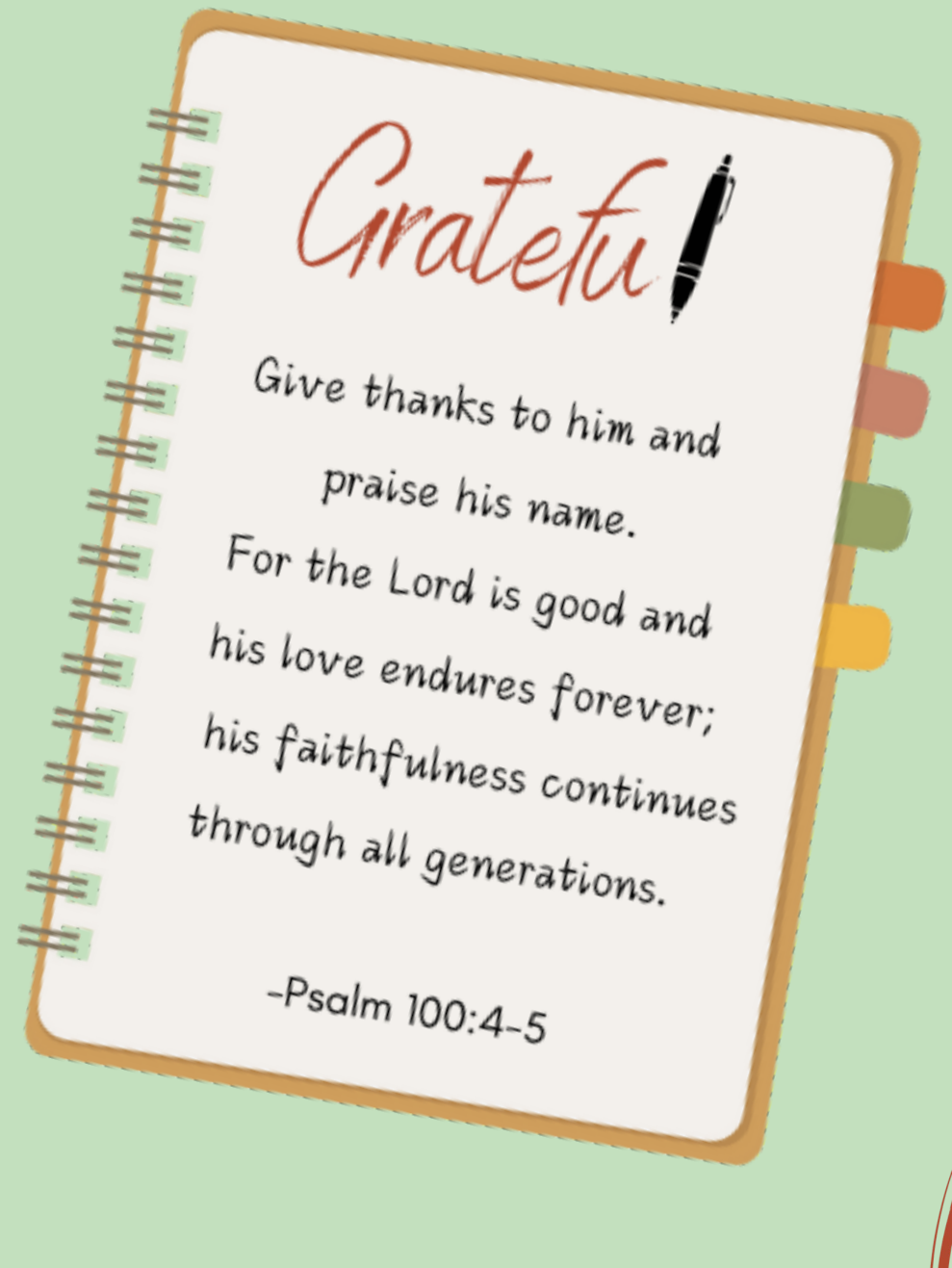


Transitions in Life, Career, and Ministry

William R. DuBois, MVS, DVM, Dipl. ABVP

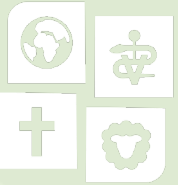


Grateful 

Give thanks to him and
praise his name.

