



Pray Through Change

But those who hope in the Lord will renew their strength.

They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

Isaiah 40:31



Just Moved Ministry is uniquely focused on sharing the hope of Christ with the woman uprooted by a move.

Our *After the Boxes Are Unpacked* study is offered by churches, military installations, individuals, missionary organizations, and corporations as they seek to encourage and enfold the uprooted. It is also available as an online group study.



Connection & Encouragement for Newcomers at JustMoved.org

● [Monthly Articles](#)

Informative and inspirational articles that encourage women to trust God in the midst of change and to move forward with their lives.

● [Weekly Words of Encouragement](#)

Emails with scripture, inspiring quotes, and practical tips for every uprooted woman. Sign up at JustMoved.org

● [Bloom](#) - inspirational publication

A free publication mailed three times a year. Subscribe at JustMoved.org

● [After the Boxes Are Unpacked study groups](#)

Groups meet online and in churches, homes, seminaries, military installations, and among missionaries and ex-pats. Find a group to join at JustMoved.org or call to ask about an online study group. Have you thought about starting a study group? Let's talk!

● [Just Moved Community](#)

- Connect with other JMC members via a Just Moved Community Facebook page
- downloadable e-guides
- An opportunity to connect by email with other JMC members
- 20% off a one-time purchase at JustMovedShop.com.

● [Prayer ministry](#)

In addition to one-on-one prayer via phone, our prayer team prays for each request for 30 days. Go to JustMoved.org/may-we-pray-for-you or email prayerrequest@JustMoved.org

● [Guest speaker - Susan Miller](#)

Susan brings enthusiasm and energy as she weaves personal stories, biblical insight, and a Christ-centered message throughout a range of topics.

Learn more at JustMoved.org

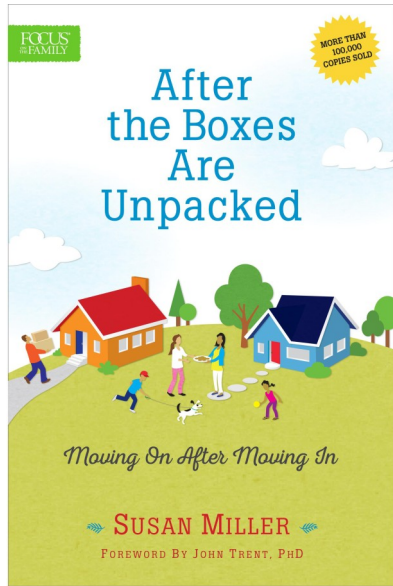


More resources for the uprooted

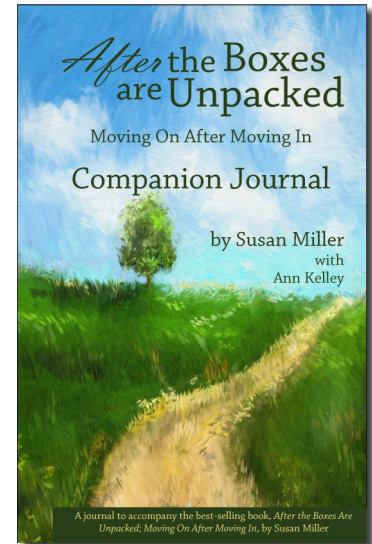
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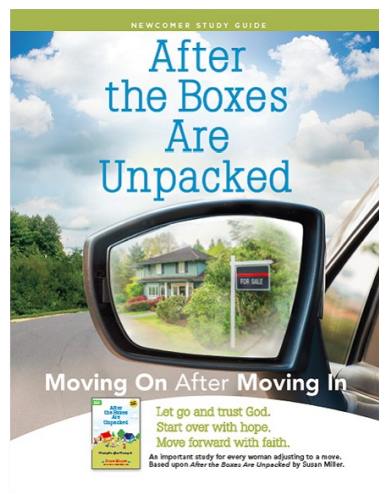
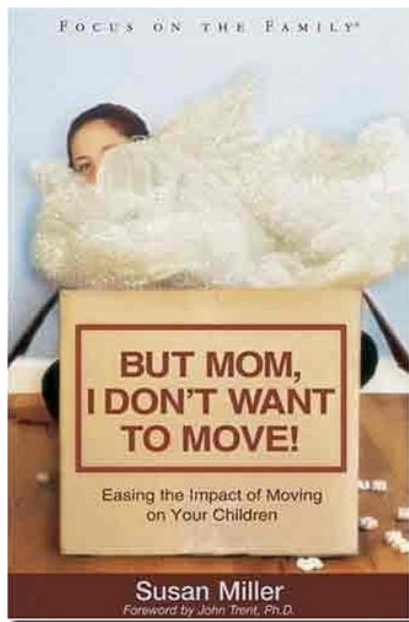


