

TRANSITION

HOW TO GET FROM HERE TO A PLACE CALLED

THERE

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Introduction

In August 2011, after experiencing a drought season, I woke up and I said to God: there has got to be more to life than this. Have you ever felt like there was a life that God has designed for you beyond the life you know? There are a lot of people who are going through this right now; in your environment, it would seem as if nobody understands you, you have become an outcast. You feel alone even though you are surrounded by a lot of friends and family. My friend, I am here to let you know that you are in transition.

It all started with one of the saddest events in my church life, just two months after becoming a minister, in February 2012, the church that I attended for almost nine years had experienced a split and I was devastated, I felt lost, I felt like I had a death in my family. What I did not realise was that God was getting ready to launch me on a journey that I could not comprehend. Just eight months after that devastating event, my mentor at the time handed me a book called *God's Generals*, there are no words to describe the feeling after reading the first page of this awesome book. I could literally feel the heat of the Spirit of God stirring on the inside of me. One recurring theme I had noticed in the book was that all of the generals in the book had stepped out by faith, even when close families and friends were against their decisions. These general's decisions even caused them to be ostracised from organisations who had labelled them as enemies of the vision. This struck a chord in me and I did not understand why at the time. Little did I know that God was preparing me for a journey that was going to require a similar sort of sacrifice one year and ten months later.

In September 2012, the Lord led me to London for The Threshing Floor Conference which was being hosted at the Ruach City Church. On the first night of the conference I saw the visionary of that ministry Bishop John Francis and my heart started to weep, I had not yet really identified this new level of communication with the Holy Ghost. I started to feel like I belonged there, when I saw Bishop, I started to identify with him as my spiritual father, but I was too spiritually blind to recognise what was happening to me. I failed to identify what God was trying to communicate to me. I kept these sayings in my heart and just continued with life even though I felt like I was sinking and was on the brink of spiritual death.

In June 2013, I was lying on my sofa one Saturday afternoon and I fell into a deep sleep. I saw myself standing on land, it was rocky and as I looked ahead there was water in front of me. I was standing before an ocean and just over the ocean were high buildings. As I started moving ahead, there was a woman standing in front of me, she refused to move at first but I managed to get her to move out of my way and others started to follow me. I noted it down and continued on with my daily responsibilities. This was the beginning of a God ordained journey that I could not have even fathomed.

After following the direction of the Holy Spirit to resign from the Youth Committee I was a part of for over five years, the first thought that came to me was: what is everyone going to think?

I did it as I was so used to the saying 'Obedience is better than sacrifice'. Little did I know that this was the beginning of a journey that would change my life forever. I often heard that before you get to a place, you have to see it first. Without vision, the people

perish¹. A day after I resigned from the committee, I fell asleep on my sofa and I saw the city of London. I saw the sky scrapers; the River Thames was crystal clear. I woke up and I felt like I was in London. I felt refreshed. The vibrancy and life in the dream followed me back into my reality. For months this dream troubled me because this was the first city I lived in after migrating from Jamaica, the first question I asked God was how it was going to work. I started to explain to God about my financial circumstances, like He did not already know. I started talking about my ministerial position and how this will affect the people. So I wrote this dream amongst the others that I had about London.

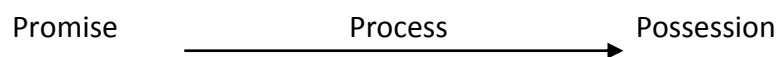
A few months passed by and circumstances had gotten in the way of my dream, at this point my diary of dreams and visions had almost disappeared in the back of my mind. The thought came back to me in November 2013 whilst I was in Florida and I remembered writing down on a piece of paper the pros and cons of the city I was currently living in and the city God had instructed me to move to which was London. For the first time I realised that there were more advantages to being in London than my present city.

