

## Week 3: The Transition Stage

## 3. The Transition Stage

**a. Jesus and the Disciples' Transition Stage – John 18 – Acts 1:11**

- i. John 18:1-11 –
- ii. John 18:15-16 –
- iii. John 20:1-10 –
- iv. Acts 1:1-11 –

**b. This stage begins the moment we leave one place or season and ends when we enter a place or season with the knowledge (consciously or subconsciously) that we will need to settle in.**

- i. At the Heart of the Transition Process is this Transition Stage which comes with all possibilities of responses from us: emotional storm, rational calm, limbo, purposeful progress, relief, and excitement all of these make up the chaos.
- ii. "The permanence of the [transition] and the irretrievability of the past stare us in the face and we sometimes wonder if we've made a terrible mistake." (David C. Pollock)
- iii. "While this 'stripping away' can be painful, paradoxically the possibilities and the opportunities of liminal space for reflection, self-assessment and new perspective." (David C. Pollock)
- iv. **Application:** Pivotal circumstances of our lives - They can either be times when God grew us the most or they can be roots of bitterness. (Heb. 12:15).

- 1. Cain with Abel (Gen. 4:6-7), David with the Ark (2 Sam. 6:1-15),
- 2. David with his son's death (2 Sam. 12:14-23),

**c. Our Response: (Transitioner's Response)**

- i. Having lost some relationships in the transition, we find the holes left by their past roles that are still unfilled. We enter an uncharted territory.
- ii. Common Responses:
  - 1. Being more \_\_\_\_\_ than normal. (health, finances, relationships, and personal safety)
  - 2. Reacting \_\_\_\_\_ to circumstances.
  - 3. Forgetting to take time for normal \_\_\_\_\_.
- iii. Severe loss of self-esteem may set in during this transition stage.

The transit stage itself can be tough because it includes keen feelings of disappointment. The difference between what was expected and what is being experienced can trigger a sense of deep resentment or even panic. All connection and continuity with the past seem gone, and the present isn't what we had hoped it would be. How can we relate the different parts of our life into a cohesive whole? Is the orderliness of the past gone forever? We look longingly to the future—hoping that somehow, sometime, life will return to *normal*.

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<sup>1</sup> David C. Pollock *Third Culture Kids* page 251.

- v. Also, will we choose to help those around us going through this same transition at this time?

**d. Community's Response:**

- i. In relation to moves:
  - 1. "We carry knowledge from past experiences—often including special knowledge that has no use in this new place. No one know about our history, abilities, talents, normal responses, accomplishments, or areas of expertise. Sometimes they don't care, which can be because they really don't care or because they don't know how to begin to show us they care." (David C. Pollock).
  - 2. Circles of relationships among the community are already well defined, and most people aren't looking to fill a vacant spot in such a circle.
    - a. How does this affect a newcomer?
- ii. In relation to non-move transitions:
  - 1. The community does not feel the full weight of the transition.
  - 2. Sometimes the community is at a loss for how to show their support.

**e. Strategies for a Healthy Transition:** (the chaos and confusion of this transition stage cannot be avoided, but there are some steps to help make it smoother.)

- i. \_\_\_\_\_ – these are mementos that specifically reflect a certain place or moment of our lives.
- ii. *Pictures* – have you ever lost pictures before?
- iii. *"Stop and smell the Roses"*
- iv. *Mourning the Losses*
  - 1. "Loss always produces grief, consciously or unconsciously. It will come out one way or another whether we intend it to or not." (Jim Gould, professor of philosophy)
  - 2. Different people grieve differently.
    - a. Have you ever been angry at someone because of the way that they were mourning for their losses?
  - 3. Mourning is more than grieving:
    - a. "Mourning is a conscious decision to look at the grief, face it, and go through a process of moving from the loss to the next stage of life."
    - b. Many of the suggestions for building a RAFT are also helpful in mourning (Reconciliation, Affirmation, Farewells, Thinking Destination). Again, leaving right is the key to entering right.