

Practical Steps in Life Transition

1. Honor your feelings, whatever they are... notice them, pay attention to them, give them space and acknowledge that this is how you're feeling.
2. Talk with someone about what you're experiencing. If you find it helpful, let them know that they don't need to solve a problem, but just to listen to you. And, if you're the listener, simply listen—without judgement or giving advice (unless asked for), just listen with an open heart.
3. Recognize that these seasons of life take more energy—both physical and emotional. Allow for this. Create space in your calendar and your life to breathe and rest. Be especially gentle with yourself.
4. Select a phrase from a Psalm or another verse from the Bible to repeat to yourself during the day, as a reminder of God's steadfast love and presence.
5. Some people find it helpful to write or journal. Here are some places to start: "God, I'm feeling..." "God, I need you to be present with me in..."
6. Think about the transitions and changes that have happened across your lifetime. What sustained and helped you during those times? What did you learn or discover?
7. Over time, a transition can have both blessings and challenges. It may be helpful to acknowledge and name: "What am I leaving behind that I'm grieving..." and "Is there anything to be grateful for? Or, what might be a future blessing from this season of life?"
8. Come to Incarnation for the Blessing and Prayer Service for Life Transitions on Thursday, September 26 at 7:00 p.m. Bring a friend or a family member with you.