

SEASONS OF THE SOUL

1 John 2:12-14; Eccles. 3:1

There are seasons of _____, seasons of _____ and seasons of _____.

Song of Solomon Seasons are seasons of *delight*, the delight of knowing and experiencing God.

Ecclesiastes Seasons are seasons of disappointment and disillusionment with life, people, and God.

Job Seasons are seasons of distress where we undergo *severe testing* and feel a deep sense of abandonment from people and even God.

Features of a Season of Delight

Features of a Season of Disappointment

Features of a Season of Distress

Navigating the Seasons of the Soul

_____ God more than His blessings.
(Pss. 63:1; 73:25).

Don't _____ to seasons of delight.

Learn to _____ during seasons of difficulty
(complain with confidence; ask God the hard questions).

_____ that your present emptiness *will be* filled in the Lord's time
(Eccles. 3:11).

_____ the companionship and wisdom of
those who have made it through seasons of difficulty (2 Cor. 1:4-7).

Small Group Soul Care

Seasons of the Soul

Does Gary's three suggested seasons of the soul make sense to you?

In what season is your soul?

What does intimacy with God look like for someone who is a spiritual "mother" or "father" (cf. 1 John 2:12-14)?

Have you ever felt abandoned by God (cf. Matt. 27:46)?

Do you believe that it is wrong to offer lament to God (i.e., complain with confidence, ask Him the hardest questions)?