

Session



Personal Study Guide

A Time to Let Go

November 3, 2019

Introduction

- How would you describe the season you are in right now? How often do you consider God's plan and design for this season?

- Where do you go to find help in understanding seasons of life that do not seem to make any sense? What friends do you reach out to? Why do you select those friends?

1. The Sovereignty of God from Beginning to End (Ecclesiastes 3:1-2)

- Are you more driven to discover the reason behind an event during hopeful seasons or seasons of struggle? Why do you think that is?

- Describe a time when you were disillusioned when the reward for an achievement did not bring the joy you thought it would? How did that impact your motivation and your optimism?

2. Seasons of Peace and Strife (Ecclesiastes 3:3-8)

- Which of these pairings has been the most difficult for you to manage? What have you discovered to be the critical elements from healing in seasons of deep sorrow?

- Which of the items listed is the most challenging for you to understand there being an appointed time for? How do you go about reconciling those seasons? What biblical examples of such seasons can you think of?

3. The Frustration of the Immediate in Light of Eternity (Ecclesiastes 3:9-11)

- When you have a season in which you begin to wonder what the point of that season is, how do you remind yourself of God's intimate attention to your life? What are some ways you cultivate a God-awareness in the daily routines of your life?

- What Scripture passages have you found to be most powerful or comforting in your life during seasons of loss or confusion?

Conclusion

- Describe a time when God allowed you to use a painful experience from your past to comfort another person. How did that experience help you understand how God wants to use you?

- How have you experienced the help of biblical community during a season of loss or difficulty? Who are you currently connected to that could/would offer that type of ministry to you?

- How does worship condition your soul to be able to handle seasons of loss or hardship?

Daily Readings

- Monday - 1 Peter 1:3
- Tuesday - Romans 8:1
- Wednesday - Hebrews 6:1-3
- Thursday - Psalm 71:20-21
- Friday - Jeremiah 17:14
- Saturday - John 5:24