



Our Assumption:

Transitions are heightened times of learning, growth, and intimacy with the Lord.

Voices

Transition is not just a nice way to say **change**. It is the inner process through which people come to terms with a change, as they let go of how things used to be and reorient themselves to the way that things are now. *(William Bridges)*

There are three kinds of change we face:

- Those we wouldn't choose, but we see coming.
- Those we choose ourselves.
- And those that flood our home at two in the morning.

There are particular moments in our lives when we realize, sometimes in a flash, that something has to change—or is going to change—whether we like it or not. **These are hinge moments.** Opportunities to open or to close doors to various pathways in our lives. *(D. Michael Lindsay)*

Paul Ricoeur understands the dynamic of life as a movement... of disorientation and reorientation. The human organism struggles to maintain some kind of equilibrium in his or her life. That sense of holistic orientation, of being “at home,” is a gift that is given, not forced, yet we struggle to it, fight for it, resist losing it, and regularly deny its loss when it is gone. **Two movements in human life are important:** (a) deep reluctance to let loose of a world that has passed away, and (b) capacity to embrace a new world being given. *(Walter Brueggeman)*

Break Out Conversation #1

- What do you find yourself saying to yourself so far?

Navigating Transitions: Pay Attention**Break Out Conversation #2**

- As you have listened to Scott and Beth and reflect on your own story, what invitations are you sensing? What is getting your attention personally?

Closing Question: As I've listened, how is the Lord inviting me to follow Him?

Act III, Scene ii

Someone has altered the script.
 My lines have been changed.
 The other actors are shifting roles.
 They don't come on when they're expected to,
 and they don't say the lines I've written
 and I'm being upstaged.
 I thought I was writing this play
 with a rather nice role for myself,
 small, but juicy
 and some excellent lines.
 But nobody gives me my cues
 and the scenery has been replaced.
 I don't recognize the new sets.
 This isn't the script I was writing.
 I don't understand this plot at all.

To grow up
 is to find
 the small part you are playing
 in this extraordinary drama
 written
 by somebody else.
 ~ Madeleine L'Engle, *The Weather of the Heart*, 1978

Resources:

- ❖ *Change is Easy, Transition is Hard*, At the Table with Patrick Lencioni, Podcast, 2.16.2021
- ❖ *Navigating the Neutral Zone*, At the Table with Patrick Lencioni, Podcast, 2.23.2021
- ❖ "Transition as *The Way Through*" William Bridges
[\[https://wmbridges.com/resources/transition-management-articles/transition-as-the-way-through/\]](https://wmbridges.com/resources/transition-management-articles/transition-as-the-way-through/)
- ❖ *Spirituality of the Psalms*, Walter Brueggeman, 2001
- ❖ *The Land Between: Finding God in Difficult Transitions*, Jeff Manion, 2012
- ❖ *Hinge Moments: Making the Most of Life's Transitions*, D. Michael Lindsay, 2021
- ❖ *Women Rowing North: Navigating Life's Currents & Flourishing as We Age*, Mary Pipher, 2020
- ❖ *Praying Our Goodbyes: A Spiritual Companion Through Life's Losses and Sorrows*, Joyce Rupp, 2009
- ❖ *The Uninvited Companion: God's Shaping Us in His Love Through Life's Adversities*, Scott Shaum, 2017