

Overcoming Transitions : PMPF Application Guide



LEARN TO
LET GO

Is there something you need to let go of?
What is holding you back from doing so?

Meditate on the Word of God for the grace
and strength to do so.

LEARN TO
TRUST

LEARN TO
**STAY IN
FAITH**

Is there a promise from God that you need
to act on? **Fellowship** with a friend who will
pray together with you for it.