

Five Keys to Navigating Change



Apostolic Christian Counseling & Family Services
877-370-9988 www.accounseling.org info@accounseling.org

Five Keys to Navigating Change



1. Learn about Change



1. Change is constantly occurring, but not all change is equal.
2. Impact of change can be stressful and cumulative.
3. Change in one area of life can impact another area.
4. We tend to pursue (or at least not resist) change that involves perceived benefit.
5. We tend to resist change that involves loss (or fear of loss).

1. Learn about Change



6. Some factors that impact how we view change:
 - Anticipated vs. Unanticipated
 - Developmental
 - Level of control
 - Tangible vs. Ambiguous
 - Solitary vs. Social
 - When identity, values, and attachments are involved
7. **Resource:**
 - **Who Moved My Cheese** by Spencer Johnson

2. Know the Role of Control



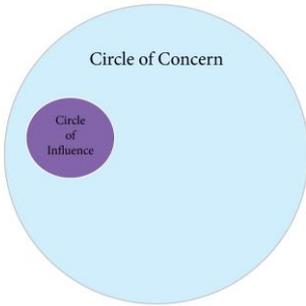
1. The amount of perceived control we have during change impacts how we respond.
2. When we feel low in control, we often seek something to control (even if it is not directly related).
3. Sometimes we seek control through expressions of irritability, anger and labeling others (i.e., viewing the world in 'us vs. them' terms).

2. Know the Role of Control



4. When we intentionally release control in surrender, we can rest in faith.
 - Uncertainty is often the emotion we are struggling against.
 - Caring is not the same thing as worrying or being overwhelmed by what isn't in our control.
5. Focusing on things that are in our sphere of influence is very important.
6. **Resource:**
 - Circle of Concern vs. Circle of Influence concept

The Circle of Concern and Circle of Influence



Circle of Concern represents 100% of the things which concern you in life.

Circle of Influence (~10% of Circle of Concern) represents the portion of your concerns you can actually do something about right now.

7 Habits of Highly Effective People, Stephen Covey

Circle of Concern vs. Circle of Influence

- Many people spend 90% of their time in the 90% they cannot control.
 - This leads to stress, anxiety, feeling out of control, difficulty letting go.
- The goal is to spend 90% of your time in the 10%.
- The Circle of Influence represents your personal stewardship.
 - It is what you can actually do.
 - It is what God expects of you, not more.
 - The challenge is to leave the Circle of Concern up to God!!

3. Pay Attention to Your Thinking



1. Overloaded minds tend to handle change poorly.
2. Periodically, turn off the noise coming from **OUTSIDE** of you:
 - Social Media
 - News
 - Negative people around you
 - Too many activities
3. Periodically, turn off the noise coming from **INSIDE** of you:
 - Negative self-talk
 - "What if?" thinking
 - Lack of thankfulness
 - Not keeping an eternal perspective.
4. The key is to shift focus!

Verses to Focus Our Thinking

Proverbs 23:7, "For as he thinketh in his heart, so is he..."

Colossians 2:7-8, "Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving. Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ."

Philippians 4:8, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. the Lord."

Colossians 3:16, "Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to

3. Pay Attention to Your Thinking



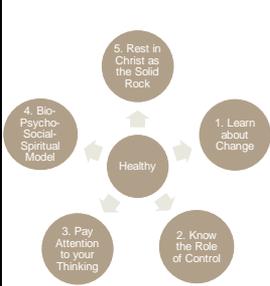
5. **Ideas to Implement:**
 - Seek some technology-free quiet time and solitude.
 - Pray without ceasing.
 - Listen to, play and/or sing music.
 - Meditate on God and His Word.
 - Keep a gratitude journal.
 - Intentionally express thanks.
 - Stay in the present moment (avoid future tripping or dredging)
6. **Resources:**
 - Read or listen to [Truth Talk](#) daily.
 - Listen to the Breaking Bread podcast episode on [Meditation](#).

4. Bio-Psycho-Social-Spiritual Model



1. Sometimes in times of change, we overlook simple helpful steps because they don't seem significant.
2. Remember God gave us the personal stewardship of our Body, Mind, Relationships, and Spirit.
3. Times of change can lead to short-term disruptions and/or long-term patterns of neglect in caring for these areas.

4. Bio-Psycho-Social-Spiritual Model



4. In general, the larger and more disruptive a change, the more we must ensure that we are attending to the basics of our personal stewardship.
5. Remember: *“Excesses will lead to deprivations and deprivations will lead to excesses.”*
6. **Resource:**
 - Read the article - [Bio-Psycho-Social-Spiritual Model](#)

5. Rest in Christ as the Solid Rock



1. Change causes us to re-examine where we are “functionally” placing our trust (how we actually live) vs. where we say we put our trust.
2. While easy to do, we must not place our confidence in circumstances, but in God.
3. **Hebrews 13:8**, *“Jesus Christ the same yesterday, and to day, and for ever.”*
4. **Resource:**
 - Read and meditate on [God's Promises to the Believer](#)

We Live in a Temporary World with Our Minds Focused on an Eternal Home

Philippians 3:20-21, ²⁰*But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ,* ²¹*who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.”*

Hebrews 10:23-25, ²³*Let us hold fast the profession of our faith [hope] without wavering; (for he is faithful that promised;)* ²⁴*And let us consider one another to provoke [stir up] unto love and to good works:* ²⁵*Not forsaking the assembling of ourselves together as the manner of some is; but exhorting one another; and so much the more, as ye see the day approaching.”*

Five Keys to Navigating Change

