

Change

The idea of “change” often strikes fear into many people. After all, change is uncertain. It’s hard to plan for. According to Merriam-Webster, the definition of change is “to become different; to make (someone or something) different; to become something else.” Change, in fact, is synonymous with instability. It’s no wonder, then, that people attempt to avoid it. Unfortunately, one cannot avoid change as it is a part of life. Author Robert C. Gallagher summarized it perfectly when he said “Change is inevitable, except from a vending machine.”



Drop your Rope!

Many times, when faced with the prospect of change, we resist. It’s a game of tug-of-war that is certain to end with a face full of mud. But in spite of that knowledge, we all tend to just pull that much harder. Experts on the subject of change talk about adapting to – embracing even – our ever-changing circumstances. In essence, they are saying to drop your end of the rope and run around to the other side. It doesn’t make for a very fun game, but it sure seems better than that muddy face!

“Resistance at all cost is the most senseless act there is.” – Friedrich Durrenmatt

It’s all in your Head

The trick to navigating change is all about attitude. Once you accept that change is going to happen and decide that it is a positive and necessary part of life, then you will take a more proactive approach. Rather than being fearful or resentful, you can look forward with excited anticipation. That won’t necessarily change your circumstances, but it certainly will position you to adapt and grow.

“Change your thoughts and you change your world.” – Norman Vincent Peale

It’s all about your Foundations

Any discussion on facing change is incomplete without recognizing the one constant we can have in our lives. Scripture tells us that God is perfect and unchanging. He is the same yesterday, today, and forever (Hebrews 13:8). In Psalms 62:6 He is described as being our rock and salvation. It goes on to say that in Him we won’t be moved/shaken. So with God at the center of your life, with Him as your foundation, no amount of change – be it big or small – can overcome us. Like Paul told the Philippians, “I can do all this through him who gives me strength” (4:13, NIV). And he wrote that from prison! With a good foundation, you are able to handle all of the change in your life.