

# D Group Lesson

Sermon: Coping with Change by Paul Gearhardt

Series: Pain Management #5

Text: Book of Joshua 1:1–9

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## Big Idea

Because change is unavoidable and often painful, we must learn to trust God by recognizing it, moving forward in faith, and facing the future with courage.

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## HOOK (Engage the Heart)

### Opening Question

- What is one major change in your life that was difficult at the time but turned out to be important for your growth?

### Follow-Up Questions

- Do you naturally embrace change or resist it? Why?
- What kind of change feels most difficult for you (relationships, health, career, etc.)?

### Transition

Change is one of the few guarantees in life—but it often brings pain, uncertainty, and fear. The question isn't whether change will happen, but how we respond when it does.

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## LOOK (Examine the Word)

### Read Together

Read Joshua 1:1–2 and 1:6–9

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## 1. Recognize the Reality of Change (“Read the Signs”)

### Observation

- Moses is dead → a season has ended

- Joshua must step into leadership
- God is initiating a new chapter

### **Discussion**

- What signs of change did Joshua have to recognize?
  - Why is it sometimes hard to accept that a season is over?
  - What “signs” of change are you seeing in your life right now?
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## **2. Respond by Moving Forward**

### **Observation**

- God commands action: “Get ready... cross the Jordan.”
- The people couldn’t stay where they were
- Movement required trust without full clarity

### **Discussion**

- What would have happened if Joshua refused to move forward?
  - Why do people get stuck in past seasons?
  - How can we honor the past without living in it?
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## **3. Face the Future with Courage**

### **Observation**

- God repeats: “Be strong and courageous.”
- Courage is required because fear is present
- Joshua must eventually go public with the change

### **Discussion**

- What fears usually come with change?
  - Why does influencing others require courage?
  - How does trusting God help us face uncertainty?
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## **TOOK (Apply the Truth)**

### **Personal Reflection**

- What change are you currently facing?
  - Are you resisting it, ignoring it, or embracing it?
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## **Application Steps**

This week:

1. **Read the Signs**
    - Identify one clear area where God is bringing change
  2. **Move Forward**
    - Take one practical step instead of staying stuck
  3. **Choose Courage**
    - Act in faith even if you feel fear
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## **Heart Check (Sponge Principle)**

When pressure comes, what comes out of you?

- Trust or anxiety?
  - Faith or negativity?
  - Courage or avoidance?
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## **Accountability Challenge**

- Share one step you will take this week
  - Check in with someone in the group midweek
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## **Prayer Focus**

Pray for:

- Courage to face change
  - Faith to trust God in uncertainty
  - Strength to move forward
  - Sensitivity to the Holy Spirit's leading
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## **Closing Statement**

Change is inevitable. Growth is optional.

God is always at work in transitions—our role is to trust Him enough to move forward.

