

CHANGE: HEART OF CHANGE!

Scripture used: 2 Kings 2:1-13 (NLT)

OVERVIEW

What is at the heart of the matter when it comes to change? Understanding the heart of change moves you one step closer to making change that you thought you could never accomplish. Often courage has a key role to play in change.

KEY POINTS

The Big Idea: Change is Possible! Change = Grow = Learn. We need to Adopt a New Pattern.

- 1) Change takes place on 2 different levels: (1) at the external event of change and (2) during the internal process that leads to transformation. - Some change events are the result of ripping or tearing apart of relationships. Often it takes time to process the pain incurred when there is a rupture such as death, divorce or getting fired. Broken or unfinished endings can then result, blocking our transition to a new beginning.
- 2) For every internal change or transition:
 - o It begins with an ending. "How do we say goodbye?"
 - o In the middle of a transition, there is confusion, emptiness, and fear. Often times our roles and responsibilities define our identity. In a transition, we may ask, "Who am I now?" It takes time to process that pain and confusion.
 - o New beginnings come and if we handle endings well, then we are open to new paths for God to lead us on. We cannot rush through the middle but must be ready to ask, "How do we say hello?"
 - o If we don't manage transitions we often live in new places but regularly return to old activities.
- 3) Elijah teaches us there is good change and happy endings - Elijah was experiencing a positive change. He was being taken to Heaven, it was initiated by God, God was clear about the calling, and there was peace. But he had to follow a process of saying goodbye to many people into whom he had poured his life.
- 4) How do we say goodbye to reach a new beginning? - The goodbye process includes remembering, celebration, giving thanks, lots of tears, embracing, and then letting go. This is the healthy process Elijah followed. In contrast, broken or unfinished endings can rob us of blessed endings and the healthy process that prepares us for new beginnings.
- 5) We can't take a new offering from God unless we empty our hands of the old. We must examine the bad experiences and let go of the bad and embrace the good parts. When we come to a new beginning, how do we say hello? We merely have to accept the new gift God has for us. But our hands have to be empty first.
- 6) God can do great things in the face of change. We have to look for them to see what has been done.

DISCUSSION

- 1) **HEAR** Did you recognize the middle part of the change transition as described above? Have you ever been stuck there? What did you find was key or helpful in order to get "unstuck?"
- 2) **UNDERSTAND** All of us have experienced broken transitions in our lives. Elijah shows us an example of good transitions. What parts of Elijah's saying goodbye process were most key to successful transitions in your opinion? Why? What parts of Elijah's process were missing in some of your recent broken transitions?
- 3) **DO and PRAY** Continue your second week in the 30-day daily practice of the DARE TO PRAY and ask for Godly wisdom. This week, list the unfinished endings you have experienced which continue to plague you. Seek out a trusted friend or counselor and discuss with them the steps you are taking to move from unfinished business so you can say "hello" to a new beginning.