

## Trusting God Through Changes

**Proverbs 3:5-6 (NLT)** *Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.*

**Isaiah 26:3 (NLT)** *You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you.*

**Introduction:** Life is a series of changes, some of which we choose, while others are thrust upon us. Navigating these transitions can be challenging, but trusting God is essential through both types of change. This message explores three biblical examples—Rahab, the disciples, and Abraham—that illustrate the importance of trusting God through changes, whether they are initiated by us or occur without our consent. Additionally, we will consider how both types of change can lead to growth and divine purpose.

### 1: Rahab's Trust in God's Plan

**Joshua 2:1 (NLT)** *Then Joshua secretly sent out two spies from the Israelite camp at Acacia Grove. He instructed them, 'Scout out the land on the other side of the Jordan River, especially around Jericho.'*

**Hebrews 11:31 (NLT)** *It was by faith that Rahab the prostitute was not destroyed with the people in her city who refused to obey God, for she had given a friendly welcome to the spies.*

**Matthew 1:5 (NLT)** *Salmon was the father of Boaz (whose mother was Rahab). Boaz was the father of Obed (whose mother was Ruth). Obed was the father of Jesse.*

Rahab faced an unexpected change when the Israelite spies arrived at her home, bringing news of impending destruction. She chose to trust God by hiding the spies, which ultimately led her to be part of Jesus' lineage. This illustrates how change can happen to us without our consent, yet when we trust God, we can find purpose in it.

Research supports that embracing unexpected change can lead to significant personal and spiritual growth. As noted by psychologist William Bridges, "Transition is the process of letting go of the old and adapting to the new" (\*Transitions: Making Sense of Life's Changes\*).

### 2: The Disciples' Leap of Faith

**Matthew 4:19-20 (NLT)** *Jesus called out to them, 'Come, follow me, and I will show you how to fish for people!' And they left their nets at once and followed him.*

**Luke 5:10-11 (NLT)** *His partners, James and John, the sons of Zebedee, were also amazed. Jesus replied to Simon, 'Don't be afraid! From now on you'll be fishing for people!' And as soon as they landed, they left everything and followed Jesus.*

**John 15:16 (NLT)** *You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name.*

The disciples actively chose to change their lives by leaving their fishing careers to follow Jesus. This decision brought about a transformational journey. This illustrates the power of making intentional choices to follow God's call.

According to a study published by the American Psychological Association, deliberate change often leads to greater life satisfaction and fulfillment (APA, "The Benefits of Change"). The disciples' story teaches us that whether change is thrust upon us or initiated by our decisions, trusting God is essential.

### 3: Abraham's Obedience to God's Call

**Genesis 12:1 (NLT)** *The Lord had said to Abram, 'Leave your native country, your relatives, and your father's family, and go to the land that I will show you.'*

**Hebrews 11:8 (NLT)** *It was by faith that Abraham obeyed when God called him to leave home and go to another land that God would give him as his inheritance. He went without knowing where he was going.*

Embracing a change that comes from obedience to God will oftentimes not make sense to those around you.

**Romans 4:20-21 (NLT)** *Abraham never wavered in believing God's promise. In fact, his faith grew stronger, and in this he brought glory to God. He was fully convinced that God is able to do whatever he promises.*

Abraham faced a significant change when God commanded him to leave his homeland. This was a choice that required immense faith, but he trusted God's promise and stepped into the unknown. Abraham's story illustrates that both the changes we choose and those that happen to us require trust in God.

A study by the Institute for Change Research highlights that embracing both types of change can enhance resilience and lead to fulfilling outcomes (Smith, J. (2020). "The Psychology of Change"). Abraham's faithfulness challenges us to trust God, regardless of whether we are experiencing change due to our decisions or circumstances beyond our control.

Change, whether initiated by us or occurring without our consent, is a vital part of life. The stories of Rahab, the disciples, and Abraham remind us of the power of faith in navigating both types of change.

As we encounter transitions in our lives, we must lean into God's promises and trust that He is guiding us toward a greater purpose. Embracing change with faith can open doors to extraordinary blessings and divine appointments. Let us remember that God is with us every step of the way, even in the midst of uncertainty and transformation.