Dreams and visions are one of the many ways that God speaks to His people; this is how the Lord speaks to me. I have had to learn that too often when you have dreams, they don't always turn out the way you originally see it in your dreams. This was preached in a message in a conference I had attended a few years ago, *A dream delayed but not denied*. Joseph for example had a dream of his brothers bowing to him, but God did not show him the thirteen years of suffering that he had to go through before he got to the stage of influence and

¹ Proverbs 29:18

rulership². For every dream or promise, there has to be a season of waiting and processing before that promise can be appropriated. I mean, let us be honest, would you say yes to the Lord if you saw the struggles that would come with the journey? I know that I would have opted out but often God will bring you to such a place of expectation and anticipation that the pain does not even phase you. This is because God has built your faith with His many dreams and visions. He has shown you that in order to get from point A to point B, you must go through a process. That is what happened to me.

Transition is the process between moving from the promise to the possession of that dream.



During this process, most people will go through a wilderness experience. Before anyone steps into their God given assignment and purpose, they have to go through a time of testing. We see this with the life of Jesus in the scriptures. After He was baptised and affirmed by the Holy Spirit³, Jesus was led by the Holy Spirit into the wilderness⁴; often when we have received a promise, the next thing that comes after the prophetic word is warfare and temptation. But what we do is we start to bind and loose, not understanding that the process is actually ordained by God. Discernment is important because there are times when the enemy will come against you. Jesus taught us how to approach the wilderness season, we have to rely on the word of God, which is the truth, as a weapon of warfare against the enemy⁵.

² Genesis 37:5-Gen 47

³ Matthew 3:13-17

⁴ Matthew 4:1-11

⁵ Matthew 4:4, 7, 10; Ephesians 6:10-18

The wilderness is where one's character is matured. The wilderness experience is a time of suffering which brings the best out of an individual. It is a season of growth and transformation. For everyone going through transition, I pray that this book blesses you. I am here to guide you through the stages of transition that I experienced. This book has been inspired by the Holy Ghost to help you conquer the seasons of doubt. This is the greatest journey of a person's life. It is at this stage where you move from where you are currently – to greatness. Transitions allow you to move from your actuality to your potentiality. My prayer is, that in the same way the Holy Spirit guided me through these stages of this process, He will breathe on you as you read these words. I pray that the same courage and drive that the Spirit of God gave me, comes to you as you read this book.

Chapter 1

From Promise To Possession

Transition is the process which moves one from the promise to the possession of a dream.

To be in transition means to travel between destinations. When a person starts to experience transition, it can be identified as a person who is in between thoughts concerning where one is and where they are supposed to be. In the stage of transition, what used to make you happy will no longer make you happy. Transition is considered a difficult process because you are venturing into something that you have never encountered. It is leaving the known to leap into the unknown. Transition is leaving the old and familiar and entering the new and unfamiliar. Some transitional experiences are small and they pass by almost unnoticed but there are some transitional experiences that will involve major disruption in routines and will force you to re-examine your values and lifestyle. Every human being living on this earth has, is and will experience the stages of transition. -There are many examples of transition:

- From pregnancy to giving birth
- From childhood to adolescence
- Adulthood
- Singlehood to Marriage
- Having your first child
- Graduating from University
- Death
- Relocating to a new city

William Bridges describes transition in three stages:

- Stage 1 – Fall Transition: Ending, Losing and Letting Go
- Stage 2 – Winter Transition: The Neutral Zone
- Stage 3 – Spring Transition: The New Beginning

Stage One – Fall Transition

William Bridges defines transition as a psychological and three phase process where people gradually accept the details of the new situation and the changes that come with it. Change, on the other hand, is situational and can happen without someone transitioning. Bridges goes on to distinguish between change and transition. Change is fast and transition is really slow. In the fall stage, this is where you will say goodbye to familiar people, places and routines, you will move from the old mindsets and break old patterns, he or she will begin to experience denial, shock, anger, and frustration and stress. It is important to face these emotions as avoiding them will prevent growth. Bridges identifies that in the fall stage of transition “endings are the first, not the last act of the play”⁶.

