WHAT SEASON ARE YOU IN?

ReGroup
September 8, 2026


ELDER
CORPORATION
CAT
339

WHAT SEASON ARE YOU IN?

ReGroup
September 8, 2026

If you had to describe your current season of life in one word, what would it be?

'To everything there is a season, A time for every purpose under heaven:'

Ecclesiastes 3:1 NKJV

The Seasons of Life

Ecclesiastes 3:1



Every season has purpose when God is in it.




OUTBACK


MACROBAR



Lesson One: Seasons Change

One thing we know about seasons:

They don't last forever.

What has been one major season change in your life, and what did God teach you through it?

Lesson Two: We Don't Control the Seasons

One of the humbling messages of Ecclesiastes is that we have less control over life than we sometimes imagine.

'He has made everything beautiful in its time. Also He has put eternity in their hearts, except that no one can find out the work that God does from beginning to end.'

Ecclesiastes 3:11 NKJV

Lesson Three: Don't Try to Live in Yesterday's Season

This may be especially important during the third third of life.

There is a temptation to spend too much time looking backward.

Instead of asking:

“Why isn’t my life what it used to be?”

Ask:

“God, what do you want me to do with this season I am in now?”

Which phrase from Ecclesiastes 3:1-8 describes something you have experienced recently?

Lesson Four: Receive the Gifts of This Season

Ecclesiastes has a surprising message.

The book talks constantly about the temporary nature of life.

But the Teacher repeatedly tells us:

Enjoy it.

'I know that nothing is better for them than to rejoice, and to do good in their lives, and also that every man should eat and drink and enjoy the good of all his labor—it is the gift of God.'

Ecclesiastes 3:12-13 NKJV

What is one gift of your current season of life that you may not have fully appreciated?

Lesson Five: Every Season Has an Assignment

A season is not just something we endure.

It is something we steward.

What season am I in?

What might God be asking me to release?

What might God be asking me to embrace?

“For everything there is a season, and a time for every matter under heaven.”

— Ecclesiastes 3:1

Don't spend so much time grieving the season that has passed that you miss what God wants to do in the season you're living now.

You may not get to choose every season of your life, but you can choose to live faithfully in the season God has given you.