



# Church for Mondays

*Week 4: Navigating Transitions | Teacher: Libin Abraham*

*Sermon Questions for 5.15.2022*

## Opener

Have you ever been rock climbing? If so, how would you describe your experience? If not, would you want to?

## Read

Psalm 137:1; Hebrews 4:9-11; Matthew 11:28-30; Daniel 2:21; Isaiah 43:19; Revelation 21:5-6; Isaiah 43:1-3

## Main Points

1. Change is what happens to you, transition is what happens in you. “Change is situational. Transition is psychological.” (William Bridges)
2. We may not be able to choose our change, but we can choose our transition. Change is inevitable, but transition is optional.
3. In our change, chaos and crisis, Jesus freely gives us rest, but we must willingly find rest in him. A journey with God will always lead to something new because a journey with God always requires faith.
4. God is often doing something new - what if we stopped fighting against change and believed that change is evidence of the creative genius of God?
5. The same God is with you in the new season - the consistent theme from Genesis to Revelation is that God’s Spirit was always working.
6. God does his greatest work in our transitions - transition makes us dependent and if dependence on God is the goal, then weakness is an advantage.

## Engage with God in a Group

- When you’re faced with change, how do you handle it?
- What has been the biggest change/transition in life that you’ve had to navigate?
- How can seeing the difference between change and transition impact how we handle when we are “between the holds”?

## Bottom Line

Transitions surrendered to God become transformational in us.