

A bright, clean kitchen scene featuring a white countertop and a stainless steel sink. A modern, high-arc faucet is centered over the sink. To the left of the sink, a wooden cutting board holds several slices of bread. Behind it, a small potted herb plant sits in a white metal bucket. To the right of the sink, a stainless steel colander sits on the counter, next to a small woven basket containing three red tomatoes. The background shows a window with a view of greenery outside. The text 'WELCOME CHECK IN INTRODUCTIONS HOUSEKEEPING' is overlaid in the center in a bold, black, sans-serif font.

**WELCOME  
CHECK IN  
INTRODUCTIONS  
HOUSEKEEPING**



# TRY A NEW THING

**Isaiah 43:18-19**

**Do not remember the former things or consider the things of old.**

**I am about to do a new thing; now it springs forth, do you not perceive it?**

Dr. Michelle Meggs  
New Perspectives Ministry  
Friendship Missionary Baptist Church  
January 9, 2021

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TRYING  
SOMETHING  
NEW CAN  
SOMETIMES BE  
DIFFICULT





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## SOME REASONS WHY...

- While learning new things or getting into new habits can be an amazing experience, too often we hesitate because it takes effort for our brains to build new routines. However, acting towards a new goal, habit, or behavior has always been the biggest obstacle in our way. (Oppong, 2019)
- We can find excuses to convince ourselves that we are okay, and nothing must change despite the positive impact of potential gains. (Oppong)
- There is security in flying on autopilot – it's what I've always done, it makes me feel secure, and I don't have to think about.
- Bottom Line – I don't have to exert any extra effort.

When God begins to do a  
**NEW THING** in a **NEW**  
**WAY** the greatest opposition  
comes from the **OLD THING**  
with it's **OLD WAYS!**

**Lisa Bevere**

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# WE FORGET THAT GOD LOVES CHANGE

- God loves nothing more than change. The quintessential element of the universe is called evolution – change. The seasons change, the leaves change, animals grow fur and shed it, everything is in motion. (Daniel Black, PhD)
  - We must change too.
  - Change forces you to think is there something better than I thought was is there.
  - Is there another way to see or understand what I think I already know about myself or others?
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# TRYING A NEW THING IS LIFE GIVING AND LIFE SAVING

- Change is so you can discover you. That's why when you stop changing life ceases. Change is the essence of life; change is what life means. The point of being alive is to see how living is done differently today than yesterday. this is the power, magnificence of change. (Black)
- Proverbs 14:12 – There is a way that seems right to a person, but its end is the way of death (NRSV).
  - it seems right, it all adds up, it seems logical but what else could it be. not only is it not right it is prepared to kill you
  - we believe its because its what I see when in fact its wrong enough to kill you
  - always be open to the possibility that something is other than what you're staring at.
  - just because you are staring at a thing it doesn't mean that your eyes are beholding correctly.
  - things are changing all the time. its changing as you are staring at it.



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# PUT YOUR THING DOWN, FLIP IT, AND REVERSE IT

- Matthew 25:13-30 Parable of the Talents
  - there is a way that seems right to a woman or a man but in the end, there is death
  - it seems right, that is all adds up. it's logical for what else can it be. but not only is it not right it is prepared to kill you.
  - always be open to the possibility that something is other than what you see. just because you see it that doesn't mean that your eyes are beholding it correctly.
- God is always inviting us to a new level of creativity. Trying a new thing helps us to see that there is another way. There are multiple possibilities within you...God knows it and God wants you to know it too.





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**BUT BEFORE YOU GO CHANGING EVERYTHING AT ONCE...**

# CONSISTENCY IS THE PREREQUISITE FOR CHANGE

- You must hang with something long enough to know what needs to be changed.
  - you cannot change everything all at once.
  - you must observe, see what is happening over time in order to see where change needs to happen.
- Part of the problem with our willingness to yield to change or try a new thing is not our desired goals or vision. It is our consistency and commitment to the process. (Black)
  - Parable of the Talents – the servants knew who/what their master was and yet two out of the three were willing to do something different to render a different outcome from him.

See,

I am doing a  
**new thing**

Now it springs up;  
do you not perceive it?

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## FORGET THE OLD WAYS...BEHOLD I DO A NEW THING

- There is always something grander than what you know.
  - God invites us to change. To be consistent and different at the same time.
  - To be consistent in your discovery of who you are and the gifts you have. To be open to being a different version of you today than you were tomorrow.
  - Be open to perceiving that.
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WE THINK WE KNOW  
WHO GOD IS AND  
THEN GOD SHOWS UP  
IN WAYS WERE NEVER  
THOUGHT POSSIBLE  
ALL THE TIME

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# GOD IS...

- Jehovah Elohim – My Creator
- Jehovah Shalom – My Peace
- Jehovah Rophe – My Healer
- A Mind Regulator
- A Rock in a Weary Land
- Lawyer in the Court Room
- What else...



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# DON'T BE AFRAID TO TRY A NEW THING

- change keeps up alive
- it helps us see God in new ways
- it helps us see ourselves in new ways.
- it requires consistency and commitment

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**QUESTIONS,  
COMMENTS?**



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- Daniel Black, Ph.D. “Time to Change,” January 1, 2021
  - Thomas Oppong, “Why Trying New Things, Habits, and Experiences is so Hard To Do,” Medium.com, October 21, 2019 <https://medium.com/personal-growth/why-trying-new-things-habits-and-experiences-is-so-hard-to-do-7d6933c80834>
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