



COPING with CHANGE

by Barrington Brennen

Another author said that 'the only thing that is constant, is change.' Hence, as Christians, based on our world view and understanding of the times, accepting that change is inevitable and even natural is the first way to cope with change.

Another method to help cope with change comes from a medical doctor, Kimberlydawn Wisdom. She states "Plan ahead. If you know change is on the horizon, do some prep work. Think about what you might do when an elderly parent falls ill. If your company has been through recent layoffs, consider how you'll navigate a job change. Change is less stressful when you have a contingency plan in place." Just like we plan ahead for a hurricane or by saving money to go to college, we must do the same for every aspect of our lives. Dr. Kimberlydawn Wisdom shares another powerful way to cope with change that I cannot resist stating. It is "Count your blessings. Whether you just received a difficult diagnosis or you're about to start a new job. Counting your blessings in a gratitude journal or sharing the top three highlights of your day with a family member at dinner can go a long way toward making you feel less depleted. Even during difficult times, things like noticing a starry sky or beautiful sunset or watching a colorful butterfly can act almost like a reset button for your mind."

Dear readers, let us prepare for change. More and more changes are coming. Are you ready? As we practically prepare for the constant changes, let us hold on to the One who never changes but can change the change—Jesus. One day, He will change the always changing to a change that will never change. Trust Him.



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CHURCHES IN NEW PROVIDENCE

- Adelaide
- Agape
- Bethany
- Berea
- Bethel
- Breath of Life
- Centreville
- Ebenezer
- Ephesus
- Francophone
- Gambier
- Good News
- Grant's Town
- Hillview
- Johnson Park
- La Senda De La Vida
- Living Faith
- Maranatha
- Message of Hope
- New Englerston
- New Haven
- New Providence
- Peardale
- Philadelphia
- Real Harvest

CHURCHES IN FAMILY ISLANDS

- North Andros Churches
- Lowe Sound
- Red Bays Company
- Central Andros Company
- South Andros Churches
- Kemp's Bay
- Blessed Hope
- High Rock
- New Macedonia
- Mangrove Cay
- Cat Island Churches
- Seaview
- Devil's Point
- Crooked Island Church
- Landrail Point
- Eleuthera Churches
- Bluff
- Gregory Town
- James Cistern
- Rock Sound
- Tarpum Bay
- Exuma Churches
- Mount Thompson
- Moss Town
- Rolleville

- Long Island Churches
- Steven's
- Millerton

- Inagua Church
- Matthew Town

- Acklins Church
- Lovely Bay

- San Salvador Church
- Cockburn Town

These are changing times. Are all these drastic changes unique to our times? In reality, since the beginning of time things have been changing. There was a change from a perfect, sinless earth to an earth riddled with thorns and thistles, death, disappointment, etc. There was a change from human beings' Heavenly focused with unscarred thoughts to human beings filled with pain, selfishness, and pride. That change was destructive emotionally, spiritually, and physically. The change of the human psyche and behavior led to the "Change-maker," Jesus, coming to earth to die on Calvary so that we (humans) can be changed again or be restored to the original state of eternal peace and happiness. However, that state of eternal peace and happiness will not take place until countless seemingly destructive, tempting, frightening changes will take place.

Here are three scriptures that point us to the kind of change we are to expect. First, there will be spiritual and psychological/emotional changes: 2 Timothy 1-3: "This know also, that in the last days perilous times shall come. For people will be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good. . ." Second, there will be political changes: Matthew 24:6: "And you will hear of wars and threats of wars, but don't panic. Yes, these things must take place, but the end won't follow immediately." Third, there will be geographical changes. Luke 21:11: "There will be great earthquakes and in various places famines and pestilences. And there will be terrors and great signs from Heaven."

Somehow, many are expecting these changes. However, many are not prepared for the unexpected changes that seemingly leave us with feelings of hopelessness and despair. Thus, many are experiencing anxiety and fear. For example, how do we cope with the sudden, unexpected death of a loved one, loss of a job, no hope for a new job, little or no money, fear of getting sick, etc? Countless spiritual leaders, behavioral scientists, and psychologists have been studying this topic over the years. In my research, I discovered that there is one common recommendation among all of them for coping with change. It is "acknowledge that things are changing." A strong force that makes this point difficult is that of denial. In Psychology Today, psychologist, Dr. Stephanie A. Sarkis states: "Denial is a powerful force, and it protects us in many ways. However, stepping outside of it and saying to yourself, "Things are changing, and it is okay" can be less stressful than putting it off."

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