THRIVE IN EVERY SEASON OF YOUR LIFE

(RECAP/DEEPER LOOK)

THEME SCRIPTURE

"To every thing there is a season, and a time to every purpose under the heaven." **Ecclesiastes 3:1 (KJV)**

Supporting Scriptures
Psalm 1:1-3 • Psalm 92:12-15 • John 15:4-5 • Isaiah 40:31 • Romans 5:3-5 • Philippians 4:11-13 • James 1:2-4

Lesson Purpose

Life includes seasons of growth, waiting, loss, transition, success, uncertainty, rebuilding, and new beginnings. This study helps participants recognize their present season, consider what God may be developing in them, and practice biblical habits that help them remain rooted and fruitful.

> **Core idea:** We do not have to wait for perfect circumstances to grow spiritually. God can deepen our roots and produce fruit in every season.

Part 1 - Recognize Your Season

Read Ecclesiastes 3:1-8. Solomon reminds us that human life contains different times and experiences - beginnings and endings, gains and losses, laughter and tears, building and tearing down. Changing circumstances do not mean God's faithfulness has changed.

SPRING New Beginnings	New opportunities, relationships, ideas, ministries, careers, or renewed faith.
SUMMER Growth & Fruitfulness	Progress is visible. Prayers may be answered and previous work begins producing results.
FALL Transition & Letting Go	Something may need to change or end. God may be calling us to release what once worked.
WINTER Waiting & Deepening	Progress may be hard to see. This may include grief, disappointment, uncertainty, loneliness, or waiting.

Online poll: Which season best describes your life right now? Spring, Summer, Fall, or Winter? Follow with: **What makes you identify with that season?**

Part 2 - Thrive Without Perfect Circumstances

Read Philippians 4:11-13. Paul says that contentment was something he learned. He developed it through experiences of both abundance and need.

> **Thriving is not the absence of difficulty.**
> Thriving is learning to remain rooted in Christ during difficulty.

Instead of defining thriving as “everything is going my way,” biblical thriving can mean: **“Whatever is happening around me, God is still developing something within me.”**

Discussion: Have you ever gone through something difficult that eventually produced something valuable in your life? Invite 2-3 brief responses.

Chat prompt: Complete this sentence: “One thing a difficult season taught me was _____.

Part 3 - 5 Next Week

Closing Prayer

> Father, thank You for being Lord over every season of our lives. Thank You for seasons of growth and celebration, and help us trust You in seasons of waiting, change, disappointment, and uncertainty. Give us wisdom to recognize what You are teaching us. Help us release what needs to be released and cultivate what needs to grow. Deepen our roots in Your Word, strengthen our faith, and keep us connected to Christ. Help us not simply survive our present season, but become more faithful, fruitful, loving, and useful to Your kingdom because of it. Give us strength for today and faith for what comes next. In Jesus' name, Amen.

Suggested Reading

Christine Caine, The Faith to Flourish: God's Design for a Rooted, Resilient, and Fruitful Life. Its themes of spiritual rootedness, resilience, purpose, peace, and fruitfulness pair naturally with this lesson.

Grace Wabuke Klein, Flourish: Finding Purpose in the Unknown and Unexpected Seasons of Life. This book uses the imagery of life's seasons to explore purpose, faith, growth, and perseverance in unexpected circumstances.