Stage Two – Winter Transition

William bridges recognised that once you say goodbye and let go, you will go through the second stage which is the winter stage. You will feel lost, empty or even numb and lifeless as you would in the winter season; you will experience confusion. In this stage you are not connected to your new level and you are not yet disconnected to your past. Here you are in the middle of it. You are not where you want to be but you are not where you used to be.

⁶ Bridges, 2004, p.32

Also known as the neutral zone, I would like to call this the waiting period, this is the period where it feels like nothing is happening so one starts to become sceptical and doubtful. This is where the temptation to just go back to the old you begins to present itself. This is the stage where you will encounter loneliness yet you will start to discover who you are and increase self awareness. This is where you will start to discover things about your past and family history. This is a stage where you start to discover God on a new level. You will start to receive fresh revelation. Just like the first stage of transition, you will also experience moments of anger, depression, sadness, peace and strength. I call it an emotional rollercoaster. After the losses and the pain and anger, you start to see the necessity of your pain and how you can grow from your pain. This continues at stage three.

Stage Three – Spring Transition

This is where trusting God is so important. You must allow His word to resonate in your spirit to build your faith. You must allow His peace to take over your mind. Once you have been processed and stripped then you experience the final stage which is the spring stage. This is your new beginning and here you begin to experience enthusiasm, hope, importance, and acceptance.⁷

In this stage you will find new energy to make a new beginning. You will start to make sense of everything you have been through. All of the negative experiences will start working for your good. This is where you start walking in the newness of who you are. This is where you will experience your full transformation.

The disruption that is often experienced in transition will challenge you to concentrate on today and this present moment. When I started this journey I was so

⁷ (Bridges, William – *Managing Transitions*)

focused on what was going to happen in the future, I was missing key lessons that were crucial to my growth. God showed me that when this process started in 2008, I had missed key points that were necessary to my growth, and that is why I had to repeat certain scenarios. It is easier to navigate through the process of transition when it is perceived like the changing seasons, it will not last always, it is just a process to get you to the promise of a better and greater you. It is important to understand that every transition begins with an ending.

It is important to understand that there is a difference between changes and transitions. Change is situational but transition is psychological⁸. Psychologists have found that “it is not the events outside us that make the transition, it is the inner reorientation and meaning we make to incorporate these changes”. It starts in the mind. Once you start changing in your mind, things around you will automatically change.

Animals go through a similar process known as metamorphosis. Metamorphosis is a biological process by which an animal physically develops after birth or hatching, involving a conspicuous and relatively abrupt change in the animal’s body structure through cell growth and differentiation. Oftentimes when one hears metamorphosis, one thinks of the butterfly and the eagle. These two creatures have inspired me during my time and season of transition. My body has not changed but the transition has affected me psychologically, which has resulted in a mental shift in my perspective of who God has created me to be. So from a spiritual perspective, I can concur with this awesome change.

From Caterpillar To Butterfly

⁸ *Transitions and Changes: Practical Strategies* – Quick, Fetsch and Rupured

The scriptures talk about being transformed by the renewing of your mind in Romans 12v2.

There was one word that stood out to me in this scripture, **Transformed**.

Transformed in the Greek is metamorphoó which means to change into another form. Metamorphoo is another word for metamorphosis. The life cycle of a butterfly helps one to understand the context of this scripture in more depth.

The butterfly is a perfect example of transition. The life cycle of a butterfly is somewhat inspirational and it communicates metaphorically what every human being will experience at some point in their lives.

Butterflies go through a life cycle which consists of four stages. A caterpillar becoming a butterfly is called metamorphosis. This process can take a month to a year. It depends on the type of butterfly that is experiencing this process.

Stage 1 – Egg

The female butterfly lays eggs; every butterfly starts out as an egg. Five days after the eggs are laid; a worm like creature will hatch from the egg⁹.

