Trapped In Transition

Conversation Starters

- Would you rather be trapped in an elevator with your favorite person for a day or with your least favorite person for an hour?
- Pastor Steven isn't very adventurous when he travels, but Holly likes to explore and do stuff. Describe what you're like when you travel.
- If you were trapped on an island with nothing to eat, what would be the worst food for you to be able to see in the distance but be out of your reach?

Review

Ask eGroup members to share their favorite points from the sermon, what spoke to them, a phrase or moment from the sermon they related to the most, or questions they have. If members have a hard time recalling the sermon, talk through your notes and share your favorite points.

Make It Personal

- Do you adjust to new things easily? For example, if a stranger planned a new morning routine for you, how much would that bother you?
- What's a transition? What are some ways we can recognize transitions in our lives? *(When we're in transition, we might be thinking things like "I don't know what to do," or "I've never done this before.")* Give some examples of transitions we might face.
- Read Exodus 4:10-13. This passage is after God has told Moses He is sending him to bring the Israelites out of Egypt. What are some transitions Moses is facing — do you identify with him? Share about a time when you weren't sure you could transition into something, but you did.

- How would you define being trapped in transition? What's a transition you feel trapped in now?
- One way we can feel trapped is when we think we need to accomplish a certain thing or fix a situation before God can bless us. Fill in this blank: "I'm waiting for _____ so God can bless me." Why's it hard to believe God can bless us in the middle of transition — how can believing that hold us back?
- The enemy is set up at the gate of what God is trying to do in your life. Why do you think we're most vulnerable when we're in transition? When you're facing transition, what are some ways you find support and encouragement?
- Read Acts 3:6-11. The healed man clung to Peter and John. What you cling to in transition matters — you can't take hold of what's new while you're clinging to something old. What are some old things you're clinging to? *(e.g., old habits, old comforts, old mindsets, etc.)* What do you need to cling to instead?

Act On It

Give your group a pen and paper. Tell them to list any transitions they're in. Next to each transition, have them write: one thing they need to let go of; one thing they need to cling to; and one way they need to find encouragement or support for that transition. This week, focus on letting go of what's holding you back, pursue what you need to cling to, and surround yourself with support.

PRAYER REQUESTS AND PRAYER

Ask eGroup members to share any prayer requests they have. Record any notes or prayer requests to pray for members during the week.

Father, thank You for the way You bless us — we're so grateful that You don't wait until we've got it all figured out or we're living perfect lives before You bless us. Thank You for blessing us in transition. Help us embrace our transitions so You can move through them. Show us where we've allowed ourselves to become trapped, and give us patience and direction as we walk toward what You've called us to. In Jesus' name, amen.