV)*

#### 3. GOD'S PURPOSE IN EVERY CIRCUMSTANCE IS TO \_\_\_\_\_ !

*"We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. For God knew in advance, and he chose them to become like his Son."*

Romans 8:28-29 (NLT)

*"Endurance produces character, and character produces hope."*

Romans 5:4 (CEB)

#### 4. GOD CAN USE US EVEN \_\_\_\_\_

*"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." Genesis 50:20 (NIV)*

#### 5. EVERY CHANGE IS \_\_\_\_\_ !

*"The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold, and by passing the test, it gives praise, glory, and honor to God." 1 Peter 1:7 (GW)*

### WHAT TO DO WHEN I'M STRESSED BY CHANGES

#### 1. INVEST MORE TIME \_\_\_\_\_

*"The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary . . . He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find strength. They will soar high on wings like eagles. They will run and not grow weary. They will not faint."*

Isaiah 40:28-31 (NLT)

#### 2. ASK GOD TO HELP ME \_\_\_\_\_

*"He revealed his ways to Moses, his deeds to the people of Israel."*

Psalms 103:7 (CSB)

*"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking." James 1:5 (NLT)*

#### 3. INSTEAD OF ASKING "WHY IS THIS HAPPENING?"

##### ASK \_\_\_\_\_ ?

*"I have learned the secret of contentment in every situation . . . I can do everything God asks me to with the help of Christ who gives me the strength and power." Philippians 4:12-13 (TLB)*

#### 4. FOCUS ON \_\_\_\_\_

*"I have loved you with an everlasting LOVE." Jeremiah 31:3 (NIV)*

*"The word of our God stands forever." Isaiah 40:8 (NLT)*

*"His plans endure forever; his purposes last eternally." Psalm 33:11 (GNT)*

#### 5. KEEP TELLING GOD: \_\_\_\_\_

*"He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that [God] will take care of him." Psalm 112:7 (TLB)*

*"Even if a whole army surrounds me, I will not be afraid; even if enemies attack me, I will still trust God." Psalm 27:3 (GNT)*

*Next Step*

Visit [PastorRick.com](http://PastorRick.com) for more Bible teaching and to sign up for the daily devotional.