

Seasons

Ready:

“There is a time for everything, and a season for every activity under the heavens.” — [Ecclesiastes 3:1](#)

Set

God will take you through different seasons of life, and with each of them, He equips you with what is needed to be successful in learning what is necessary in that season of growth.

The Oxford dictionary explains the word *season* as four divisions of the year: spring, summer, autumn and winter. Each season is marked by a particular weather pattern. Using this explanation as an illustration, have you considered what season of life you are in? Pause and consider the following questions:

- Are you in a spring season of new beginnings or hope and opportunities?
- Are you in a summer season where everything you do is full of growth or filled with distractions?
- Are you in an autumn season where you feel your life slowing down and you are becoming more inward focused looking to nurture yourself?
- Are you in a winter season where opportunities appear dormant or non-existent? Maybe you are experiencing heartbreak, loneliness, illness, losing seasons or injuries that impact your playing time.

I remember being in seasons of life that were hard, and I was taught perseverance and patience. I remember seasons of great joy and plenty and learned how to be a generous giver of my time, treasures, and talents. I remember winter seasons of change and sickness. God taught me to rest and trust Him for friendships and healing. Through it all my faith was strengthened and my purpose made clear.

The circumstances you go through are providential and have purpose whether orchestrated by God or allowed by Him. God is intentional in your life. God has a plan for your life. Take some time to assess where you are and ask yourself what season you identify with the most right now. Then consider what God may be teaching you in this season as a coach, athlete or supporter of sports. As you consider your gifts, talents and passions also consider God's purpose for your life.

Go

- What have you learned in past seasons that were difficult?
- What praise can you offer today for seasons of growth?

- What is the Holy Spirit speaking to you right now in this season you are in?

Workout

Genesis 1:26-28

Jeremiah 29:11

Daniel 2:21

Overtime

“Dear Lord, thank You for giving me a distinct purpose to love You and love others. Thank You for training me through each season of my life to trust You and serve others. Teach me to continuously learn from each season of life so that my life reflects Your glory to those around me. In Jesus’ name, amen.”



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