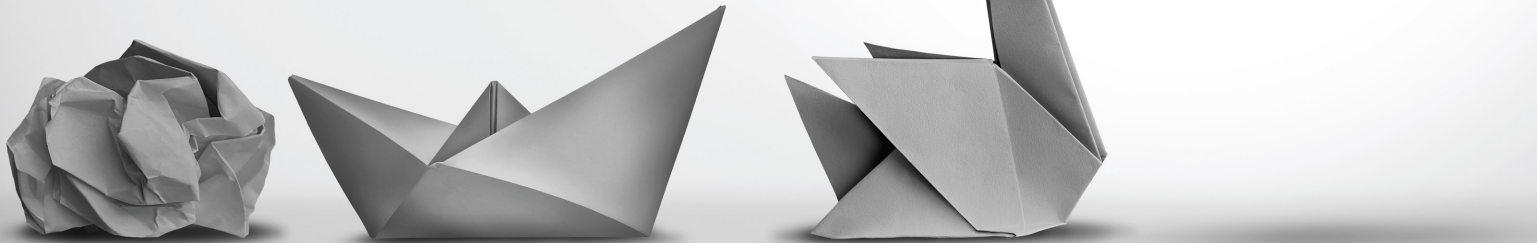


# THE POWER OF TRANSITION



# THE TRANSITIONS OF JESUS

- Time of Ministry

# MARK 1:32-35 NASB

“Now when evening came, after the sun had set, they began bringing to Him all who were ill and those who were demon-possessed. And the whole city had gathered at the door. And He healed many who were ill with various diseases, and cast out many demons; and He would not permit the demons to speak, because they knew who He was.

And in the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and prayed there for a time.”

# THE TRANSITIONS OF JESUS

- Time of Ministry
- Time of Sorrow

# MATTHEW 14:13 NASB

“Now when Jesus heard about John, He withdrew from there in a boat to a secluded place by Himself; and when the people heard about this, they followed Him on foot from the cities.”

# THE TRANSITIONS OF JESUS

- Time of Ministry
- Time of Sorrow
- Transitions Empowered Him

# MATTHEW 14:14 NASB

“When He came ashore, He saw a large crowd, and felt compassion for them and healed their sick.”

# MATTHEW 14:15 NASB

“Now when it was evening, the disciples came to Him and said, “This place is secluded and the hour is already past to eat; send the crowds away, so that they may go into the villages and buy food for themselves.”



# MATTHEW 14:22-23 NASB

“Immediately afterward He compelled the disciples to get into the boat and to go ahead of Him to the other side, while He sent the crowds away. After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone.”

# THE TRANSITIONS OF JESUS

- Time of Ministry
- Time of Sorrow
- Transitions Empowered him
- Jesus didn't run from one moment to the next

# THE POWER OF TRANSITION

- If Jesus did, how much more so should we!?
- Life is full of things grabbing for our attention and then rushing us along

# JOHN ELDREDGE

I simply take sixty seconds to be still and let everything go.

As I enter the pause, I begin with release. I let it all go—the meetings, what I know is coming next, the fact I'm totally behind on everything, all of it. I simply let it go. I pray, Jesus—I give everyone and everything to you. I keep repeating it until I feel like I'm actually releasing and detaching. I give everyone and everything to you, God. All I'm trying to accomplish right now is a little bit of soul-space.

# JOHN ELDREDGE

I'm not trying to fix anything or figure anything out. I'm not trying to release everything perfectly or permanently. That takes a level of maturity most of us haven't found. But I can let it go for sixty seconds. (That's the brilliance of the pause—all we are asking ourselves to do is let go for sixty seconds.) And as I do, even as I say it out loud—I give everyone and everything to you—my soul cooperates a good bit. I'm settling down.

I even sigh, that good sigh.

# JOHN ELDREDGE

Then I ask for more of God: Jesus—I need more of you; fill me with more of you, God. Restore our union; fill me with your life.

You'll be surprised what a minute can do for you. Even more so as you get practiced at it. Honestly, you can do this pause nearly anytime, anywhere—in your car, on the train, after you get off your phone. I know it seems small, but we have to start somewhere. This pause is accessible; it's doable.

# JOHN ELDREDGE

As David wrote in the Psalms, “I have calmed and quieted myself” (131:2). Or, “I’ve cultivated a quiet heart.” This is the world we live in, raise our kids in, navigate our careers in, and so we need to find things that are simple and accessible to begin to take back our souls. The One Minute Pause is within reach. The practice itself is wonderful, and it opens space in your soul for God to meet you there.

# THE POWER OF TRANSITION

- Imagine the peace you can feel if you allow God to fill in the gaps between all the busyness that our world has to offer.
- My encouragement to you this morning is to slow down.
- Allow God to minister in that moment.
- Experience The Power of Transition.