

10 practices for

Meeting God in Transition

Change is disruptive, but it can also be a holy time of transformation, if we invite God to meet us in the mess. Here are some ways for us to navigate the challenges while leaning on God as our refuge in the midst of transition.

1 Own what is hard

Admit where transition is challenging, and how you are struggling. When we acknowledge the truth of how change is impacting us, we can invite God and others to minister to us. They can't meet us in a place we will not own.

2 Rest in His goodness

Whatever is happening in transition, remember that the sovereign and good God brought you to it. He is for you, and even the hard will be used for his purposes. Submit to his plans for you.

3 Consider your losses

In transition, we lose things we love that helped us know who we are and what we offer the world. We need to see what we have lost, in part so we can honor the pain we feel in losing it, but also so we can see where we have been finding identity in anything apart from God.

4 Remember the constants

There is so much we can lose in transition, but what does not change is who God is and who He says we are. Our losses can point us to remember that our true identity is in God, and that He is the one thing we can count on to never change. Dwell on His character and your identity in Him.

5 Acknowledge desire

Transition stirs up a lot of desire and emotion. Rather than shutting them down, or finding ways to escape them, we need to bring our desires to God who can truly satisfy us.

“For I the Lord do not change; therefore, you, O children of Jacob, are not consumed,” Malachi 3:6