



Part 5: Transition

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In transition, Jesus pressed into God.

1. Transitions are better when God's spirit guides us. (*Matthew 4:1*)
2. Transitions often leave us vulnerable. (*Matthew 4:3-11*)
3. A lifestyle of spiritual disciplines prepares us for transitions. (*Matthew 4; Matthew 26:36-44*)
 - Fasting
 - Studying God's word
 - Living authentically in community
 - Being in purposeful prayer

Cast all your anxiety on him because he cares for you. – 1 Peter 5:7

Resources for Exploring More:

- In the Bible, read the Gospels (Matthew, Mark, Luke and John)—and notice how Jesus interacted in busyness, tiredness, transitions, and life
- *Spirit of the Disciplines* by Dallas Willard
- *Celebration of the Disciplines* by Richard Foster