

A BRAVE ENOUGH 5 DAY DEVOTIONAL

# *Winds of Change*

*Finding the shelter of hope in unexpected seasons*



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## Day 1 / Facing Change

### **Does facing change unsettle you? And do you find yourself fighting it?**

I think most of us naturally struggle with change. Sometimes we have a fear of the unknown, and it makes us a bit anxious. At other times the struggle is to adjust to a new kind of normal, especially when a change takes us by surprise, or is not an outcome we'd hoped for.

I remember a particular point in my life where I'd experienced a number of changes within a short period of time and my natural tendency was to try to clutch at straws because, to be honest, I was trying to control and fight the changes. God showed me that change is not in my control, change is a part of life. There is only one thing in the whole universe that is stable, unshakeable and secure, and that is God and our hope in Jesus.

Hebrews 6:19 tells us: We have this hope as an anchor for the soul, firm and secure...

Because God is unchanging, Jesus has gone before us and yet is right here with us into eternity. We can trust our security to Him as an anchor for our souls during times of change. It also means that we can take our perspective of change to the next level...we can adjust our sails and embrace the change as a new adventure.

**Personal Reflection:**

Reflect on a time when you found change difficult.

What was it that made the change so difficult to accept?

**Today's Activation:**

Write down three things that are positive about change.

What are three things you can think of that have helped make change easier for you in the past?

**Reading for Today:****Isaiah 43:18-19**

“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

**Further Resources:**

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## Day 2 / Tune out of Crazy

### **Do you ever feel like you've got too much going on?**

Me too...it's like the world is yanking us in every direction, while we're busy scrambling to hold ourselves together with tape and glue just enough to get through the next thing - before we finally become unstuck.

And of course, eventually, we do. Learning to set healthy boundaries by saying no to things and taking time to tune out from the crazy stuff and tune in to God, can be so life-changing and liberating.

At the moment I'm working on a major ministry project that has massive potential to change lives around the world. It's super exciting but the other day I found myself scrambling, so I ran to God and said Papa what if I can't handle it and He said straight back to me, I didn't ask you to handle it I asked you to trust Me.

In Colossians 1:17 it says: He existed before anything else and in Him, all things hold together. Staying in balance is our responsibility but as far as holding life together, that's God's job.

What things can you let go of, adjust or delegate? What are you going to do just for you today? Throw away the tape and glue, tune out of crazy and tune in to Jesus because He's holding you together.

**Personal reflection:**

What are you going to do just for you today?

**Today's activation:**

What are three things you can do today, to tune out of crazy and tune in to God?

**Reading for Today:**

**2 Corinthians 5:17-18**

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

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## Day 3 / When God Isn't Moving

**Do you ever feel like you've hit a stalemate and that God isn't moving?**

Ever set up a new TV and had to tune the channels in? At first, there's literally no picture and a bunch of white noise, then as you adjust things the picture finally tunes in and comes through loud and clear. Maybe I'm showing my age here...but you get my drift.

I remember being at a stalemate in my own journey for a number of months and couldn't see any movement from God. But the truth in reflection is that God was very active, I was just tuned into the wrong channel.

Sometimes we think God's not moving because we are so busy focusing in the direction that we want Him to answer, rather than letting Him walk alongside us and experiencing Him in the small things.

Reflect for a moment on what God is doing in your situation while you're waiting for a bigger answer. Sometimes signs of His presence are as simple as an encouraging Facebook post that "happens" to hit your feed at the right time, a kind word from a friend, an unexpected prick of the conscience or a hug from a friend. God is moving...try re-tuning your channel.

**Personal reflection:**

Where are you at with God right now?

Are you on the same page? Are you tuned in to the same channel?

**Today's activation:**

Write down three ways you can connect with God in a better or more intimate way.

**Galatians 2:20-22**

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me. I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing!"

**Romans 2:7**

To those who by persistence in doing good seek glory, honor and immortality, He will give eternal life.

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## Day 4 / The Elephant in the Room

**Have you got a situation in your life that everyone knows is there, but no-one wants to talk about it?**

Yep, that giant elephant in the room, that everyone avoids talking about, tiptoes around, but never deals with, even though it makes the room feel so suffocating that no-one is happy and everyone lives on eggshells. Why do we do it?

Well, I guess some of us don't want confrontation, others find it too painful, others fear not being heard, or losing a relationship because of it, and others use the elephant in the room to intimidate or manipulate others.

Whatever the reason, the room is never going to be comfortable until that thing is acknowledged and dealt with, which means that you are enslaved by it and robbed of your peace.

Are you brave enough to confront the elephant in your room?

Be prepared for hard conversations by first praying and then choosing to listen. Hold the person's hand and look them in the eye. Be willing to lovingly and gently give and receive genuine feedback too without being defensive. Use "I" statements and own them...for example; "I feel shut down when you yell at me instead of talking things through". And above everything else, saturate the relationships involved with authentic love and kindness.

Go kick that elephant out of the room!

**Personal reflection:**

Do you have an elephant in the room? Maybe you've had one before?

What was the elephant and how did you deal with it...or how can you deal with it?

**Today's activation:**

Write three strategies for kicking the elephant out of the room with love and kindness.

**Acts 2:38**

Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."

**Matthew 6:15**

But if you do not forgive others their sins, your Father will not forgive your sins.

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## Day 5 / Great Expectations

### **Have you ever had great expectations only to be let down?**

In many situations, expectations can propel us towards hope and give us a sense of excitement and security, and the Bible tells us to embrace hope expectantly.

But the biggest disappointments in our lives are often the result of misplaced expectations. This is especially true when it comes to our relationships with others.

Like sorting out the important stuff in your first year of marriage, like which way the toilet roll should hang, well that is if the new roll even makes it onto the holder...can you relate to that? Are you the only one that seems to know how to change it?

Seriously though, expectations can be a much more complicated operation than the toilet roll, especially when others have expectations of us that we don't feel that we are able to fulfil, and it's extra tricky when these expectations are driven by deep inner needs or brokenness. We can be left feeling pressured, guilty, stressed, inadequate and angry.

The truth is no human being can meet all of our needs, but God can, and He is willing.

Often when conflict arises, it's because our needs and expectations haven't been expressed, just assumed and expected. So talk. Openly discuss your needs and work together for a solution that is comfortable for everyone, and let God take care of you.

**Personal reflection:**

Think about the relationships you have with those closest to you...do you have any unmet expectations?

What is your first natural reaction in those circumstances?

**Today's activation:**

Think about what your needs are and write them down. Find a healthy way to express them to those you love.

**Philippians 3:13-14**

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus

**1 John 1:19**

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

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