[Daily scripture](#) for anyone uprooted by a major life change

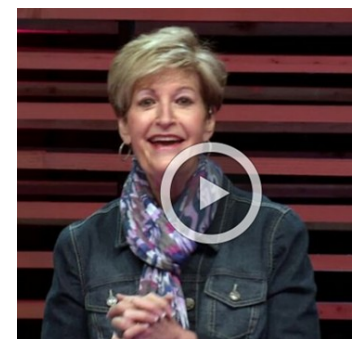


[After the Boxes Are Unpacked Companion Journal](#)

The [essential guide](#) for every woman uprooted by a move and the foundation for the *After the Boxes Are Unpacked* study



Get even more out of Susan Miller's bestseller with the accompanying [study guide](#)!



[Individual video sessions](#) of *After the Boxes Are Unpacked* study available for download

More ideas and help for [parents moving with kids](#)

Scripture to Encourage You:

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future.

Jeremiah 29:11

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

My Presence will go with you, and I will give you rest.

Exodus 33:14

He is before all things, and in Him all things hold together.

Colossians 1:17

The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.

Deuteronomy 31:8

I the Lord do not change...

Malachi 3:6

Never will I leave you; never will I forsake you.

Hebrews 13:5

A Prayer for You to pray:

Lord, I feel so lonely! I don't know what to do with all this change and I don't know who to share that with.

I feel like an alien here.

Everything is so unfamiliar and the pieces of my life haven't come together just yet. There are days that I am exhausted from the details of this change.

There are days when I seem to cry for no reason at all.

There are days when it's even hard to pray.

Encourage my heart, Lord. Help me to remember that I have a friend in You that I can never lose.

Give me the strength I need for each day.

I know Your grace is sufficient and Your power is made perfect in my weakness. Help me to put the pieces of my life back together again; not my way, but Your way.

Guide me as I pursue new opportunities in this place. Give me wisdom to make the right decisions about where I invest my time.

I am reminded that in the midst of all these changes in my life, you never change.

You are my firm foundation and the source of my comfort. Thank You for Your steadfast love. In the name of Jesus I pray, Amen.

Scripture to Encourage Your Spouse:

May our Lord Jesus Christ Himself and God our Father, who loved us and by His grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.
2 Thessalonians 2:16-17

For the joy of the Lord is your strength.
Nehemiah 8:10

But blessed is the man who trusts in the Lord, whose confidence is in Him.
Jeremiah 17:7

Commit to the Lord whatever you do, and your plans will succeed.
Proverbs 16:3

In his heart a man plans his course, but the Lord determines his steps.
Proverbs 16:9

Cast your cares on the Lord and He will sustain you; He will never let the righteous fall.
Psalm 55:22

A Prayer for Your Spouse to Pray:

Thank you, God, for my new circumstance. Help me to be a good provider for my family.

More importantly, help me to be the most loving husband and father I can be. Allow me to feel the pain my family is experiencing because of this change.

Lord, give me the margin and ability to give my family the extra measure of my time and attention during this change in our lives.

Sometimes I feel so inadequate. I don't have all the answers. I question my own judgment, yet everyone looks to me to meet their needs and solve their problems.

Lord, I look to You. I need You.

My adequacy is in You.

