

# ***The Transitions of Life***

**Change is situational.  
Transition is psychological.**

**William Bridges, *Transitions: Making Sense of Life's Changes – Strategies for Coping with the Difficult, Painful, and Confusing Times in Your Life.***

# Transitions

consist of three phases:

an ending

a neutral zone

a new beginning

**The Land Between can be profoundly disorienting. It also provides the space for God to do some of his deepest work.... God intends for us to emerge from this land radically reshaped.**

**Jeff Manion, *The Land Between: finding God in difficult transitions.***



## *Psalm 23*

*The LORD is my shepherd,  
I shall not be in want.*

*He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he restores my soul.*

*He guides me in the paths of righteousness  
for his name's sake.*

*Even though I walk through the  
valley of the shadow of death,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.*

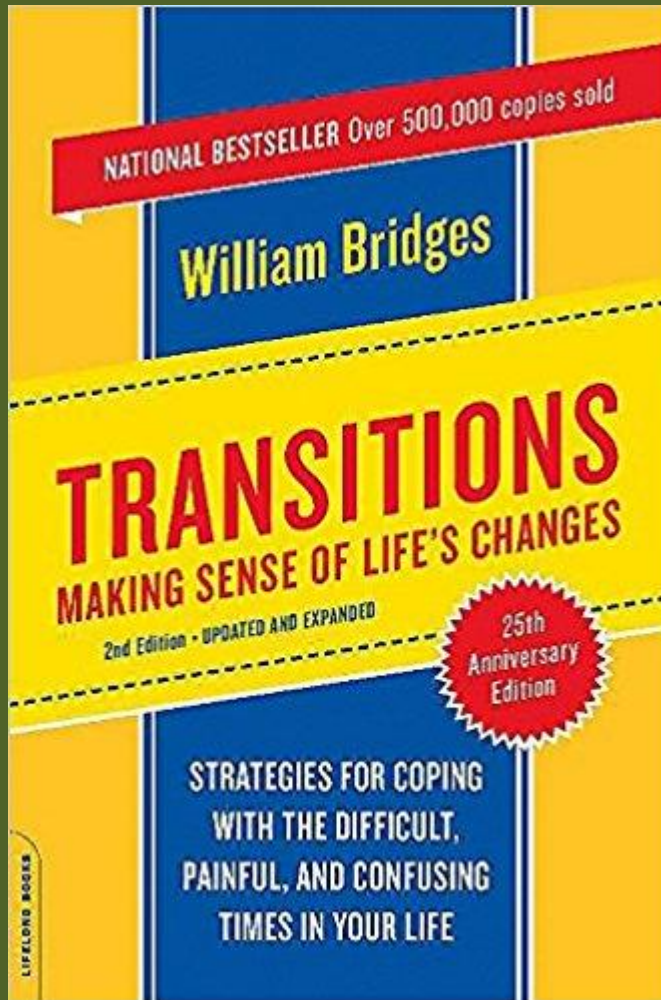
*You prepare a table before me  
in the presence of my enemies.*

*You anoint my head with oil;  
my cup overflows.*

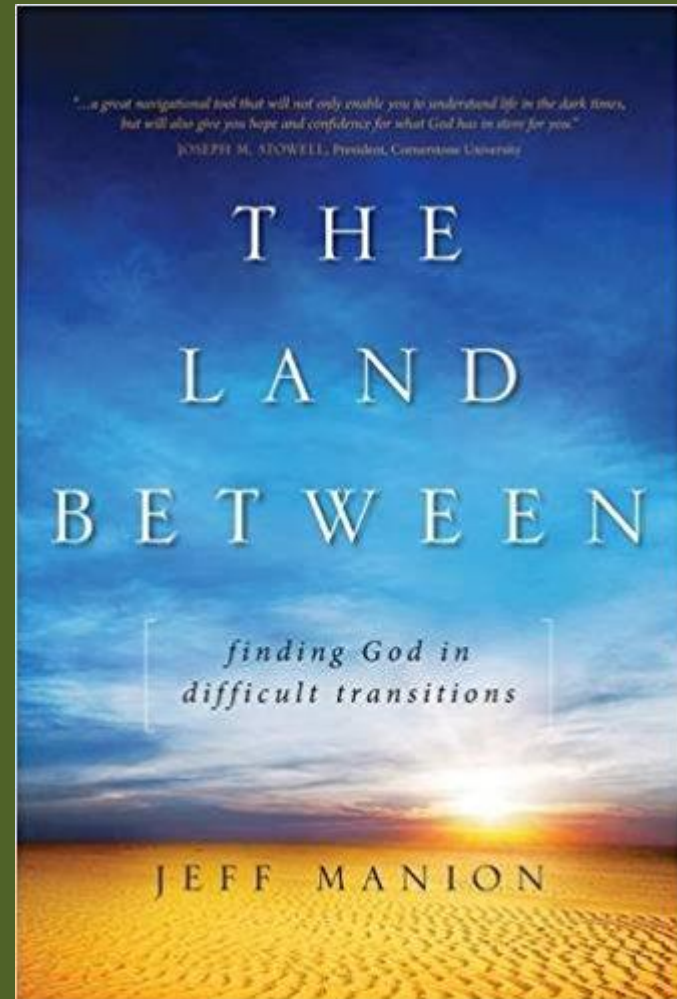
*Surely goodness and love will  
follow me all the days of my life,  
and I will dwell in the house of the Lord  
forever.*



# Recommended Reading



William Bridges



Jeff Manion