



Grieving Change

Ecclesiastes 3:1-2,4,6,11,14 KJV

To every thing there is a season, and a time to every purpose under the heaven: [2] A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; [4] A time to weep, and a time to laugh; a time to mourn, and a time to dance; [6] A time to get, and a time to lose; a time to keep, and a time to cast away; [11] He hath made every thing beautiful in his time: also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end. [14] I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it: and God doeth it, that men should fear before him.

Ecclesiastes 3:15 AMPC

That which is now already has been, and that which is to be already has been; and God seeks that which has passed by [so that history repeats itself].

Grieving Change *When the Expression of Your Life Changes* *Granting Yourself Permission to Lament*

A soul must make room for tears without interpreting tears as unbelief or weakness.

Grief is not limited to death. **We grieve whenever life changes in a way that requires us to release what was familiar, valued, expected, or deeply loved.** Sometimes the person is still here, the calling is still there, and life is still moving—but something about *how life used to be* has changed.

That is why change can hurt so deeply.

You can know that change is necessary and still grieve it. You can believe God is leading you forward and still miss what you are leaving behind. **Faith does not require us to pretend that transition does not hurt.**

2 Corinthians 5:7 KJV

(For we walk by faith, not by sight:)

One must ask themselves ,what am I actually grieving?

When we grieve change, we may be grieving several things at once:

- **What was** — the life, relationships, routines, abilities, places, or seasons we once knew.
- **What we thought would be** — expectations we carried about our future.
- **Who we were in that season** — sometimes change alters how we see ourselves.



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- **What we can no longer control** — change reminds us that life does not always ask our permission before shifting.
- **What has not yet become clear** — the old has changed, but the new has not fully appeared.

This creates an uncomfortable space between **what was** and **what will be**.

Grief can make change feel like loss of identity

One of the hardest questions in transition is not simply, “*What happened?*” It is:

“Who am I now that this has happened?”

When something has been part of your life for years, losing or changing it can feel as though a piece of *you* has disappeared with it.

But change in your circumstances does not automatically mean the disappearance of your identity, purpose, wisdom, influence, or calling. Sometimes what must be grieved is **the former expression of your life**, not the value of your life itself.

Revelation 21:4 KJV

And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

Don’t rush to acceptance

There can be a temptation, particularly for people of faith, to move too quickly to “*God has something better.*” Perhaps He does. But Scripture also gives us permission to ***lament*** (a passionate expression of sorrow).

The Psalms contain “*How long?*”

Jesus wept.

Job mourned.

Jeremiah lamented.

Biblical faith makes room for tears **without interpreting tears as unbelief**.

Ecclesiastes 3:4 says there is:

“A time to weep, and a time to laugh; a time to mourn, and a time to dance.”

Notice that Scripture **does not demand** the dance while you are still mourning. You can if you like; however, it is not demanded of you.

Grieving change means learning to hold truth in juxtaposition (when two things are placed side by side with contrasting views).



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I am thankful for what was, and I am grieving that it has changed.

I don't like what has happened, and I can still believe my life has meaning.

I miss who I was, and I am learning who I am becoming.

I don't understand this season, and God can still meet me within it.

That is not contradiction. **That is grief becoming integrated.**

And perhaps one of the most important sentences in grieving change is this:

"I do not have to call the loss good in order to believe that God can still bring good from my life."

Romans 8:28 does not require us to rename painful things as good things. It gives us hope that *painful things do not have the final authority over our story.*

Eventually, *grieving change becomes less about getting back to who I was and more about discovering:*

"What remains? What matters now? What is still possible? And who am I becoming in this changed life?"

That is where grief can slowly begin to make room for hope.

Transition Hurts

Transition hurts because it asks us to release one reality before we have become comfortable with the next one.

There is often a painful distance between **what was** and **what will be**. You may know that you cannot remain where you were, yet you have not learned how to live fully where you are going. That ***in-between place can feel disorienting.***

Transition hurts because it involves **loss**. Even positive transitions can carry grief. A new chapter may be necessary, right, and *even God-ordained—and still require mourning.*

Transition can hurt in several places

It can hurt **emotionally** because you miss what was familiar.

It can hurt **relationally** because everyone does not transition with you.

It can hurt **physically** when changes in the body alter independence, routines, or possibilities.

It can hurt **spiritually** because you may wonder, *"God, where are You in this?"*

And it can hurt **personally** because transition sometimes challenges the picture you had of yourself and your future.



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Perhaps the deepest pain is this:

“I know I cannot go back, but I haven’t yet learned how to live forward.”

That is the ache of transition.

