



Change is Hard

by Chrystal Hurst

Change is hard.

I've spent the last week moving and the move has been tough. I can't find my cups and the important papers that were on my desk are buried in a box somewhere.

I still have to update my address at the post office, refill the fridge, and switch the phone service. And my toothbrush? I just gave up looking for it and bought another one.

Change takes work.

We are creatures of habit and any shift in our routines require us to think more and expend more energy doing all of the things we have to do. No more driving on autopilot to get from home to work. Traffic patterns are new and alternate routes must be learned.

Change can be painful.

When your health is at stake, the change in diet, exercise, or life pace can be difficult to navigate. When you lose your job, fear and anxiety can set in. And when a loved one dies and the phone doesn't ring as often, sharp pangs in the heart abound.

But change can also be good.

Change wakes us up to the fragility, uncertainty, and temporary nature of life. It makes us more appreciative for what we have, have had, and gives us hope for what new experiences can come our way.

Life is change. The longer you live, the more you know that the only thing constant in this life is change.

But I'm so glad to know that we serve a God who doesn't change. He is the same yesterday, today, and forever. Whether we move homes, change jobs, or experience relational, physical, or emotional changes, God is constant and an anchor on which we can depend.

*He is the "...Father of lights, with whom there is no variation or shifting shadow."
(James 1:17)*

So if you are in a season of change, don't let the change shake you. Choose to trust in God despite the changes of life.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3:5-6.