

COPING WITH CHANGE



JANUARY 14 – JANUARY 20

WELCOME

- Spend the first few minutes visiting and catching up.
- Take attendance. Who's missing?

PRAY

Lord, thank you for bringing us here today to have fellowship with others. Help us to hear your words and their meaning for our lives and may those words guide our paths. Amen.

DISCUSSION QUESTIONS

- Take a moment and name a change that you have recently experienced. It can be something funny or more meaningful.
- How do you typically respond to change?
- Reread this week's Scripture (Jeremiah 29:4-7). Jeremiah is speaking to people living in exile, trying to navigate a massive change in their reality. What would have been challenging about his message? Why do you think this message is important?
- A common saying is that "People don't fear change, they fear loss." How have you experienced the relationship between loss and change?
- One of Jeremiah's key messages is for the people to let themselves prosper in the place they find themselves. What could it look like for you to prosper in a place of change?

Jeremiah 29:4-7

4 This is what the Lord Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon: 5 "Build houses and settle down; plant gardens and eat what they produce. 6 Marry and have sons and daughters; find wives for your sons and give your daughters into marriage, so they too may have sons and daughters. Increase in number there; do not decrease. 7 Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.

PRAYER REQUESTS