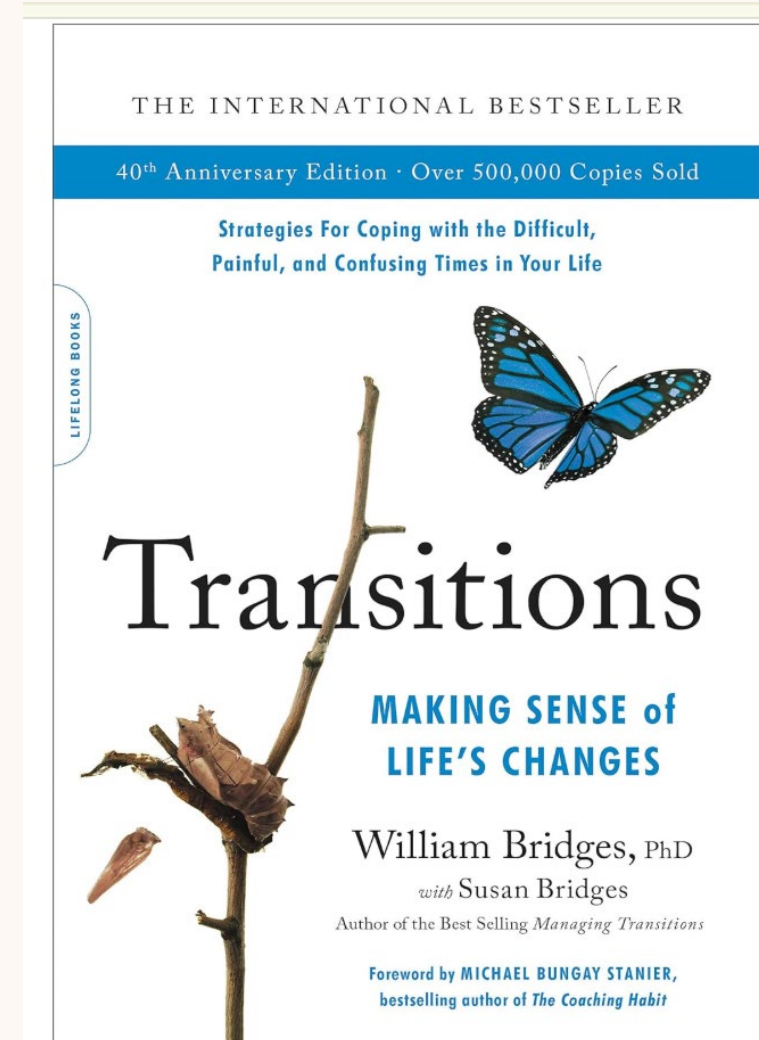
For the Lord is good and
his love endures forever;
his faithfulness continues
through all generations.

-Psalm 100:4-5



Change and Transition are no the Same

- **Change:** External, situational, and fast (e.g., getting your diploma).
- **Transition:** Internal, psychological, and slow (e.g., becoming like a professional).
- Change is an event;
Transition is a process.

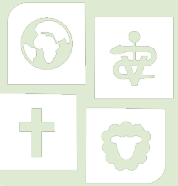




Every Transition Begins with an Ending

- To begin something new, you must first leave something behind.
- Endings are losses that cause grief
- You can't start the next phase if your stuck in the last one.
- 'The Lord said to Abram: Go from your land, your relatives, and your father's house to the land that I will show you.'
- Genesis 12:1



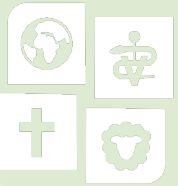


Resistance to Transition is Natural

- Why do we want to "go back" when things feel hard?
- Our brains prefer the known to the unknown.
- It's normal to feel stressed or even sad about "good" changes.
- 'They said to Moses... "Isn't this what we told you in Egypt: Leave us alone so that we may serve the Egyptians? It would have been better for us to serve the Egyptians than to die in the wilderness.'

- Exodus 14:11-12

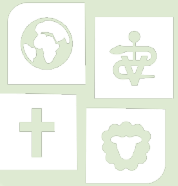




The Importance of "Disidentification"

- We have to let go of old roles
- This allows us to be available to grab onto new roles.
- Being untethered from our previous role and identity is uncomfortable, but can remind us that our ultimate worth and value is in Christ.
- Jesus...saw two brothers, Simon called Peter, and Andrew... they were fishermen. Then He said to them, "Follow Me, and I will make you fishers of men." They immediately left their nets and followed Him.
- Matthew 4:18-20

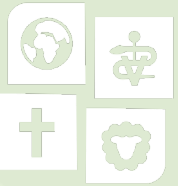




"Disenchantment" is a Signal of Growth

- Things don't feel magical anymore.
- Idealized views of people or situations come crashing down.
- This isn't failure, but a breakthrough into reality.
- The opposite of disillusioned is illusioned.
- I had heard reports about you, but now my eyes have seen you. Therefore, I reject my words and am sorry for them; I am dust and ashes.
 - Job 42:5-6
- Ecclesiastes





The "Neutral Zone" is Not Empty Space

- The uncomfortable "in-between" period.
- It feels like chaos, but this is where your best self-discovery happens.
- Embrace the "I don't know" phase. Don't try to rush through it.
- And you shall remember that the Lord your God led you all the way these forty year in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not.



Deuteronomy 8:2



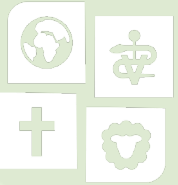
New Beginnings are Different from Startings

- A "Starting" is an appointment on a calendar.
- A "New Beginning" is an inner feeling of alignment when your new role finally feels like it fits.
- There can be a little up and down in this.
- Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!

2 Corinthians 5:17

- Also: Moses; Saul→Paul; Elisha; David; etc.



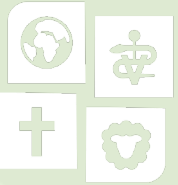


Finding the "Thread of Continuity"

- What stays the same while everything else changes?
- Identify your core values that bridge your past, present, and future.
- You aren't becoming a different person; you are becoming a more complex version of yourself
- The Lord was with Joseph...
- Therefore it was not you who sent me here, but God. He has made me a father to Pharaoh, lord of his entire household, and ruler over all the land of Egypt.

Genesis 45:8





In Conclusion...

- We all will continue to go through transitions through our lives
- All transitions start with an ending which induces some level of grief.
- After that is the neutral zone which is marked by chaos and unknown, but also gives us space for growth.
- Then we have a beginning into something new.
- Through all of this, God loves us and cares for us and has a plan for us.

