

Transition Traps

2/19/21

As a former gymnast and Registered Nurse, I learned a bit about muscles and see a beautiful comparison to focusing on and strengthening our “soul muscles.”

The practice and prep needed to train muscles for certain moves is directly related to how well that move flows. Any move mentally, emotionally, physically, relationally is similar. You can probably name them; the varied transitions you’ve made; disturbing, annoying and emotionally taxing as they were. Those places need attention because when a semblance of stability returns, something else in our lives goes into “transit”!

Transitions have traps.

The trapezius muscle plays a key role in preventing injury. Strong trap muscles absorb blows to the shoulders and secure the neck reducing the chance of neck injuries. If our “transition” trap muscles are not strong, prepared and alert, the fallout/injury to our souls, lives, emotions, and relationships can take us to other kinds of traps. Traps of grumbling, self-focus and anxiety. All of which are a natural outworking of changes in our lives! They are also great signs to us that we need some “soul” exercise.

Small transitions that mess with our sense of stability, comfort and security can be conditioning for larger ones. We can use these transitions as “work-outs” for our souls:

- With annoying inconveniences where we find ourselves uttering unwholesome words, we can recognize it, halt it and take a turn. Remember in the context of “I can do all things through Christ...” (Phil. 4:13) Paul was talking about being content in varying circumstances while in transit in jail.
- With any dread of upheaval like we’ve all experienced last year, we can dig into what is behind that dread in us, get help discerning and run to Him who will be the “stability of our times.” (Is. 33:6)
- With anxieties for the future, we notice, explore and process that anxiety so we can then name it and bring it to Him. “When my anxious thoughts multiply with me Your consolations delight my soul.” (Psalm 94:19)

There are myriad resources for us to be preparing for the inevitable transitions ahead of us. Seek out our skilled member care people for ideas to strengthen your soul “traps” so you don’t fall into the enemy’s traps!

Let my enemy “fall into his own *traps* while I pass by in safety.” Ps. 141:10

What is the invitation of your current transition?

Resources to explore: Transition bridge, RAFT, Transition coaches, Kyria Times of Transitions



Jackie Scott, Author of [Your Life is Remarkable!](#) Life & Leader Coach credentialed with ICF.