



# REFLECTIONS

April 16, 2023

**Sing to the Lord, for he has done glorious things;  
let this be known to all the world.**

*Isaiah 12:5*

## Defining Moments

*Refreshed from the Archives of April 21, 2013*

Grief is so normal when endings come. We all go through them. We feel empty, helpless, and alone when something ends. Whether a death, a job change, a broken relationship, or a high school graduation, defining moments find their way into our lives. But endings are followed by transitions.

In his popular book, *Transitions*, William Bridges describes life as a series of bridges between endings and beginnings. Beginnings are born when something ends. In between, grief's hollow times provoke anger, loss, fear, regret, denial, and guilt, before acceptance. Endings disrupt the rhythm of life often leaving a loss of identity or purpose. During transitions, activities are changed, destinations redirected, and relationships altered. But transitions also provide times for reflection, to retreat into solitude and to prayer. They offer occasions to relive memories and to prepare for sunrises that give birth to new days.

The Apostles experienced it. They retreated into solitude to grieve. Then Jesus returned to them to open new doors that sent them into all the world to make disciples. The ending they grieved transformed into blossoms of a new season in their lives that spread the Gospel around the world.

Each season of life leaves rich memories that live on. During transition, tears may stream from those cherished memories until tomorrow's sun rise illumines blooms of a new season that will soon bring blessings of their own. But today...

Today let us sing to the Lord, for the glorious things he has done. Just count them.  
And tell the world.

*You are the light of the world,*

*Richard +*

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Your comments are welcomed and encouraged. Richard may be reached at [richard@reflectingthesavior.org](mailto:richard@reflectingthesavior.org)