BIBLE STUDY WORKSHEET

Finding Strength Through Change

Grieve what is ending, receive today's grace, and step into what comes next.

PREPARED BY VANESSA

"There is a time for everything, and a season for every activity."

Ecclesiastes 3:1

OPENING PRAYER

God, change can make me feel unsteady. Help me honor what is ending, receive what today requires, and trust that You remain present in every season. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps women move through transitions with honest grief, flexible plans, steady identity, and hope for the next season.

☐ Reflect ☐ Pray ☐ Discuss ☐ Practice

PART 1

Change Includes Loss

Even positive transitions can involve grief for routines, roles, relationships, places, expectations, or an earlier version of life.

> Blessed are those who mourn, for they will be comforted.
>
> **Matthew 5:4**

TRUTH TO CARRY

Naming what is ending helps the heart move honestly toward what is next.

REFLECT AND DISCUSS

What are you leaving behind?

What do you miss or fear losing?

How can you honor this ending?

Grace makes room for truth, wisdom, and growth.

PART 2

Your Identity Is Not Your Circumstance

Jobs, homes, relationships, health, family roles, and routines may change. Your worth and belonging in God remain steady.

> Jesus Christ is the same yesterday and today and forever.
>
> **Hebrews 13:8**

TRUTH TO CARRY

A changing role does not erase the person God is continuing to form.

REFLECT AND DISCUSS

Which role has shaped your identity?

What remains true about you?

What strength has survived previous change?

Grace makes room for truth, wisdom, and growth.

PART 3

Make Room for a New Rhythm

Old plans may not fit a new season. Flexibility allows you to adjust expectations, routines, support, and priorities without calling adaptation failure.

> See, I am doing a new thing.
>
> **Isaiah 43:19**

TRUTH TO CARRY

A new rhythm can be faithful even when it looks different from the old one.

REFLECT AND DISCUSS

What no longer fits?

What does this season require?

What experiment could you try for one week?

Grace makes room for truth, wisdom, and growth.

PART 4

Hope Can Start Small

You may not feel excited yet. Hope can begin as willingness to notice one possibility, make one plan, or receive one kindness.

> His mercies are new every morning.
>
> **Lamentations 3:23**

TRUTH TO CARRY

You do not need to rush grief to begin moving with hope.

REFLECT AND DISCUSS

What small possibility can you see?

Who can support this transition?

What is one next step for this week?

Grace makes room for truth, wisdom, and growth.

PRACTICE

My Faith-in-Action Plan

Turn today's reflection into one honest, supported, and realistic next step.

The change I am walking through:

What I need permission to grieve:

A truth about my identity that remains:

One routine or expectation I will adjust:

One hopeful next step:

THIS WEEK I WILL

- [ ] Name the loss
- [ ] Ask for support
- [ ] Notice new mercy
- [ ] Keep one grounding routine
- [ ] Adjust one expectation
- [ ] Take one small step

MY ANCHOR PRAYER

God, remain my steady center as I release one season and enter another.

CLOSING TOGETHER

Carry Grace Into the Week

CLOSING PRAYER

Lord, comfort us in endings and guide us through beginnings. Give us flexible wisdom, steady identity, supportive people, and hope that grows at an honest pace. Amen.

A WORD OF ENCOURAGEMENT

You are allowed to grieve what changed and still believe that God can meet you in what comes next.

CLOSING CIRCLE

One part of this change I am ready to place in God's hands:

DECLARATION

Change may alter my circumstances, but it cannot remove God's presence, my worth, or the possibility of new growth.

Her Story. His Grace. Our Purpose.