



Welcome

SERIES: IT'S PERSONAL

Message: Change Management
Dr. Lance Watson, Senior Pastor

PRAYER: God of the anchor and the storm, we thank You that while our circumstances constantly shift, Your character and Your promises remain completely unshaken. Thank You for loving us too much to leave us as we are, and for using the unsettling seasons of change to stretch our faith and mature our hearts. When life feels unpredictable, give us the courage to release our grip on the familiar so we can embrace the new things You are doing in and through us. We choose to trust Your navigation, knowing that every disruption is an invitation to experience Your unchanging grace and to grow into the people You created us to be. We pray this prayer in the name of Him who managed the greatest change in history. In the name of Jesus, Amen.

ICEBREAKER: If you could instantly change one minor thing about your daily routine without any effort—like never having to fold laundry again or instantly knowing what's for dinner—what would it be?

INTRODUCTION: Change management is rarely about a flawless strategy; more often, it is a deeply personal battle to find our footing when the ground beneath us completely shifts. In Psalm 119:143, the writer gives us the ultimate blueprint for navigating disruption, admitting, "*Trouble and distress have come upon me, but your commands are my delight.*" This ancient wisdom reminds us that managing change doesn't mean pretending the chaos doesn't hurt, nor does it mean we have to control the outcome. Instead, true resilience comes from recognizing that when our external circumstances are volatile, our internal anchor must be fixed on something that cannot move—shifting our focus from the stress of a changing environment to the steady comfort of God's unchanging truth.

BIBLE STUDY: Read Psalms 119:143 (NLT): As pressure and stress bear down on me, I find joy in your commands.

DISCUSSION QUESTIONS:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message? What points did you find most insightful?
2. **Take a Real-Time Inventory:** When unexpected change hits, our natural instinct is often to mask our anxiety or over-function to fix it. Looking at your life right now—whether it's at home, work, or in your health—what is one specific "unwanted change" that has brought genuine distress or disruption into your routine?
3. **Use Your Muscle Memory:** When our circumstances change rapidly, our "muscle memory" usually drives us to reach for old coping mechanisms (like control, isolation, or scrolling/numbing out). Why do you think it is so difficult to pivot from our panic to God's word when the ground beneath us starts to shift? What does "delighting in His commands" practically look like in the middle of a chaotic week?

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4. **Deploy Your Unchanging Anchor:** In the text Pastor taught, the writer's external world is chaotic, but their internal anchor is secure. When everything around you is fluctuating, what is one specific promise, character trait, or truth about God that *cannot* change? How can you intentionally "remind" your anxiety of that truth this week?
5. **Daily Pivot:** Think about this coming week. What is one practical boundary, habit, or rhythm you can put into place to ensure you are anchoring yourself in God's presence rather than just reacting to the changes happening around you? How can this group hold you accountable to that shift?

LIVE IT OUT: When the ground beneath you shifts this week, stop reaching for your old coping mechanisms and start anchoring your anxiety in God's unchanging truth.

ANNOUNCEMENTS: Take this time to share group announcements. Announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at facebook.com/myspbc. Turn on your notifications. Remember to subscribe to our YouTube channel!

CELEBRATIONS: Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS & PRAYER: Take this time to share prayer requests. Close with prayer.

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We Care!

NOTICE: As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: care@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: care@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR: CALL: 804.643.4000 and Press 1 for the Dial by Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Lisa Johnson: lisa.johnson@myspbc.org.
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study.
Previous GPS Guides are available online at www.myspbc.org.*



Small Group Leader Guide

Would you like to START or JOIN a Small Group at Saint Paul's?

Most existing groups are open to new group members, and new groups begin on a regular basis. If you have friends in a small group, ask about joining their group. If you are new to Saint Paul's and are looking for a place to connect, please feel free to contact us and we will do our best to help you find the right group.

Leader Tips:

The GPS document is a guide for discussion. Don't feel like you must use every question. Some questions will take a while to work through while others will be over in a few seconds!

1. Don't teach the lesson. The lesson was taught on the weekend. Just ask questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Relationships, not curriculum, are the heartbeat of our small groups. So, have fun with the people in your group.

Agenda for a Small Group Gathering

Gathering Time

Take 5-10 minutes to welcome everyone, catch up and if planned, share some food!

Discussion Time

Here's a suggested format:

1. **Ice Breaker** – Lighthearted icebreaker question (5-10 min.)
2. **Discussion** - Discussion time, Bible study, application challenge (30-40 min.)
3. **Prayer** – Prayer requests and praying for one another (10-20 min.)
4. **Planning** – Remind the group of how we serve together (e.g. usher, sing, greet, pray, etc.)