

Many of us are entering into a time of transition - for some the transitions are more pronounced than for others.

Maybe these next few weeks or months mark the ending of one job and the beginning of the next.

Maybe your kids are home more now than before, or perhaps they just left on adventures of their own.

Maybe you'll be moving to a new town or traveling away from home for a season.

You're trying to find your way through a changing set of circumstances.

With a new season comes new routines, responsibilities, and shifting expectations.

No matter if the change you are experiencing is sudden, expected, longed for or unwanted, change in our outward routine has a way of disrupting our inner rhythm. And sometimes we don't even realize it.

In the midst of this change or anticipated transition, is your body trying to tell you something as it begins to compensate for the pressure your soul has been carrying?

Is it time to listen to that crick in your neck, the pain in your jaw, your fast-beating heart or that headache you can't seem to shake?

Do you sense anxiety flowing just beneath the surface, like fast-moving water beneath a smooth sheet of ice?

Your instinct is to tighten up, manage outcomes, and try to maintain control.

While your mind may be telling you everything is fine, fine, fine, your body might be weaving a different tale.

Whether you're entering a busy season of hustle and you need a succinct, timely reminder of truth, or if you're beginning to enter a time of rest, only to realize you've forgotten how.

Your soul needs some stillness, some time to reflect, to listen, and consider this transition you're in.

I want to invite you to join me for seven days of Still Moments. Each day I'll share with you a portion of scripture and a quiet reflection to help you create a little space for your soul to breathe.

I'll send it to your inbox each day for seven days, but you can take twice as long to listen if you'd rather. It's a simple offering, neither fancy nor polished. There's no hurry, no set schedule, and you can go at your own pace.

Perhaps you'll want to listen first thing in the morning. Maybe you'll want to steal away with your earbuds and a walk around the block. You might rather listen just before sleep. No matter when you choose to listen, I hope these words will help you breathe a bit more deeply.

When we're able to do that, we send our body a message - *you're going to be okay.*

Remember, God offered life to mankind in the form of breath - there it is in Genesis 2:7. "Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being."

As the breath of God gave life to man, our own deep breath wakes us up to God. And so, for a few still moments each day, I want to help you take some deep breaths in the midst of transition and remember this:

You are not invisible.

God has not forgotten.

Though the way ahead may be unclear, the way within you is sure - because Jesus himself is the way, the truth, and the life. I hope you'll join me.