

Triumphant Transitions



Definitions

- Triumphant - having won a battle or contest; victorious:
- Transition - the process or a period of changing from one state or condition to another
- Transitions vs Change
 - Transitions: Making Sense of Life's Changes by William Bridges differentiates the two very nicely:
 - Our society confuses them constantly, leading us to imagine that transition is just another word for change. But it isn't. Change is your move to a new city or your shift to a new job. It is the birth of your new baby or the death of your father. It is the switch from the old health plan at work to a new one, or the replacement of your manager by a new one, or it is the acquisition that your company just made.
 - In other words, change is situational. Transition on the other hand, is psychological (bold added for emphasis). It is not those events, but rather the inner reorientation and self-redefinition that you have to go through in order to incorporate any of those changes into your life. Without a transition, a change is just a rearrangement of the furniture. Unless transition happens, the change won't work, because it doesn't 'take.' Whatever word we use, our society talks a lot about change; but it seldom deals with transition. Unfortunately for us, it is the transition that blindsides us and is often the source of our troubles.
- **“Triumph is our goal in transitions. It is our destiny in Christ in the fullness of His time.”**
 - What does this statement mean to you?
- Transitions - a new opportunity to say yes to Jesus!
- God can multiply our lives like He multiplied the bread in

- **Jesus Multiplying Bread And Fish** Bible scriptures located in **Mark 6:30-44**
- **Jesus** served the disciples the **broken bread** in **John 21:13**
- What during this transition can He multiply in you?

Neuroscience

- **Our brains are actually wired to resist change.**

- Romans 12:2 Good News Translation

Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God--what is good and is pleasing to him and is perfect.

- Self Talk Gremlins

- Look for them, challenge them, and replace them with different mind-sets, such as, “I’m capable especially if I have support,” “The world is really an okay place,” “If I try and I flub, people will still accept me,” and “It doesn’t matter what the people in my neighborhood think, I’m going to do it anyhow.”
- **By drawing on the Bible, Christians can add a few others. “I can do all things through Christ who strengthens me,”**
- **“When I am weak that is when I am strong,”**
- **“Because of his divine power, I have everything I need for life and godliness,”**
and
- **“If I trust in the Lord and acknowledge him, I know he will direct my steps so I can step out confidently.”**

- **This all requires energy and “headspace”.** Research has shown that our minds burns through 20% of our energy requirements — though it represents only 2% of body mass.

- It is easy to assume that all transitions impact us negatively, but some transitions are positive and welcome. Exploring them fully is beneficial

- “Transitions represent a time of major change. Often we resist change because we fear the unknown, are unsure of ourselves or our abilities, and cling to the good parts of what we have enjoyed. Sometimes, like Peter after stepping off the boat, we doubt God. Dealing with change successfully requires authenticity: being honest about how you feel and not stuffing the emotions that accompany change.”
 - Collins, Gary. Christian Coaching, Second Edition: Helping Others Turn Potential into Reality (Walking with God) (p. 239). NavPress. Kindle Edition.
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Transitions Questionnaire/ Core Values

- How do we miss God in transitions: lack of trust, lack of faith, fear of the unknown, the list is endless, picture not clear, assignment to daunting, timing not right...??
 - What do you hold dear? What is keeping you from moving forward in this time of transition?
 - What are your Core Values?
 - Does the way you generally handle transitions or one that you're feeling stuck in reflect your core values? What do you value most? What matters most to you?
 - How we live out life through transitions and life in general is usually from our values. Our values are an important part of the decision process and really define who we are as people, as believers of Christ and His work in us
 - Core Values Assessment - life coaching
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Trusting God

- In new seasons and times of transition, God is actually calling us into seasons of greater fruitfulness, no matter how stretched and challenged we feel. You have the Holy Spirit and God's Word whenever you go in the next season, and the Lord's goal in the transition is that you would be able to apply all that you've learned in the last place of nurturing and growing in love. - Wes Hall, IHOPKC Blog
- Joshua 1:6-11
 - The Lord's charge and promise to Joshua apply to us as well: “Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go” (v. 9).

- He is with us in every transition.

Gratitude!

