



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

### Surviving the Struggle Session #9 – November 14, 2024

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Change events create challenges for people who manage the transition that follows. This makes sense because change events can profoundly impact our outlook and ways of life. Experience teaches us that there are usually some “pain points” along the way. However, these pain points are not intended to prevent us from emerging from a particular season of life. Instead, they can be the vehicle that helps us see God more clearly and follow God closer.

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#### Why ask: “Why?”

Why me? Why now? Why this? Why not that? When dealing with transitions, the search for understanding is common and usually starts with: “Why...?” Take a moment to consider the reasons why you have asked God why and what you learned in response: \_\_\_\_\_

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#### Benefits of navigating seasons and situations of struggle

The Bible teaches that overcoming challenges is an essential aspect of the Christian life and it also enables spiritual growth, deeper reliance or trust in God, more endurance in the faith, and the blessing of being a blessing for others who navigate their own seasons of struggle.

1. Navigating struggles is a means to know God better: 2 Corinthians 12:9-10
2. Navigating struggles is the way to overcome struggles: Hebrews 12:1-2
3. Greater awareness of Jehovah Jireh: Isaiah 41:10; Philippians 4:19
4. Encouragement for joyful hope: Romans 8:18; 2 Corinthians 4:17-18
5. God rewards faithfulness under fire: Matthew 5:11-12; James 1:12
6. The fruit of our testimony: 2 Corinthians 1:3-4; Revelation 12:11

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**When did you experience your greatest struggle with personal change? How did you manage that period of your life?**

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## Genesis 32:22-32

### Managing to make it to the other side of change

Jacob knew what it was to navigate profound changes. The twists and turns in his life revealed God's ability to make him what God willed him to be. Note how this seminal moment of transition came to be and what it took to get him through it.

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### Strategies for surviving the struggle

Transitions can occur with some difficulty. In fact, difficulties are critical to the transition. This episode in Jacob's life reveals a few survival strategies when we strive with God.

1. **Create time to separate yourself from what you value the most.** It is okay to be alone.  
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2. **Don't allow the moment of struggle to overtake you.** Determine to keep fighting.  
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3. **Recognize and take advantage of opportunities to be better.** Maximize the moment.  
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4. **Hold as sacred the moments of God's blessings.** Create spaces for worship.  
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### God-honoring ways to survive the struggle of transition

We have seen how God can bless a person who survives a personal struggle with transition and embodies God's plan and purpose. Jacob is not alone. The following are also examples of how to anticipate, welcome, or celebrate the moves of God through encounters with God.

- Numbers 14:13-25 \_\_\_\_\_
- David as Saul's successor (1 Samuel 16+) \_\_\_\_\_
- Jonah 4:1-11 \_\_\_\_\_
- Acts 9 \_\_\_\_\_