

STUMMIN

GRADE
6-12

May 27
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DISCUSSION
TOPIC:
TRANSITION

NUGGET

Change is what happens to you. Transition is how you understand that and deal with it.

NOTES & PRAYER REQUESTS

DISCUSSION QUESTIONS

We often use “Change” and “Transition” interchangeably as if transition is just another very cool word for change. But it isn’t. They’re very different. With every change, there’s an ending, a “wilderness-in-between” and a new beginning. The transition is what happens in the “wilderness-in-between” place.

Change is a physical shift: the end of a school year, the beginning of another; the beginning of a friendship, the end of a relationship; a move to a new community; the ability to go where you want to go, eat what you want to eat, spend what you want to spend, see who you want to see whenever you want to see them, to being sheltered at home. Change is situational, physical, exterior.

Transition, on the other hand, is psychological and emotional. Transition is not those physical events, but what you do with and about those events. Transition is what goes on inside your head and heart to figure out what those outside changes mean to you. Transition is the interior and psychological process you go through in order to come to terms with a new situation, and adjust and adapt. Change is what happens to you. Transition is how you understand that and deal with it.

With that in mind:

- What’s ending in your life right now? Make a list of all of the “endings” going on in your life.
- The “wilderness-in-between” place between an end and a new beginning can be scary and/or confusing. How would you describe the “wilderness-in-between” place in your life? I’m not where I was, and I’m not where I’m going to be quite yet. I would describe my “wilderness-in-between” place like this...
- The new beginning often arrives in surprising ways. It’s like an “Aha!” moment or an “I’ve got this!” moment. Describe a “new beginning” experience that you’ve had in the past. How does that help you right now?