My faith and trust is in You.

I humbly thank You for Your many blessings and for Your promise that You will not leave me or forsake me.

In Jesus' name I pray, Amen.

Scripture for Praying Through Change:

For Assurance

I can do everything through Him who gives me strength.
Philippians 4:13

And surely I am with you always, to the very end of the age.
Matthew 28:20

Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you.
John 14:1-2

For Confidence

Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
Hebrews 4:16

For the Lord will be your confidence and will keep your foot from being snared.
Proverbs 3:26

Trust in the Lord forever, for the Lord is the Rock eternal.
Isaiah 26:4

And I will do whatever you ask in my name, so that the Son may bring glory to the Father.
John 14:13

For Contentment

For I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

Philippians 4:11-12

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”

Hebrews 13:5

Let us acknowledge the Lord; let us press on to acknowledge Him. As surely as the sun rises, He will appear; He will come to us like the winter rains, like the spring rains that water the earth.

Hosea 6:3

For Comfort

For I am convinced that neither death, nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39

The virgin will be with child and will give birth to a son, and they will call him Immanuel—which means, “God with us.”

Matthew 1:23

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.

Psalms 18:2

You are my refuge and my shield; I have put my hope in Your Word.

Psalms 119:114

For Peace

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
John 14:27

The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you; the Lord turn His face toward you and give you peace.
Numbers 6:24-26

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:7

Mercy, peace and love be yours in abundance.
Jude 1:2

For Security

The eternal God is your refuge, and underneath are the everlasting arms.
Deuteronomy 33:27

Those who know Your name will trust in You, for You, Lord, have never forsaken those who seek you.
Psalm 9:10

God is our refuge and strength, and ever-present help in trouble.
Psalm 46:1

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?
Romans 8:35

For Trust

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will make your paths straight.

Proverbs 3:5-6

Trust in the Lord and do good; dwell in the land and enjoy safe pasture. Delight yourself in the Lord and He will give you the desires of your heart. Commit your way to the Lord; trust in Him and He will do this.

Psalms 37:3-5

Cast all your anxiety on Him because He cares for you.

1 Peter 5:7

If I rise on the wings of the dawn, if I settle on the far side of the sea, even there Your hand will guide me, Your right hand will hold me fast.

Psalms 139:9-10

For Wisdom and Guidance

I will instruct you and teach you in the way you should go; I will counsel you and watch over you.

Psalms 32:8

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

James 1:5

Listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body.

Proverbs 4:20-22

A Prayer for My Children:

Lord, thank you for my children. Put a hedge of protection around them as they begin this new stage of life.

Help them to adjust and adapt to their new surroundings and activities.

Make them feel welcome and accepted by their peers. Guide them as they choose and make friends, and give each of them a special friend to ease their loneliness.

Bless them with caring adults, neighbors, teachers, coaches and supervisors who will instruct them.

Give them courage and confidence each day to make the right decisions and the right choices.

Help me to be sensitive to their needs. Remind me to always take the time to listen to them and to spend time with them often.

Make me a reflection of Your love in their lives.

Lord, let this be a positive change for them. I pray that this new situation will deepen their relationship with You.

Thank You, Lord, for these precious lives that You have entrusted to me. In Jesus' name I pray, Amen.

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will renew their strength.
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they will run and not grow weary,
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Isaiah 40:31



Was this e-guide helpful?

Let us hear from you! reachus@justmoved.org



Susan Miller
Founder of Just Moved Ministry

Susan Miller is invited to speak throughout the U.S. and internationally at church conferences, women's events, corporate venues, and military installations. Those whose lives have been uprooted by a move or other life change resonate with her unique and hope-filled message to look to God in the midst of newness and uncertainty.

Women are eager to learn how to successfully face life's challenges and they appreciate the experience, wisdom, and humor that Susan brings to her speaking and teaching.

Subscribe to Susan's podcast: *Hope for the Uprooted with Susan Miller*. Find it at Justmoved.org, iTunes, or wherever you find your podcasts.

Learn more at SusanMiller.org