Huguenot Road Baptist Church

Sermon Notes for Website | August 2, 2026
Sermon Title: "When Change Feels Like Loss"
Part 1 of *Faithfulness in Seasons of Loss and Change*
by Rev. Dr. Bob Lee
Text: Ecclesiastes 3:1-7
Creative Theme: To help people see that what they're feeling is not resistance—it may be unnamed loss and grief

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***When Change Feels Like Loss* | Ecclesiastes 3:1-7**

For Reflection: To live is to face inevitable change. *"People do not resist change, per se. People resist loss."*—Heifetz & Linsky, *Leadership on the Line*

- Where are you experiencing change that feels like loss?
- What are you grieving that others may not see?
- Where do you feel caught between what was and what is not yet?
- Can you name both your gratitude and your sorrow honestly before God?

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Compline Prayer (from the *Book of Common Prayer*)

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.