Stage 2 – Caterpillar (Larvae)

The second stage is the caterpillar. A caterpillar is sometimes called Larvae. Once the caterpillar is hatched, it becomes hungry feeds on leaves and flowers. The caterpillar first eats the leaf on which it was born. This is known as the eating and growing stage where it grows at its highest rate.

A caterpillar is tiny when it's born, once it starts to grow it becomes too big for its skin (sound familiar?), so the caterpillar has to shed its old skin, this stage is called moulting. Caterpillars shed their skin four or more times while they're growing. The caterpillar then develops a new skin. While caterpillars are going through this stage, all they do is eat.

⁹ Aliyya Christiani , The Life Cycle of A Butterfly

Stage 3 – Chrysalis (Pupa)

-This is where the caterpillar is growing. It makes a chrysalis which is mostly brown or green; adopting the same colour as its surroundings. This is so that other animals cannot see it. During this vulnerable period in its life, this camouflage protects them from predators.

This stage is the resting stage. It is also the changing stage. This is where the caterpillar turns into the butterfly; it starts to look different. All of this happens in the chrysalis. *Curiosity* got a hold of me during this research and I took it a step further, I wondered what happened once the caterpillar makes a chrysalis.

Whilst in the chrysalis, the caterpillar loses all interest in feeding, it starts wandering around and then it spins a little silk pad. What happens inside of the caterpillar is described as a biological miracle because at this point enzymes are being released that digest the entire caterpillar which is being converted into a rich culture medium. These little groups of cells that start developing very early in the caterpillar's life stall and so they are in their waiting stage. They do not start growing until the end of the caterpillar stage. In other words, inside the chrysalis, during the three to four days is literally a bag of rich fluid, which these cells are growing on. So there is nothing but mush.

They start growing rapidly and differentiate into different tissues, so that literally the entire internal contents of the caterpillar, the muscles, the digestive system, even the heart and the nervous system are totally rebuilt¹⁰.

Stage 4 – Butterfly

In stage four, the chrysalis opens up and the butterfly emerges. When the butterfly does this, its wings are damp and soft. The wings are folded against its body. It is at this stage where the butterfly fatigues easily so therefore rests. After the butterfly rests it will be

¹⁰ Dr Lincoln Brower, *Inside The Chrysalis*

ready to fly. It pumps blood into its wings; this is to get them working by flapping. After this is completed, the butterfly can now learn how to fly and find a mate. It then lay eggs and so life cycle starts all over again.

Transition And The Butterfly

At stage one, just like the tiny eggs hatched on the leaf, this is where tiny seeds of encouragement and prophetic declarations are pronounced and spoken over your life. It will start with someone identifying the greatness in your life. At the second stage, just like the caterpillar, you start to get hungry in your spirit; you say there is more to life than this. This is where you start to feed on God's word. After a while you realise that your surroundings are getting too small for you. Everything you do or say, the people in your environment start to look at you strange and misunderstand you.

It is at the second stage, just like the caterpillar, when you have to make a crucial decision regarding your destiny. Where the caterpillar shed its skin, it is at this point in transition where old mindsets and old methodologies get stripped away. At this point, it is so important to pay attention to the vision and remain focused on the word of God.

At the third stage, you will start to look like everyone else; the people around you will not notice the change because on the outside everything looks normal. But on the inside a change is happening. It is at this stage, where the promise inside you is being protected, you are vulnerable to spiritual attack. It is God's way of protecting you from the enemy. -That is why the first few weeks or months of a woman's pregnancy, the good news is often kept quiet.

After this, the caterpillar enters into a waiting period, this is the resting stage, and change begins here. You start to look different. It is at this stage where everyone around you starts to identify the change that is surfacing. Just like the chrysalis, everything about you will start to turn to mush. Everything as you know it will begin to crumble. The very essence of who you are starts to diminish. To go through transition, you have to be willing to allow yourself to be buried so that you can rise again and become new. This will be some of the darkest seasons in your life. These are moments when you will cry yourself to sleep. This is a lonely season. But just like the butterfly, this is where you start to grow rapidly, it will not look like it but you *are* growing. Everything about you continues to change.

