

Navigating Transitions

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What are transitions?

Transitions are those times when you can't go back & you're not sure which way is forward. They move us on in our journey from where we are to where we need to be.¹

Characteristics:

1. Restlessness - sometimes this comes before you enter into the time of transition & God is preparing you for what's ahead
2. Confusion / Lack of clarity - knowing in the past where we were going, but not now
3. Isolation - no longer "fit", loss of relationship, may seem like God is silent; all of which God uses to prepare us
4. Lack of motivation
5. Doubt / diminished confidence - "what did I do wrong?"
6. Paralysis - unsure of what to do & where to go - you're stuck
7. Prolonged uncertainty - takes time, can't resolve in a few days; may want to jump in & seize control instead of trusting God to do his work in us

Learnings:

1. Transitions are a **primary tool that God uses** in the life of a leader to grow us, to refocus us on his priorities, and to prepare us for their next assignment
2. Transitions are an opportunity to take a **step back to evaluate** and to **prepare for what's ahead**
3. Transitions **clarify what's important** to us - our values & our priorities
4. Transitions often lead to **greater Kingdom impact**
5. God can bring **healing** and do a **deeper work** in our life
6. We may **experience God** in a deeper way
7. **Get all you can out of a transition!**

¹ Terry Walling - Transitions training video on leaderbreakthru.com; see also "Stuck" (book by T Walling)

Process:

1. Get outside help

- a. "You don't get to clarity alone" (*Terry Walling*)
- b. Coaching, Mentoring, Classes (see *XPastor.org*), Reading (3 that I read during my last transition: *Stuck* - Walling, *Strengthening the Soul of Your Leadership* - Barton, *Replenish* - Witt), Conferences

2. Look back & journal answers to questions like these:

- a. What did I learn about God, ministry & myself?
- b. What did I do well in this last season?
- c. What would I have done differently?

3. Evaluate & revisit values & priorities

- a. Where do I need to attend to my soul?
- b. What is my best contribution to God's kingdom?
- c. What am I good at?
- d. What is important to be in place in the next assignment?

4. Look forward

- a. What are the possible assignments? *I.e. what could I do? Think outside the box!*
- b. How will I discover God's next assignment for me? Who do I need to network with?
- c. Make a decision matrix that includes your priorities & values

My encouragement...

- **Embrace transition - God is at work!** *This is an opportunity to enter into God's work in & through you*
- **Choose to submit to God and to his processing in your life** - *"Take a long walk with God - tell that you give up, you won't try to control this process. Surrender to him and what he's doing right now in your life."*
- **Slow down!** *You need time to heal, reflect, learn, and let God prepare you for what is next. Schedule times of solitude, prayer and fasting. Spend much time journaling throughout the transition!*
- **Get all you can out of a transition!**

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