

Transitions Talk Outline

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Has anyone else been in that place of wondering - what is going on?

Is anyone there right now?

What's the difference between Change & Transition

- Change is the event, the snapshot
- Transition is the process, the journey that unfolds before, during, and after the change event

3 phases of transition: endings, neutral & new beginnings.

1. Transition Begins with an Ending
 - a. **This is a season of letting go**
2. The next phase is the Neutral - or the Messy Middle
 - a. **The neutral is a season of surrender**
 - i. Surrender to the process
 - ii. Surrender and trust that I AM receiving clues about who I am becoming and what is next
3. Lastly, we have New Beginnings
 - a. **New Beginnings is about alignment and integration**

When we are aligned with deep longings, we become powerfully motivated.

Ways I can engage transition:

1. Rest
 - a. I have all I need
 - b. He's giving me good and perfect gifts, no matter what season I'm in
 - c. Just receive
2. Relationship
 - a. What is the Father saying? Tune in to the Holy Spirit.

- b. Most of us need extra support in transition - mentors, coaches, small group, friends
3. Remember
- a. Stones of Remembrance
 - b. Allow Him to build our faith in the middle of transition - look back at old seasons of transition and remember His faithfulness, His good gifts

2 Peter 1:3 Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. **His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.**

James 1:17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Eph 3:16-21 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.