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★ ★ ★ ★ ★
Keine Stimmen

Changes



How do we deal with change in our lives?

Life is in constant flux, we cannot change. Since the fall of man, we have been subject to transience. The name Abel (Genesis 4:2) means "transience"; the name of his brother Cain (Genesis 4:12-16) means "chased, hurried"; the land of Nod in verse 16 means "land of restless living".

Changes

We cannot ***not*** change!

- Our stages of life are like seasons and seasons change.
- Changes are opportunities / possibilities, but they also harbor risks
- If we live actively, we will initiate change

Changes contain unknown elements - the unknown causes fear:

- causes survival instinct / protective mechanism
  Defensive reaction / skepticism towards the new
- sudden, unexpected, unwanted change
  we are defenceless
  passive, i.e. only victims of change
  A plaything of our environment and determined by fate?
  we often wait so long that we can only react
  we prefer to drift with the crowd rather than seek our calling
  we would rather blame others than "take control" of our own destiny

Anticipate changes

- Recognize signs, draw consequences!
  act actively
  Example: Job / dissatisfaction
- Examine alternatives, think ahead about possible events

If you actively tackle change, you have to overcome resistance

- You can change YOU, but not OTHERS!
- Understand resistance, reduce fear, create trust
- inform, explain

Changes in which areas?

- Relationships

- Work / school
- Personal (physical, psychological, intellectual, spiritual)
- Leisure time
- Youth group / church

Change not for its own sake

- Well-considered step by step
- no zigzag course, no quick fixes, this brings about
  Stability, direction, continuity

Effects of change:

- Chain reaction
  networked thinking is important
- Goals of change
  Improvement versus "*making things worse*"

Change needs fuel / energy see AUTO!!!

- Will to change
- Pressure to change is often helpful
  inner drive

Easy and arduous paths

- how big is the project
- how big are my resources? Opportunities? What are the prerequisites?
  What condition do I have? Do I dare to do it?
- Where do I need help?

Type of car / type of change

- my skills, knowledge, experience (see also graphic in pdf attachment)

Goal: Where do I want to develop and grow?

Dare to do something new:

- Pioneering work
- Out of the box
  change your thinking, think "*outside the box*"*, dare to be unconventional*
- thinktank
- Overcoming resistance - promoting personal competence
  Example: "Train is not running"
  deny
  accept + problem analysis
  Develop a solution strategy
  implement: Courage, self-confidence, optimism, flexibility, willingness to act, vision, pioneering work, trust in God

Change requires the ability

- self-reflection
- recognize own incompetence
- of social competence
- to be able to endure paradoxical and ambiguous situations
- to be able to let go

- of flexibility
- to think coherently
- Experiencing fun and joy

Change from the perspective of the Bible (see appendix)

- God encourages us to grow out of our fellowship with him and to change our independent behavior patterns that are shaped by sin
- God wants to change us from one glory to another so that we become like Jesus and are pleasing to him
- Jesus is our strength and gives us support and security in all of life's changes
- God's Word and the Holy Spirit guide us to walk in the wisdom of God and help us to make the right decisions
- in this knowledge, as God's children, we can courageously tackle personal changes in this world on a daily basis and also work for change in the world! Those who do not change will be changed and resemble a flag in the wind or iron rusting away in the scrapyard!

Dealing with change

Umgang m Veraenderungen.pdf

Source reference

- "Introduction to the topic of change" by Tania Kommerth, www.presencing.com
- "The new methods of learning and change" by Franz Decker, Lexika Verlag. 1996, p.194ff
- Photo: Archive Juropa, www.juropa.net

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