

CRUCIAL CONVERSATIONS

A Psychologist's Perspective on: A Divine Scene Change

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not
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I have been in a very unusual season these last two years. God was preparing me for realities, challenges, and changes that, while necessary for my greater purpose, have been painful.

This season has silenced humor. It has required me to endure the death of loved ones, the demise of certain relationships, the disconnection from affiliations, and the overwhelming weight of abandonment and frustration. The only way I can describe it is through the lens of David's experience in 1 Samuel 22. Perhaps the hardest part has been learning to sit in Silence.

I wouldn't call this season “depression,” though there have been moments. Instead, I now see that transition—real, God-ordained transition—often requires silence, darkness, and what feels like isolation.

My mind went back to my days in theater. Whenever the production required a scene change whether of time, location, or season the audience would first experience darkness.

Yet in that unseen moment, the stage crew was hard at work, orchestrating a shift.

And when the lights returned, revealing what had been prepared behind the scenes, the audience could only respond with: “Wow.”

I hear the Holy Ghost saying that some of us are living in that very moment right now. This darkness is not abandonment; it is a scene change. And when the light returns, you'll see what God has been preparing behind the curtain of your silence. And your response—along with those who witness it—will be: “Wow.”

Every powerful story has a climax, but even the climax requires a resolve. And while many of us want to carry certain people with us into our next chapter, some simply don't have God's clearance for this season. You've been declared an Essential Worker in the Kingdom, but stepping onto the frontlines may require you to go alone.

As I continue walking through this season, three truths have anchored me:

1. I can still see God's Hand, even here.
2. Silence is sobering. Sit with the discomfort, knowing God is still speaking.
3. God-sent support often comes from unexpected places. Embrace them. God knows exactly who and what you need to endure this blackout and step into the next scene.

This is not the end of your story. It's a divine scene change.