

Ten Suggestions for Navigating Transitions in Your Life

1. Take your time. Spend some time with the Lord, write in your journal, look at the beginning and the ending and how difficult this transition will really be, and figure out what you are really afraid of.
2. Arrange some temporary structures. For example, when you have made a big move, you don't need to immediately settle on what church or school you will attend; you can look around to find what suits your family best while being temporarily enrolled elsewhere.
3. Don't act for the sake of action! The process *is* action. Pull back when you feel you need to act on something without giving it much thought.
4. Recognize why you are uncomfortable. Know yourself well enough to recognize what is making you uncomfortable about a certain transition.
5. Take care of yourself in little ways. So often we neglect ourselves when making a sacrifice, but Christ calls us His most valuable creations; therefore, we must take care of ourselves, getting enough sleep, eating right and having quiet time.
6. Explore the other side of this change. Be open to what's on the other side of this chaotic, confusing time of transition (be it a divorce, death, or being an empty nester). Discover how God can use this to bless and build His kingdom.
7. Talk to someone. Tell your spouse or your best friend about your thoughts and fears. God uses people in our lives to help us see more clearly.
8. Find out what is waiting in the wings. This is the step beyond the exploration (#6). Once you are through the transition, you will be able to do some of the things that you explored while you were going through it.
9. Use this as an impetus for a new kind of learning. Take an on-line class, find a spiritual director or mentor, or take advantage of technology and the many ways you can learn something new.
10. Recognize that the transition has a characteristic shape. God loves us so much and knows us so well, He allows us to have some recognition of what we are familiar with so we can embrace it more easily.

