

ISSUE 46

When the Ground Shifts Beneath Your Family

Messy Story of the Week

A family sat around the dinner table trying to figure out what had happened.

Nothing catastrophic had occurred.

Nobody had been diagnosed with a serious illness.

Nobody had lost a job.

Nobody was getting divorced.

And yet everyone felt off.

The parents were more irritable.

The children were arguing more.

Everyone seemed tired.

After some conversation, they realized the source of the tension wasn't a crisis.

Life had simply changed.

One child had started a new school.

Dad's work schedule had shifted.

Grandma's health required more attention.

Several routines that once held the family together had quietly disappeared.

Nothing dramatic had happened overnight.

But the ground underneath the family had moved.

Faithful God Then and Now

Throughout Scripture, God's people experienced transition.

Abraham left home.

Joseph moved from favored son to slave to prisoner to ruler.

Naomi lost her husband and sons.

The Israelites wandered in the wilderness.

The disciples left everything familiar to follow Jesus.

Transitions are not interruptions to God's work.

Many times they are the very places where God does His deepest work.

What We Can Learn

- Families are always changing, even when we wish they would stay the same.
- Major transitions include more than moves, deaths, and job changes.
- Positive changes can create stress too.
- Every transition includes both gains and losses.
- Gratitude and grief can exist at the same time.
- Families often move forward before they've had time to process what changed.
- Noticing a transition is often the first step toward navigating it faithfully.
- God's presence is not dependent on stability.

Behind the Curtain

In coaching, I often see families struggling with symptoms while missing the cause.

The conflict isn't the problem.

The exhaustion isn't the problem.

The tension isn't the problem.

Often those things are signals that the family is adjusting to a change that nobody has fully acknowledged yet.

Families rarely struggle because change happened.

They struggle because nobody stopped to acknowledge what changed.

Faithful Family Tools

Sometimes the hardest part of a transition is simply recognizing that it is affecting your relationships. If you're noticing more tension, misunderstandings, or disconnection than usual, these resources can help you take a closer look at what's happening beneath the surface.

What's Happening in Your Relationships? (Free Course)

A free mini-course designed to help you identify common patterns that create distance in marriages and families and understand what may be driving them. You can register here: [What's Happening In Your Relationships](#)

Do We Need Coaching? (Assessment)

If your family is navigating a season of change and you're wondering whether additional support would be helpful, this assessment can help you identify your next best step. You can take the assessment here: [Do We Need Coaching?](#)

Faith Step for the Week

Ask yourself:

What has changed in our family during the last six months, and what have we gained and lost because of those changes?

Write down every transition you can identify, even the small ones.

Bible Verse

"Jesus Christ is the same yesterday and today and forever."
Hebrews 13:8

2-Minute Practice

Have each family member answer:

- Something I miss is...
- Something I'm excited about is...

Next Week

Why do transitions feel so exhausting, even when they're good?