**Navigating Life’s Transitions**

**Purpose:**  
Life’s transitions—whether planned or unexpected—can bring both excitement and uncertainty. As believers, we are called to trust in God’s guidance and find peace in His plan, even during periods of change. Navigating transitions with faith allows us to grow spiritually and embrace the opportunities God places before us. As **Jeremiah 29:11** reminds us: *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”* This worksheet is designed to help you reflect on life’s changes, lean into God’s promises, and move forward with confidence and trust in His perfect timing.

**Identifying the Transition:** What life transition are you currently experiencing or anticipating? Examples might include career changes, moving, starting a family, or a personal loss.

**Emotional Impact:** How is this transition affecting you emotionally, spiritually, and mentally?

**Scripture for Transition:** Choose a Bible verse that provides reassurance or guidance during this time. Write it here:  
*“*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”\_  
(Book, Chapter:Verse)

How does this scripture encourage you as you navigate this change?

**Trusting God in the Transition:** What fears, doubts, or uncertainties are you facing? How can you surrender these to God and trust in His plan?

**A Prayer for Guidance:** Write a prayer asking God to guide you through this transition and to help you trust in His wisdom and timing.  
\_“Lord, I come to You in this season of change. I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. Please guide my steps, calm my heart, and help me trust in Your plan for my future. Thank You for being my constant source of strength and hope. Amen.”*

**Seeking God’s Purpose:** Reflect on how this transition might be an opportunity for spiritual growth or a chance to align more closely with God’s calling for your life.

**Taking Action in Faith:** What practical steps can you take to move forward in this transition while trusting in God’s plan? Examples might include prayer, seeking counsel, journaling, or taking a specific action step.

**Reflection on Past Transitions:** Think of a previous life transition where God guided you through uncertainty or change. How does this memory reassure you of His faithfulness now?

**Affirmation of Trust:** Write a personal affirmation to remind yourself to rely on God’s guidance during this transition.  
\_“I trust God’s plan for my life because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.”*

May this worksheet help you embrace life’s changes with courage and faith, knowing that God is with you every step of the way.