

**“Change: No Pain, No Gain” Ruth 1:14-21  
“Why Change? Need a Change of You?” #1**

I. CHANGE IS HARD: IT REMINDS US WE AREN'T IN CONTROL

II. CHANGE HURTS: IT MOVES US OUT OF OUR COMFORT ZONE

III. CHANGE IS HEALTHY: IT CAN LEAD TO NEW AND BETTER CIRCUMSTANCES

IV. IN CHANGING TIMES, GOD IS OUR STEADY REFUGE

If you are struggling with the pain of major life changes right now. Here are three truths you should remember:

(1) When you're disoriented by change, confess: "God's love for me will never change!"

(2) When you're disoriented by change, confess: "God's Word never changes!"

(3) When you're disoriented by change, confess: "God's Plan for me hasn't changed!"

Two questions to ask:

(1) "Can I miss God's plan for my life?"

(2) "Can I get back on track after wasting years of my life?"