

Change

Transition

- (1) An Ending
- (2) A Neutral Zone
- (3) A New Beginning

An **unacknowledged ending** impedes our ability to move toward a new beginning.

Every transition **begins with an ending.**

Why is letting go so **difficult?**

Transition is seen as a kind of **street-crossing procedure.**



We imagine that our distress is a sign that we should **not have crossed the street in the first place.**

We aren't sure what is happening to us or **when it will all be over.**

Luke 4:1-13

1 And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness 2for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

3 The devil said to him, "If you are the Son of God, command this stone to become bread." 4 And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"

5 And the devil took him up and showed him all the kingdoms of the world in a moment of time, 6 and said to him, “To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. 7 If you, then, will worship me, it will all be yours.” 8 And Jesus answered him, “It is written, “You shall worship the Lord your God, and him only shall you serve.”

9 And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, 10 for it is written, “He will command his angels concerning you, to guard you,’ 11 and “On their hands they will bear you up, lest you strike your foot against a stone.” 12 And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.”

13 And when the devil had ended every temptation, he departed from him until an opportune time.

Surrender

Accept your need for this time in the neutral zone.

The traps of **fast forward and reverse.**

All my worst moments as a father, a husband, and a human being, are when **I’m in a hurry.**

That experience **won’t go away.**

Find a regular **time and place to be alone.**

Slow down and force yourself to **put things into words.**

It is lonely down there—except that there are **more people down there than you may realize.**

There is a difference between **“saying prayers” and honest praying.**

In **seasons of busyness**, we **need more time in the quiet place**, not less.