



Living in “what if” land “How do you deal with uncertainty?”

We could spend hours worrying together about all the bad things that could happen to us. We could spend hours praying about our future. Or we could spend days studying the Bible to learn what it means to live by faith. But the bottom line is “It’s really hard to live with what we don’t know or what we can’t control.” **On a “fear of the unknown” scale of 1-10, how much do you worry about what will happen to you in the future?**

It can be intriguing to watch how people deal with change and all the unknowns that go with change. People worry about anything that could pose a change to their lives. Here is a list of all sorts of ideas people have about encountering something new in the future: If it’s not my idea, then I’ll resist it. If I can’t control it, then I’ll oppose it. If I don’t like it, then I’ll sabotage it. If it’s uncomfortable, then I’ll defend against it. If it’s different from my way or difficult, then I’ll defeat it. But if it’s my idea and I like it, then you should too, because it will be good.

If we took the time to unpack some of the fear from our backpack, we might discover some common patterns to our fear. You’ve heard of the nine Beatitudes. These are the nine “fear-attitudes.” First, we are all creatures of habit who get used to the way things are, even if we don’t like them. Second, we fear bad things that we associate with change. Third, we all like to have a feeling of being in control of our lives. Fourth, we fear that we’re going to lose something that we value if we accept new ideas or new ways of doing things. Fifth, we oftentimes fear failure or things getting worse instead of better. Sixth, we fear that change could lead to getting too close or too far away from people that we’re used to being around. Seventh, we fear we may lose a sense of self and get fused to a new way that’s just not us. Eighth, we fear that the new idea will require change on our part, and we don’t want to do more and not get paid for it. And finally, we have difficulty trusting the people who generate new ideas, and we don’t trust our ability to handle making necessary changes.

As we are all involved in an ever-changing ministry to and with people, we either become more flexible and open to changes, or we begin to sink our wills into maintaining the way things and people are, and we just want to be left alone. If someone asked you right now what your IQ is, you may tell them that you’re very intelligent or not very intelligent. But what if someone who knows you well asked you about your CQ (change quotient or your openness to new ideas and changes), what would you tell them?

- **How many of the nine “fear-attitudes” do you have when you’re faced with changes? What changes do you fear?**
- **Talk about a time when you adapted to a change that you were opposed to, and things did turn out okay. What did you learn about yourself?**
- **What role does your faith play in dealing with the unknown?**

“*Health Talks*” are designed to help us learn to talk and deal with one another in ways that build understanding and a healthy, growing, supportive, Christian community.