



# Bend Don't Break

How To Trust God In Times Of Uncertainty

BEST LIFE #9

Flexibility and  
Adaptability

This discussion guide comes from a devotional in The Best Life series, which helps us develop spiritual life skills with God's guidance. The series explores 20 key areas of growth through devotionals, podcasts, and practical insights—all rooted in biblical wisdom. You can read the full post on Flexibility and Adaptability at [deepspirituality.com](https://deepspirituality.com).

“

Come now [and pay attention to this], you who say, “Today or tomorrow we will go to such and such a city, and spend a year there and carry on our business and make a profit.” [14] Yet you do not know [the least thing] about what may happen in your life tomorrow. [What is secure in your life?] You are merely a vapor [like a puff of smoke or a wisp of steam from a cooking pot] that is visible for a little while and then vanishes [into thin air]. [15] Instead you ought to say, “If the Lord wills, we will live and we will do this or that.”

James 4:13-15 AMP

- James 4 teaches us to have an awareness of not knowing what's to come even if we have the most elaborate plan in our schedule
- What we often forget is that we don't have control over our life as much as we like to believe
- Unexpected changes will come; but what's more valuable than planning is developing the ability to trust God in times of uncertainty

## Questions:

- Do you tend to find difficulty learning to be adaptable when things change?
- What does your emotional transparency show you about your own flexibility?

## How does God help us in times of Uncertainty?

“

But the LORD's plans stand firm forever; his intentions can never be shaken.

— Psalm 33:11 NLT

- God is bigger than we are and his plans can never be shaken.

- He works through everything for our good, even unexpected changes and disruptions (Romans 8:28).
- Developing a deep trust in God and a strong faith in his good plans makes us adaptable and flexible, able to handle anything that comes

### Questions:

- How do you respond in a time of uncertainty?
- What stops you from relying on God?



We build a strong financial life by building a strong spiritual life.

## Scriptures for reflection

### Open your Heart to God

Have faith in Him in all circumstances, dear people. Open up your heart to Him; the True God shelters us in His arms.

— Psalm 62:8 VOICE

- God wants a real friendship with us, where we're honest about what we think, feel, and desire
- Opening up to God and to having real faith in "all circumstances" means we have to have real conversations with him.

## Believe God's promises.

And everyone who has left houses or brothers or sisters or father or mother or wife or children or fields for my sake **will receive a hundred times as much and will inherit eternal life.**

– Matthew 19:29 NIV

What Jesus teaches us isn't to just get us to walk out and give up our houses. It's him saying we need to learn to trust him.

- Sometimes we need to learn to leave our own plans to allow God show us his purpose for our lives so we can learn to give back
- At many points in our lives God makes clear that we need to shift our plans, and that brings up uncertainty

## Trust God even when your path is nontraditional

Gabriel appeared to her and said, "Greetings, favored woman! The Lord is with you!" [29] **Confused and disturbed**, Mary tried to think what the angel could mean. [30] "Don't be afraid, Mary," the angel told her, "for you have found favor with God! [31] You will conceive and give birth to a son, and you will name him Jesus. [38] **Mary responded, "I am the Lord's servant. May everything you have said about me come true."** And then the angel left her.

– Luke 1:28-31, 38 NLT

- Mary was a young woman engaged to be married--she had a plan for her life. Then God came to her with a new plan, she pivoted quickly.
- She felt confused and disturbed, but she adapted trusting God would carry her through.
- When we feel "confused and disturbed" by disruptions to our plans, we can learn from Mary to trust God's plans. She humbly trusted that she was part of God's bigger plan, describing herself as a "servant"

## Choose courage over comfort

While I was in Susa, one of my brothers named Hanani and some other men came from Judah. **I asked them about the Jews** who had escaped captivity and still lived in Judah. I also asked them about the city of Jerusalem. [3] They answered, “Nehemiah, the Jews who escaped captivity and are in the land of Judah are in much trouble. They are having many problems and are full of shame because the wall of Jerusalem is broken down, and its gates have been burned with fire.” [4] When I heard this about the people of Jerusalem and about the wall, **I sat down and cried**. I was very sad. I fasted and prayed to the God of heaven for several days. [5] **Then I prayed this prayer:** “LORD, God of heaven, you are the great and powerful God. You are the God who keeps his agreement of love with people who love you and obey your commands.

[11] So, Lord, please listen to my prayer. And listen to the prayers of all your other servants who are happy to honor you. **Help me today as I ask the king for help**. Make him pleased with me so that he will be kind and give me what I ask for.” At that time, I was the king’s wine servant.

– Nehemiah 1:2-5,11 ERV

- When problems came to Nehemiah he always had a choice. Would he disrupt his whole life to respond to this vision God put on his heart, or would he remain inflexible and unwilling to leave his comfort zone?
- Nehemiah responded to the call with courage. He became the charge to rebuild the wall of Jerusalem.

## Value relationships over rules and ambition.

I’ve been broken, lost, depressed, oppressed, and weak that I might find favor and gain the weak. **I’m flexible, adaptable, and able to do and be whatever is needed for all kinds of people** so that in the end I can use every means at my disposal to offer them salvation

– 1 Corinthians 9:22 VOICE

- Paul didn’t always have this flexible attitude. Before he was a Christian, he was a rigid religious man, silencing anyone who didn’t act the way he thought they should.
- He was passionate about his rules, not his personal relationship with God.
- When we value our relationship with God over our personal success, we will become flexible and adaptable.

## Questions for reflection

- ❓ How would flexibility and adaptability change your life for the better?
- ❓ What are some signs that you are struggling to adjust to change or unexpected circumstance?
- ❓ What decision could you make that would you grow in your trust in God?

## Next steps

### Watch this video

- What this video on learning why we fear change and how to look from a different perspective: [Why Change is so scary - How to unlock your potential](#)

### Grab A Notebook and Reflect

#### How might this situation change how I define myself?

- Do I have a growth mindset or fixed mindset? Do I define myself based on my abilities and accomplishments, or based on how God sees me? Am I willing to fail and learn from it, or am I expecting perfection? How can I view myself the way God views me?

#### How might this situation change what I'm capable of?

- How is God trying to help me handle challenges differently? What might be opportunities for growth through this uncertainty?

#### How might this situation change what I value?

- What do I value now? Up to this point, have I valued healthy habits like going to God and friends for help? Are my values aligned with God's? If not, how can I change my values in the face of this challenge? How is this change exposing what I care about, and how can I adapt?

Read the full devotional at [deepspirituality.com/benddontbreak](https://deepspirituality.com/benddontbreak)