

THE CLIFF:
A RECOVERY
DEVOTIONAL SERIES

Transitions



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Transitions

Change.
Moving.
Chaos.

Transitions in life can be really scary. As I go through a huge transition in my own life, the chaos in my mind gets louder and louder. Thoughts about change can circle in your mind until you are obsessing over the 'what ifs' so much that you can't see what is.

This devotional is all about how God asks us to deal with change in our lives. Good change, bad change, unexpected change, surprise, God continually asks us to trust Him through it all.

And it's so hard. It's so hard to trust in a plan that doesn't make sense to you, or you can't see how it will end, or what the end goal even is.

This, friends, is where faith is built. In the unknown. In the transitions. In the change.

Because in these times, we don't have anything that we can control, and we are put in a position where the only thing we have is faith. Faith that things will work out how they are supposed to. Trust that God always has a plan.

Welcome to this transition series.

Transitions

How to use this devotional:

1) At the beginning, write down your goals, expectations, and prayers. We will revisit those at the end of the devotional.

2) Daily or weekly (it's set up to work either way!) read one of the devotionals. Then, answer the self reflection and self discovery questions.

3) At the end of the series, reflect on what God has brought you through, what prayers have been answered, and what you have learned.

BONUS: Follow my Instagram (@heightsinheels) to see me DAILY talking through this devotionals. If you start, late, no problem. I will have it saved in a highlights reel called 'Transitions'. I will be starting my daily Transitions Instagram Stories on June 1, 2020! Don't miss out!

LEGAL DISCLAIMER:

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Goals and Prayers

I'm starting this series because...

My biggest worries about change right now are...

My goal for this series is:

My Prayer Requests are:

Give it to God

Philippians 4:19- "And my God will meet all your needs according to the riches of his glory in Christ Jesus"

God will meet all of your needs. Basic needs, needs that you didn't know that you even had, and maybe even your wants.

It's hard to trust that when all you see is uncertainty ahead of you. When there is no money left, when the addiction or disorder have take over completely, it's hard to see even a little light at the end of the tunnel.

But God sees the light. God see's the way out for you. God knows your future and holds it close. He also meets you exactly where you are- in recovery or not, money or not, addicted or not- and will help you out.

Trusting that God will get you to where you are supposed to be in life and that He will meet your basic needs requires faith and trust, even in the darkest time in your life.

Self Reflection

Prayer Requests:

What I'm thankful for:

What's on my heart:

Self Discovery

What do I need to give over to God?

In what area of my life do I need to trust God more?

What need do I need God's help with right now?

What thoughts can I reframe so that I have a more positive mindset about the situation that I am in?

When Fear is Loud

Psalm 94:9- "When I am afraid, I put my trust in you"

Fear can take the wind out of anyone's sails. Fear can be so loud and so debilitating that even if the next step is logical, you hold back.

Fear is a human emotion that we all feel. And we are supposed to feel it because it can be life saving. In today's world, we have let this emotion into places that God did not intend for it to be. We are fearful of dealing with feelings, fearful of looking a certain way, fearful of eating, fearful of what others will think of us.

God asks that when we feel this, we turn to Him. And in that moment of fear, we put our trust in Him. Not in what we see in front of us. Not in what we feel. Not in what others say about the decision. But we put our trust in Him. Our creator. Our God. Who's plan is perfect. Fear can throw us off of that plan. We can't let fear stop us from what God is asking us to do, or stop us when things look scary. God's got this!

Self Reflection

Prayer Requests:

What I'm thankful for:

What's on my heart:

Self Discovery

What am I scared of in my life right now?

What is fear holding me back from?

What is the worst thing that could happen if that fear came true?

What's the best thing that could happen if that fear didn't come true?

What steps is God asking you to take right now in spite of this fear?

You are Strong

Philippians 4:13- "I can do all things in Him who gives me strength."

Do you see yourself as a strong or weak person? I've viewed myself as weak most of my life- clinging to things that I thought made me safe or gave me just a little control in a place where I wasn't strong enough to take control.

Here's the thing though: we are all strong, no matter how physically or emotionally weak you think you are. We are strong because we have God. We are strong because our Father controls the universe. We are strong because our faith and trust rest in Him. We can withstand the pain and suffering because He is with us always.

He gives us strength when we are at our weakest, when we turn to Him instead of turning towards what we can control. We are strong when we trust our Father.

Self Reflection

Prayer Requests:

What I'm thankful for:

What's on my heart:

Self Discovery

How do you view yourself- strong or weak? Why?

What is it that your thoughts and the enemy tell you that you cannot do?

What do you need God's strength for in your life today?

How can you carry God's strength with you this week?

What thought patterns need to be changed to reflect God's strength in your life?