This is where your identity starts developing. This is where God starts talking to you about purpose and why you were created. God will start to strip you of labels and identities that have attached themselves to you as a result of your struggles. This is where God will start to make sense of your pain and your pain will start to have purpose. This is where your experiences, your family background and gifting start to make sense. God will start to give you an understanding of where you are going next. Once you have gone through these stages, you begin to evolve into your true self.

In comparison to the final stages of the life cycle of the butterfly, when you first emerge, you will be soft and damp and you become extremely fatigued. It is at this stage where you have to rest and allow God to restore you. Once you rest, it is time to fly, just like the butterfly; it has to wait for a period of time, for the blood to reach down into its wings. You have to allow the wind of the Holy Spirit to get under your feet to release you into your next level of living and into your God ordained destiny.

When going through transition, this process always includes a certain amount of pain. There are many examples of transition in the bible, Adam and Eve leaving the Garden of Eden, Abram leaving his father's house and Joseph going from the pit to the palace. However, I want to focus my attention on Moses and the Israelites. The Israelites came to Egypt as a result of Joseph; the Pharaoh who knew Joseph had died and a new Pharaoh had taken over¹¹. The Israelites were in slavery for 400 years and during this time, there was a Hebrew boy by the name of Moses who was being equipped and nurtured in Pharaoh's house. Moses' wilderness experience began after escaping Pharaoh's house due to him committing murder¹². Before Moses became the deliverer of the Israelites, he had to be processed. In the wilderness, Moses had to take care of sheep in the desert¹³. God was equipping him for his penultimate assignment with the people of Israel as their leader. During Moses' wilderness experience, God had set him apart. Your season of wilderness is where God is setting you apart for His function and glory. The word used to describe this is the anointing. The wilderness is where the anointing is produced.

The process of transition always prepares you for the assignment on your life and the destiny that God has ordained for you. Moses was set apart for God's specific use during the burning bush experience¹⁴. This is where the immutable God took over a mutable thing but it was not consumed as fire is there to consume, but it also purges as well. Without going too deep Moses was being purged and sanctified and that is why God told Moses to remove his shoes, because where he was standing was holy which means to be set apart. In the wilderness God often affirms who you are and your assignment becomes clear at this stage within transition.

¹¹ Exodus 1:8

¹² Exodus 2:12

¹³ Exodus 3:1

¹⁴ Exodus 3:2

Fast forwarding to the Israelites now being in the wilderness after crossing the Red Sea, it should have taken them eleven days to get from Horeb to Kadesh Barnea (the threshold of the Promised Land) instead it took them forty years . My question to you my fellow readers is this, what if it was all a part of God's plan for it to take the Israelites forty years? I truly believe that if they had complied and had more faith, it would have taken less time, but during the wilderness, old mindsets had to die. They would have destroyed themselves had they just entered the Promised Land with their old mindsets. Looking at my individual self, when I started this journey, I thought I was going to possess my promised place straight away but instead the process and waiting period presented itself, and it revealed some bad habits that had latched on to me over the years. I realised I had a faulty mindset which if God had released me into my new place would have destroyed me. I am here to say do not despise the delay. Delay is not punishment; it is a part of the process which therefore leads you to your purpose.

Had the Israelites possessed the land, they would never have experienced the supernatural and miraculous moves of God. They would not have encountered the numerous victories that God had gained on their behalf, the provision, and the manna from heaven. The wilderness was a time of revelation of who God is for the Israelites. I am a girly girl so there were no Debenhams, House of Fraser or Macy's in the wilderness, so we have to think that for forty years God kept their shoes and their clothes. Good God from Glory. It is important to understand that you must not rush the process because there are specific revelations laid up for you in your situation. When a problem presents itself, God has already provided the solution. The wilderness is there to bring the answer and solution that is already on the inside of you. Do not curse your season of processing, instead begin to look for the lessons that God is trying to reveal to you.

