

6. Transitions and change are life. They penetrate us to our innermost core and remind us, "I am not in control". As God's dearly loved children, we know and say "God is in Control". That being said, usually fear is not far behind our Holy proclamation. If you are struggling with fear right now, just be honest with God. Ask the Holy Spirit to come and search you. He so wants you to have a full and free life. John 10:10; John 14:27; Galatians 5.

7. We are His children, and our life is a journey. God desires to be the center of your journey. HE will direct you and help you. He loves to show up! Keep your relationship with Him at the forefront of your journey. Discipline and cultivate your time with Him. Here at Keystone we call it "the listening room". A place where you go to be with your Heavenly Dad, reading His love letter (the Bible) to you, pouring out your life to Him, and listening for Him to speak to you. He wants more for you than you ask or imagine. In your CG this week share some examples of your listening room time and what The Holy Spirit is doing in your life.

## Transitions and Choices

- A. Will the choice you make give you **LIFE?**  
(Deuteronomy 30:19; John 10:10)
- B. In the midst of your transition chose to **LOVE** God.  
(Deuteronomy 30:19)
- C. As you **LISTEN** to God he will guide you to the right choice.  
(Deuteronomy 30:19)
- D. When God reveals his choice to you, you still must choose to **OBEY HIM** and **DO IT.**  
(Joshua 22:5)
- E. Keep a **DEATH GRIP** on God the whole time.  
(Joshua 22:5)
- F. Make certain your decisions will release you to **SERVE GOD WITH EVERYTHING YOU HAVE.**  
(Joshua 22:5)

Podcasts are available each week on [www.kcfonline.org](http://www.kcfonline.org) under Resources.

## FOOD FOR THOUGHT

For the week of May 2, 2010

(Questions and Scriptures for further study)

1. What is your typical reaction when faced with change or transitions in life? Do you believe “a change can do you good”?

2. Reflect back to a recent decision you have made or maybe in the process of making without asking God for help. How well did you sleep at night? How were your interactions with those you love the most? How many times did that “anxiety wave” rush through your body? How short was your fuse, if you had any left?

3. Now reflect back to a recent decision you have made or are in the process of making and you ask God to show up and direct you? How well did you sleep at night? How were your interactions with those you love the most?

4. Scripture is full of examples of God showing up to “save the day”. Write down five times in the last month when God showed up in your life to “save the day”. These are what I call God stories, things that happened to you and your families which SCREAM only God could do this.

5. The passage we looked at is another list of things “to do”. God, through Moses, desires for us to have a deep love fellowship with Him. God wants you to be in love with Him. How is your love relationship with God? What are some practical steps you do to deepen and cultivate your love for Him?