

Swift Transitions
Anticipating, Welcoming, and Celebrating the Moves of God

Session #1 – September 19, 2024

Change is a necessary and inevitable part of life—whether planned or unplanned, foreseen or unforeseen, sudden or over an extended period. In these circumstances, change is caused by some event or occurrence, yet an important aspect of these events and occurrences we do not always acknowledge is how we process the need for change. This is where the idea of transition comes in. Transitions have to do with adapting to change.

Change happens around us and sometimes to, or with, us. Transition is a process that occurs from within. How, then, can Christian believers identify positively with transitions to help us better handle the changes that are sure to come? That is the focus of this series.

In this first session, we will explore the universal nature of change and how we the certainty of change positions us to develop a sure foundation from which we can transition as the need arises.

On Transition:

Definition: Transition is the internal psychological process of adapting to a new situation. It is the process of moving from “the old” to “the new”.¹

- What comes to mind when you consider the word *transition*? _____

- How does your concept of *transition* make you feel – e.g., hopeful, fearful, joyful, cautious, prepared, unprepared, etc.? Why do you feel this way? _____

- Historically, have you handled transitions well? Why or why not? _____

NOTES: _____

¹ Definition provided by the Center for Creative Leadership. <https://www.ccl.org/articles/leading-effectively-articles/adapting-to-change-its-about-the-transition/#:~:text=Change%20is%20defined%20as%20the.the%203%20stages%20of%20transition>. Accessed Sept 19, 2024.

Ecclesiastes 1:1-14 on Change and Transition

As we read, pay attention to and note the various aspects of change and the transitions required to handle the changes well.

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Strategies for healthy and successful transitions

What are a few strategies we can employ to help us better manage the process of transition?

1. Acknowledge that things will not remain as they were.

2. Accept that our best attempts to direct, manage, or even influence change can be futile.

3. Appreciate that frustration comes with the territory.

4. Acknowledge that “the more things change, the more they stay the same.” (Contrast with #1.)

5. Accept the futility of dwelling on the past.

God-honoring transitions

What do the Bible and your experiences with transition teach us about how to honor God as we manage the universal nature of change?

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