



ALL THINGS NEW

LEADER'S NOTES

Week 5: Initiating Change

In this final week of our sermon series on all things new, we explored the importance of starting to change, and sometimes the beginning is the hardest part. We understand that initiating change is difficult because it means overcoming resistance to the unknown, fear of failure, and confronting stubborn routines. In the initial stage, you have left the old way, but the new way has not yet become normal. This "no man's land" creates discomfort and a high level of uncertainty.

Question one focuses on the principle that it is difficult to initiate change and invites your group to discuss it.

The other four questions focus on four biblical characters and how they initiated change. In each question, I outline the background of the biblical character and emphasize how they began to change. Each question also includes some biblical verses from their story. The questions encourage storytelling, allowing your group to share any personal experience with how a Bible character initiated change. Your group is also invited to discuss whether they might need to walk a similar path as the Bible character to initiate change currently in their lives.

Here is a brief overview.

- Jacob began to change because of a dream, a new vision for the future. Jacob's dream came from God, who, through the dream, initiated a relationship with Jacob. God can also give us dreams and a new vision for our future. Sometimes, change is initiated with hope and vision—hope that things will improve and a new vision for the future, given by God.
- Esther initiated a major change through a difficult conversation. She had a hard conversation with her husband, the king, to save her people. We can also experience change, especially in relationships, by engaging in tough conversations.
- Hannah took the first step toward change by pouring out her broken heart to God. She is a great example of how to handle grief and pain in life by sharing your feelings with God. This is one of the ways we can overcome stagnation—by pouring out our souls to God.
- Jonah changed the entire direction of his life and story through repentance. Jonah disobeyed God and ran from Him, but after repenting in the belly of the great fish, his life was transformed. Repentance is a well-known and familiar path to change.

Obviously, the questions this week are a bit different from what we usually do, but I hope your group enjoys this study. If you want to explore each of these four stories in more depth, you can check out the scriptures below.

- Jacob- Genesis 28
- Esther- really the whole book of Esther. But more specifically chapters 4-8.
- Hannah- 1st Samuel chapter 1
- Jonah- Jonah chapters 1 & 2