



## Session Outline and Discussion Question

### “Navigating Change”

Dr. Bob Grant -- Session 20

#### Session Outline:

Life is a fluid process of continuous events presenting us daily with opportunities and decisions regarding how we will live. Those decisions will determine what our lives look like and how we impact those living in the world around us. We have a tendency to resist change because we like for things to be a certain way that is dependable. The fact is that we are changing all the time whether we like it or not. The big questions is:

**“In what ways are we changing?”**

#### Bumper sticker ethics:

“Change is good – you go first”

“Change is good – until it happens”

“Predictions are bad – especially if they are about the future”

#### Physiological change is continuous.

Skin – your skin changes every three months.

Stomach – every six weeks.

Skeleton – every three months.

Cheek cells – three times per day.

Entire body – five years for men and seven years for women.

**The clinical definition of death is a body that does not change.**

**Life Implication:** “The Quest for Certainty.”

The challenge for most men is the need to manage or control the future. We tend to be “fix it” people with quick answers that solve problems and make things be “ok.” Part of God’s redeeming work in our lives is bringing us to a place of faith and peace in the face of an uncertain future.

Abraham went out not knowing where he was going. **Hebrews 11:8**

Paul was a planner but discovered what it meant to trust God in the face of changes. **2Cor. 1:15, Acts 16:6-10**

*“Our calling is not certainty about the future  
but to the One about whom the future is certain.”*



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