

[SERMON NOTES]

[QUICK REVIEW]

Looking at your notes from this week's teaching, was there anything you heard for the first time or something that caught your attention, challenged, or confused you?

[MY STORY]

What is your favorite season? Why?

What is your least favorite season? Why?

[DIGGING DEEPER]

Seasons are a part of life. We all know life isn't only made up of our favorite "seasons." And sometimes, we enter into seasons of life without realizing it or expecting them! **List out 4-5 different types of "seasons" we experience in life.**

How might you define the difference between a “season” and a “moment”?

In what ways do you find seasons of life comforting? In what ways do you find them concerning?

How can seasons push us closer to God? And how can seasons push us away from God?

What are some indicators in our life that we were made for more than time and were meant for eternity?

Sometimes we assume that a hard or frustrating season means that God is upset with us. But, we know that God does not cause negative things to happen in our lives and has the ability to turn it for good. ***Read Matthew 11:28-30 & Isaiah 40:29-31***

How do these two passages help put into perspective how God walks with us during the various seasons of life?

How does knowing that God has a grandeur plan help you enjoy life now? What might be some things you need to enjoy more deeply in light of that reality?

Throughout his life, Jesus experienced the same frustrations we feel and now helps us deal with difficulties in life. Jesus had seasons of joy, frustration, pain, loss, peace, comfort, anguish and so on. ***How does knowing Jesus experienced the same things you go through in life help bring comfort and ease navigating the more difficult seasons?***

[WEEKLY READINGS]

Studies say that someone who reads their Bible 4 times or more a week improves their joy, happiness, contentment, and overall approval of their life. (1 Tim. 4:8-10,16; 2 Tim. 3:16-17). Below are 4 passages of Scripture this week to dive into to pull deeper on our weekend’s message. We encourage you to take notes in your Bible, and ask yourself: *What does this teach me about God? Myself and others? And how do I follow Jesus better?*

Joshua 1

Ecclesiastes 3

John 15

Exodus 19