

Meeting God in Transition

6

Lean on His strength

In times of change we are brought to the ends of our resources. But God hasn't brought us here to prove our strength-He wants us to rely on Him instead. Ask for His help in those places where you feel lost, confused and weak.

7

Examine expectations

We come into new seasons with often unspoken expectations of what we want life to look like. We need to recognize what we do expect and be willing to let go of our ideas of how God will meet those expectations. Hold them loosely-God see your needs and He'll meet them.

8

Worship and gratitude

Practicing worship and gratitude takes our eyes off ourselves and our circumstances. They infuse us with hope and train our eyes to notice every little way that God is at work in our new situation, restoring what we lost, and giving us new life.

9

Let yourself grieve

Grief is a necessary part of transition. It reminds us of the joy we have experienced in the past. It opens our hearts receive joy in the future. As we grieve, we follow the example of David, who poured his heart out honestly before God, all the while clinging to God in worship.

10

Don't go it alone

We need people to help us navigate transition well. Invite others in and share with them how transition is impacting you. The more we do this, the more we become the kind of people who offer grace and compassion to others when they are in transition.

"I believe that I shall look upon the goodness of the Lord in the land of the living! Wait for the Lord; be strong and let your heart take courage; wait for the Lord." Psalm 27:13-14