

Change can be hard to deal with. Family changes are especially difficult for kids, since they usually aren't part of the decision-making that affects them. Family changes take place in different ways. Every year in the United States, about three million families pack up and move to a new state. On average, new babies arrive every eight seconds. A divorce occurs every thirteen seconds. Thirteen hundred new stepfamilies are formed every day. Two people die every second.

Some changes come because of family choices, while others are outside the family's control. Last fall, Hurricane Irma left families with destroyed homes. In Hawaii, recent volcanic eruptions have closed schools and left families wondering what's ahead for them. Some changes are anticipated; others are a surprise. Whatever the cause, family changes mean challenges and new roles and responsibilities for everyone.

## Think About It . . .

- What can make family changes especially tough?
- What are some feelings kids might have during family changes?

# THE BEAT

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Lesson 3



## Changes and Challenges

Draw a chart with two columns on the board. Label the columns "Changes" and "Challenges." Have students brainstorm possible family changes; write the kids' ideas in the Changes column. Discuss each change listed. In the Challenges column, jot down challenges that each change could create for kids their age. **SAY: Let's dig into God's Word and find out who learned to trust God in some changing family situations.**

**What will you do now so that you will be ready to trust God in a changing family situation?**

Article and activity by Rebecca Haynes Mott

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