

Moving Forward with Change

By Jolene Roehlkepartain

Life is full of changes. From starting school to moving to a new home, the way we adapt and move forward with change makes a difference.

For

Young Family

Season

Fall

Needed

Bible, a 25-cent coin for each family member

Prepare in Advance

- Mark your Bible to Genesis 28:15 (or see text below)
- Get a 25-cent coin for each family member

Activity Plan

1. Say this prayer aloud to begin.

God, remind us how you are always with us, no matter where we go. Amen.

2. Ask someone to read aloud Genesis 28:15.

"Behold, I am with you and will keep you wherever you go, and will bring you back to this land. For I will not leave you until I have done what I have promised you."

Talk about how God promises to be with us wherever we go.

3. As a family, talk about the types of changes you're facing at the moment:
 - Going to a new school or child-care center
 - Starting a new school year with a different teacher and classmates
 - Physical growth spurts
 - Moving to a different home
 - A parent changing jobs
 - A change in a family member's health
 - A new family member or a new pet
 - The loss of a grandparent or other family member
 - Separation, divorce, or blending families
 - Another change
4. Give each family member a 25-cent coin. Have family members practice tossing the coin into the air, catching it, and placing it in his or her hand without looking at it, and then seeing whether the coin shows "heads" or "tails."
5. Have one family toss the coin into the air, catch it, and place it in his or her hand. If it shows "heads", have that person name one thing he or she is looking forward to (what's ahead) with the change. If it's "tails", have the person name one thing he or she is sad about the change (what's being left behind). If you have preschool children, have "heads" represent something that makes them happy about the change and have "tails" represent something that makes them sad or mad about the change.



6. Each family member takes a turn. Depending on the type of change you're facing, consider having family members repeat the process. Embrace each person's feelings about change. It's okay that some family members are more open to change while others are more resistant.
7. If your family is going through more than one change, repeat the game with a different change that your family is facing.
8. When you finish, have someone read aloud the scripture passage (Genesis 28:15) again. Remind family members that not only is God always with us but that family members are also there to support each other through change.

