

Bay City Wesleyan Church
October 29, 2017

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Sunday Morning 10-29-2017

Our Challenge for 2017 is to regularly ask Jesus, "Am I following you?"

When was the last time you asked?

<http://bible.com/events/303373>

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[Image]

Following Jesus helps us to deal with changes and transitions in life

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Joshua 1:1-11 NIV

After the death of Moses the servant of the Lord , the Lord said to Joshua son of Nun, Moses' aide: "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses. Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. "Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." So Joshua ordered the officers of the people: "Go through the camp and tell the people, 'Get your provisions ready. Three days from now you will cross the Jordan here to go in and take possession of the land the Lord your God is giving you for your own.' "

<http://bible.com/111/jos.1.1-11.NIV>

How can we deal with this?

I've been listening to our conversations over the last several months. We're asking these questions and more like them. Life is filled with changes, losses, and transitions.

Transitions happen to all of us. They are inevitable and inescapable. Some changes bring life, like a gentle spring rain. Others feel as devastating as a hurricane or tornado.

1. What do all our changes have in common?
2. Why does our new normal stress us out?

Grief is the emotional response to the loss of our old normal.

Solomon, the third king of ancient Israel, was a great wise man. He made the following observation about life in this broken world.

Ecclesiastes 3:1-8 NIV

There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

<http://bible.com/111/ecc.3.1-8.NIV>

3. How will we learn to deal with what we're dealing with?

Change and transition are unavoidable in this world, but we can help each other deal with them.

Over the next few weeks, we'll uncover how to deal with the grief in our lives. We'll recognize...

- THE JOLT
- THE GRIEF
- THE BATTLE
- THE RECEIVING
- THE COMFORTING

4. Now, THE JOLT.

THE JOLT is that moment you realize your life has changed and no matter how badly you want to get back to "normal" you never will.

Sermon in a Sentence:

Jesus and his people are the comforters we need to deal with life in this broken world.

What are the first steps you can take to deal with THE JOLT?

1. Talk to Jesus about it.
2. Let others help.
3. Develop stronger relationships.
4. Grow deep spiritual roots.

In response to today's message, I will...

- * Change my thinking by memorizing Ecclesiastes 4:9
- * Talk to Jesus about what I'm dealing with
- * Join a small group - help me, please