



Troubles for Change

“Fresh Start” means an opportunity to begin something again.

Job 8:7 (AMP): “Though your beginning was insignificant, Yet your end will greatly increase.”

Job 8:7 (NCV): “Where you began will seem unimportant, because your future will be so successful.”

When we hear the word "trouble," our instinct is to avoid it. We don't like trouble and will do everything we can to steer clear of it. I remember, as a child, being sent to the principal's office for getting into trouble. Then, knowing that when I got home, I was in for BIG TROUBLE.

Trouble can be defined as:

- **Noun**: Problems or difficulties
- **Verb**: To agitate mentally or spiritually

Troubles are problems or difficulties that agitate us mentally or spiritually, causing worry and frustration.

We all know that troubles are a part of life, and we encounter them every day. We need to prepare our hearts and minds for the reality of trouble. Even Jesus acknowledges this truth:

John 16:33 (NCV): “I told you these things so that you can have peace in me. In this world you will have trouble, but be brave! I have defeated the world.”

Jesus speaks directly to us, acknowledging that we will face troubles. Why do we react with shock when trouble arrives unannounced? Trouble doesn't knock politely; it usually barges in when we least expect it. No one enjoys trouble.

Troubles come to teach us, push us to grow, and encourage us to change. Yes, I said it: “TO ENCOURAGE US TO CHANGE.”

When troubles arise, we often try to run from them, deny them, or hide under the covers. But when we emerge, the trouble remains. As Tony Robbins said, “If you're going to make a change, operate from a new belief that says life happens not to me but for me.”

****1. Trouble Teaches****

Troubles are meant to be teachers, revealing important lessons. Often, the uncomfortable situations in our lives are there to push us toward change. Dr. Myles Monroe said, “Get used to being uncomfortable and embrace it.”

****A. Troubles Reveal:****

Troubles reveal things about us and how we live our lives. For example, David was a worshiper and loved God. Despite the fear everyone else had towards Goliath, David faced him with confidence and faith in God. His faith was rewarded with elevation to a leadership role. However, trouble continued to follow him. King Saul, who had once blessed David, grew jealous of his success and sought to destroy him. This shows that trouble can come even from those who once supported us.

****B. Troubles and Response:****

How do you react when faced with trouble? What is going on in your mind and heart? David, despite being victorious over Goliath, had to run and hide from King Saul. He faced many challenges and had to act like a madman to escape his enemies. This shows that even the most successful individuals can face troubles that teach them new things about themselves.

****2. Trouble Pushes Us to Grow****

Troubles teach us about ourselves, God, life, and others. When we are open to learning from our troubles, we can grow. The process of a seed becoming a plant is a metaphor for our growth. The seed must be buried in the dark, break open, and push through the dirt to reach the sunlight. Similarly, God has designed us to grow through challenges.

Colossians 2:6-7 (NCV): “As you received Christ Jesus the Lord, so continue to live in him. Keep your roots deep in him and have your lives built on him. Be strong in the faith, just as you were taught, and always be thankful.”

****3. Troubles Encourage Us to Change****

Change is necessary for growth and new experiences. Troubles are meant to teach us and push us to grow. We can choose to grow forward or remain stuck. David faced a low point in his life where he felt abandoned by God. In these moments, we must decide to embrace change or resist it. God allows trouble to prompt us to change, though we often fight against it. Brian Tracy said, “You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.”

Facing life's challenges requires both mental and physical strength. It's crucial to stay strong, seek support from loved ones, and adjust our outlook on life. We can't change the circumstances, but we can change how we view them.

****Victory Through Change****

Job 23:10 (AMP): "But He knows the way that I take [and He pays attention to it]. When He has tried me, I will come forth as [refined] gold [pure and luminous]."