- Read the penned Words of life, praise through praises that have already been written and spoken! Also be on the lookout for the newness that God is bringing. A new song!
- 1. Close the previous chapter, and turn the page
 - 2. The future is full of possibilities
 - 3. “Never lose sight of the greatest hope of all - Jesus - It will give meaning to all your little hopes - It will help you move from chapter to chapter in your life - It will help you to the final chapter when it is time to close the book of your life and open the book to eternity”

What is God Doing?

How might God use your current transition to glorify Himself?

How might God use your weakness, infirmity, or disability to display His power?

How might God use your hard circumstances to show you something about Himself?

How might God use your hard circumstances to show you something about yourself?

How might God use your pain for a purpose? How might God make this mess into a message?

How might God use your current chaos to make you into a man or woman who walks by faith, not by sight?

How might God use your situation to show you that true peace is found only in Him?

How might God use an untimely death to stir the hearts of others and show them the importance of eternal security in the life to come?

Take a moment and ask God for wisdom in writing your own how list. Refer back to your why questions for inspiration if necessary, but know that your questions and answers may be incomplete or even unsatisfying.

- Laura Story, from When God Doesn't Fix It

My Good Gifts Gallery and Take Away

- WHEN WE MAKE IT A PRACTICE TO Hunt the Good stuff - as my hubby says - or COUNT every BLESSING - We take the focus off our problems and focus on the Lord. With intentionality we'll gradually form a habit (Rewire our brains) of living a thankful life. God gives good gifts and these are treasures that we don't want to miss. He is for us and wants us to be Triumphant in Transitions because this blesses His children and brings Him Glory!
- Every time you're blessed by something in your life - profound or minuscule, draw or write a word of thanksgiving about it in your square.

Tips

- Many of the tips are redundant, but with just a degree of difference that might speak to you.
- These tips are in no particular order or magical or exhaustive.
- The tips are not intended to cure, fix, or make light of your pain or discomfort, but to provide fresh perspectives.
- I'm believing - in Christ - that at least one out of the bunch will help you be Triumphant in your Transitions!

1. Pray
2. Remember that your identity is never what you do, your identity is a child of God
3. God is working out good purposes for you
4. The best is yet to come
5. Embrace the change
6. Don't go it alone, make connections
7. Position yourself to succeed
8. Remember God's faithfulness
9. Guard what's important - prioritize
10. Don't long for what was, but find joy in what is
11. Control your thoughts, so that they don't control you
12. Commit to being joyous despite the changes you're enduring

13. Trust that God always has a plan
14. Accept that change is a part of living
15. Move towards your goals
16. Pray, listen and take decisive actions
17. Look for opportunities for self- discovery
18. Nurture a positive view of yourself - act on what God says about His children
19. Keep things in perspective
20. Evaluate what you may be fearing
21. Maintain a hopeful outlook
22. Have courage
23. Take one step at a time
24. Delight in God's discipline
25. Live in awe of the Lord
26. Let go of the old
27. Submit your desires and plans to the Lord
28. Cry if you need to
29. Seek and find peace in God
30. Hunt the good stuff
31. Ask and expect miracles along the way
32. Trust in God even when you don't understand His plan
33. Be open to God's detours
34. Practice gratitude

35. Be flexible
36. Reach out to others
37. Pray
38. Ask for help
39. Give
40. Practice self care
41. Be active
42. Laugh
43. Grieve
44. Put encouraging words in viewable spots
45. Journal
46. Praise the Lord
47. Renew your mind with God's Word
48. Rest
49. Don't weep because it's over, smile because it happened
50. Adjust your attitude
51. Keep eyes on God
52. Pray
53. View it in light of eternity
54. Be proactive with your body's medical wellness
55. Be physically active
56. Be intentional and consistent in God's Word

57. Give it time
58. Honor what you gained and release the past
59. Take inventory of what you value
60. Quit comparing
61. Reach forward
62. Join God in what He's doing
63. Say yes to God
64. Flex your faith muscles
65. Stop listening to the lies of the enemy
66. Remember how precious you are and how much you're loved
67. Give Room for God
68. Focus on identifying and creating new appropriate and positive thoughts and behaviors
69. Close the previous chapter, and turn the page
70. Pray