



# Seasons of a **WOMAN'S** LIFE

## **SEASON OF HARVEST**

- 7. CONTENTMENT NOT COMPLACENCY**
- 8. FOR SUCH A TIME AS THIS**
- 9. FULFILMENT**

# THE SEASON OF HARVEST

## 7. CONTENTMENT, NOT COMPLACENCY

The word contentment describes a feeling of satisfaction, it implies that we don't desire something more or crave something different. 1 Timothy 6:6-8. Although contentment is a good thing, it can lull us into a different experience: complacency.

Complacency is a state of self-satisfaction or smugness. It takes our eyes off the Lord and his plans and fixes them on ourselves and our comfort zone.

Contentment is trusting that God has His hand on you and has placed you where you are for a reason. It may not be easy or desirable, but contentment says, "While I am here, I will praise and honour the Lord and believe that He will meet my needs." Choosing to not be content in your current season can cause frustration, complaining and an ungrateful heart.

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### ON YOUR OWN

Think of a time when contentment led you to complacency.

What person or situation triggered you out of your spiritual lethargy?

What is helpful to prevent complacency to take root once again? Are you content? Why or why not?

Read Philippians 4:10-14 What phrase is repeated twice in these Verses?

Investigate the life of Paul. Make note of all the changes in his life such as difficult situations, changes in economic status and relationships. Make note of anything else that stands out to you.

Read Philippians 4:10-14 again. How has Paul learned to be content despite the difficulties he has experienced throughout his life?

Read Exodus 15:22-16:33. Describe what happens in these verses. How is the Israelites reaction to difficult times different than Paul's reaction?

Why aren't the Israelites content with God's provision?

Examine yourself. When you experience difficult situations do you respond more like Paul or the Israelites? In what ways?

## **DISCUSSIONS - SHARE A SEASON IN YOUR LIFE WHEN IT WAS HARD TO BE CONTENT.**

*How did you overcome this?*

*Share a time when being content turned into complacency.*

*What is helpful to prevent complacency from taking root again?*

*How are you learning to be content in every situation?*

## **THE SEASON OF HARVEST**

### **8. FOR SUCH A TIME AS THIS**

One of the things that can hinder us from thriving in whatever season we're in is fear. Fear is a valid emotion we need it to warn us of danger - to alert us when things aren't quite right. But fear is not valid when it begins to control us.

It can manifest itself in many ways, and if left unattended, it can rob us of joy, immobilise us in our home and destroy our lives. Giving in to fear and allowing it to control us, takes our eyes off of Jesus and limits His power on our lives.

We will no longer be living the victorious life we are meant to live in Christ.

## ON YOUR OWN

Name your biggest fear. Turn to your bible and find a passage that speaks to that fear and memorise it. Journal your experiences as you use this scripture to fight your fear. What are you learning?

Read Matt 14:22-33

List all the things that made this a frightening situation. Despite the chaos surrounding him, what is Peter able to do? How does he accomplish this? What causes Peter to sink after a he has experienced the supernatural? What is Jesus' response to Peter's fear?

Read the definitions of fear and faith.

Fear: a distressing emotion Used by impending danger, evil, pain etc., whether the threat is real or imagined

Faith: Acting like God is telling the truth

What does Jesus' response teach us about the relationship between faith and fear?

## DISCUSSION - SHARE A TIME WHEN FEAR HINDERED YOU FROM DOING WHAT THE LORD WAS ASKING YOU TO DO.

*Is it possible to be full of faith even though you are fearful? How so?*

*Are you beginning to feel less fearful? Why or why not?*

# THE SEASON OF HARVEST

## 9. FULFILMENT

What time is it in your life? Are you busily planting new seeds? Are you enduring or enjoying a prolonged period of preparation? Are you restlessly waiting for new life to burst up through the soil, gradually growing into healthy strong plants. Psalms 37:7 wait with patience on the Lord.

Our seasons are all about getting us to fulfil our purpose.

### ON YOUR OWN

In what way is your ability to be patient being stretched in this season? What joys are you discovering in this same season?

Think through the seasons of your life. Write down how you've seen God operate in the following ways to get you to your purpose. Include a verse that describes this action.

**S**overeignty of God

**E**levation by God

**A**ssistance from God

**S**ubmission to God

**O**pportunities from God

**N**eeds met by God

**S**alvation by God

Here are some encouraging scriptures

I am with you - Matt 28:20

I will strengthen you - Isaiah 41:10

I will carry you - Isaiah 46:4

I will comfort you - Isaiah 66:13

I will give you rest - matt11:28

I will listen - Jeremiah 29:12

I will give you peace - John 14:27

Whatever it is that might be taking longer than anticipated- focus on God.

His timing is perfect.

- \* Take time to get alone with Jesus
- \* Drag yourself into his presence, not away from him
- \* Function in an area that is consistent with your spiritual giftedness.
- \* Use this time as a season of expecting spiritual and physical renewal
- \* Get and stay organised
- \* Manage your time effectively
- \* Understand who you are and who you are not, know your limitations
- \* Don't try to be everything to everybody all the time. Let yourself no sometimes
- \* Don't be a couch potato. Don't stay home from church and don't host pity parties
- \* Keep praying and praising
- \* Exercise
- \* Rest relax and enjoy some recreation
- \* Save more spend less to help cut down on the stress levels
- \* Speak good things into your life
- \* Get people around you who can relieve you/support you.

## **DISCUSSION - SHARE WHAT THE LORD HAS BEEN TEACHING YOU IN THIS CURRENT SEASON**

***Share how you've seen God work in miraculous ways throughout the seasons of your life***

***Share a word of encouragement with someone who is going through a long and difficult season***

***Share what you have learned from this study. Is there anything you are going to do differently?***

***How are you preparing now for the next season?***

# HERE ARE SOME OTHER STUDIES THAT YOU AND YOUR FRIENDS MIGHT ENJOY

## **BOOKS**

"Seasons of a Woman's Life" by Lois Evans

"Checklist for Life - The Ultimate Handbook."  
Manuscript written and prepared by Steve Parolini

"Celebration of Discipline" by Richard Foster

# MY PERSONAL NOTES



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