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The Fear of Change

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Outline and Study Questions

Outline

How to face the fear of change:

1. Anticipate the change.
2. Understand God's perspective on change.
3. Trust God with the change.
4. Focus on the gains
5. But grieve the losses.
6. Embrace the change.

Going Deeper: Use the following questions for personal reflection and/or to discuss with your family, friends or small group.

1. What are some upcoming changes that you fear (personal, work, church, etc.)?
2. Think back to other changes you feared in life. How did things turn out? How many of your fears came to be true?
3. If you were one of Jesus' disciples, how would you feel about him leaving? Would you focus on the gains or the losses?
4. Read John 16:17-22. Jesus talked about the fear/sadness of his leaving. Notice the concern of the disciples. How does Jesus justify their concerns?
5. If anticipating change helps defray some fear, how can you anticipate change without becoming a worrywart or jump to the worst-case scenario?
6. What are your biggest fears associated with change? Why is that?
7. Which of the five lessons on change do you need to work on the most?
8. What would it look like for you to embrace some changes that you are facing right now?