

After the Boxes are Unpacked

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SESSION 1

Chapter 1

YOUR JOURNEY AFTER A MOVE

Scripture for reflection: *"For in Him we live and move and exist."* Acts 17:28

One out of every ten people will move in a year. You are not alone!

What emotions are being stirred up by your move?

Steps to Survive a Move

This brings us to the overview of this study and why the three-step process we will take you through is so important to your adjustment and transition.

What do I do *After the Boxes Are Unpacked?*

Three steps I must choose to take are: (Text p.10)

- 1.
- 2.
- 3.

Part I:

LET GO

and trust

Includes sessions 1-4

After the Boxes Are Unpacked

The steps in my journey to survive my move require action and choice according to God's plan.

(Text p.12)

I choose to **let go** - God _____ me.

I choose to **start over** - God _____ me.

I choose to **move forward** - God _____ me.

The scriptural foundation and purpose for this study is Ephesians 3:17-19:

v.17 "...so that Christ may dwell in your hearts through faith; and that you being rooted and grounded in love..."

v.18 "...may be able to comprehend with all the saints what is the breadth and length and height and depth..."

v.9 "...and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God."

As an uprooted woman, what do these scriptures mean to you?

Write about your own "moving experience."

GO DEEPER

List the emotions, things, people or places that you need to let go of.

How would you describe your emotional state in regard to:

Loneliness

Loss of identity

Settling in to your home

Your children's adjustment

Your marriage

Making friends

After the Boxes Are Unpacked

Are you open or closed to change? Be honest.

Is there one choice of action (let go, start over, move forward) that you struggle with the most?

My take-away from this session is:

Notes and Prayer Requests