Israel knew this pain

When Israel stood at the Jordan in Joshua 3, Egypt was behind them, the wilderness had shaped them, and the Promised Land was ahead. But **a river stood between their history and their future.**

God did not remove the Jordan before they arrived. They had to stand at its edge.

Sometimes we interpret the difficulty of transition as evidence that something has gone wrong. But **a difficult crossing does not necessarily mean you are going in the wrong direction.**

And there is something important about the Jordan story: the waters did not part while Israel remained comfortably at a distance. The priests carrying the ark had to put their feet into the water.

There are seasons when God gives us enough grace for **the next step**, rather than an explanation for the entire journey.

Transition hurts because love was there.

If leaving something behind means nothing to us, we usually do not grieve it.

So sometimes the pain itself testifies:

This mattered to me.

This was part of me.

I invested myself here.

I had dreams connected to this.

I thought this season would last longer.

Grief honors what mattered without requiring us to remain there forever.

Transition is not erasure!

What happened in the former season is not necessarily lost because that season has ended.

You carry something forward.

You carry wisdom.

You carry memories.

You carry lessons.

You carry relationships.



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You carry scars that testify that you survived.

And you carry a God who was present in the former season into the season you have not yet understood.

Isaiah 43:19 declares:

“Behold, I will do a new thing; now it shall spring forth; shall ye not know it?”

The new thing does not mean the old thing was meaningless.

Sometimes the new thing is being built upon everything the old season taught you.

So perhaps the prayer during transition is not simply, *“God, make this stop hurting.”*

Perhaps it becomes:

“God, help me grieve what has changed without believing my life is over. Help me honor what was without becoming imprisoned by it. And while I cannot yet see what this new season will become, give me grace to take the next step.”

Because **transition hurts—but hurt is not proof that your future has disappeared. Sometimes it is evidence that you are standing between a life you knew and a life you are still learning how to live.**

When the Expression of Your Life Changes

There is a difference between **your life losing its meaning and the expression of your life changing.**

Sometimes what hurts most in transition is that you are still *you*, but you cannot express yourself in all the ways you once did. The heart may still have vision. The mind may still have ideas. The spirit may still have passion. The calling may still burn. **But the way you live it out has changed.**

That can produce profound grief.

You may find yourself saying, *“I know who I am, but I don’t recognize the life I’m living.”* That is a particular kind of loss because you are not only grieving circumstances—you are grieving **a former expression of yourself.**

Expression is not identity!

This distinction becomes important:

What I could do was an expression of who I am. It was never the total definition of who I am.

If I can no longer navigate, move or engage the way I once did, my purpose has not disappeared.

If I must accomplish something differently, my effectiveness has not automatically ended.



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If I need assistance, counseling or support where I once had independence, my dignity has not diminished.

If the season requires me to lead differently, **my calling has not necessarily changed simply because its expression has.**

We often attach identity to function: *I am what I do. I am how I serve. I am how people have always seen me.*

Then life changes, and we ask, **“Who am I now?”**

Perhaps a better question is:

“What remains true about me even though the expression has changed?”

There may be a new expression emerging!!!

Paul’s words in **2 Corinthians 4:16** are powerful here:

“Though our outward man perish, yet the inward man is renewed day by day.”

Something can be changing externally while something else is developing internally.

You may discover that what once required physical strength can now flow through **wisdom.**

What once came through activity can come through **presence.** What once required doing can become **impartation.**

What once looked like carrying everything yourself can become welcoming help or **equipping others to assist in carrying it.**

What once was demonstrated through strength may now be demonstrated through **grace, vulnerability, endurance, and wisdom.**

That does not mean you have to celebrate everything that has changed. **Some changes deserve to be grieved.** You can deeply miss the former expression of your life without making that former expression the only life worth having.

The vessel may change without losing what it carries

This may be one of the hardest lessons of transition:

The vessel can change while the treasure remains.

The pace may change.

The method may change.

The platform may change.

The body may change.

The responsibilities may change.

The way you serve may change.



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But change of expression is not necessarily cancellation of purpose.

There is a difference between saying:

“My life is over because I cannot live it the way I used to.”

and saying:

“A version of my life has ended, and I am grieving it while discovering how what remains ahead of me and within me will be expressed now.”

That second sentence doesn't deny the loss. It simply refuses to allow the loss to write the conclusion.

Perhaps this is the language for the season of life that breeds change and transition:

I am grieving the expression of life I once knew. I will not minimize what I have lost or rush myself through the grief. But neither will I confuse a changed expression with a finished life. I am still here. There is still much to be born within me. And I am open to discover and learn what my life can look like now.

The expression may change without the essence being destroyed.

And sometimes the work of transition is discovering that **who you have always been is still there—it is manifesting in a new way to come forth.**

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