



SEASONS Chat Resources

to assist with Trials, Tribulations, Transitions and Triumphs

Things I wish someone would have told me:

1. Don't take things personally and don't take responsibility for other's words or actions.
2. It's okay to be an introvert/extrovert.
3. You don't have to change to be liked.
4. Sit with how you're feeling. (process them and get help if you can't handle the feelings)
5. Recognize your talents and celebrate/honor them.
6. Everyone feels awkward at one time or another.
7. Sex is not the answer to feeling unloved.
8. Make friends with your body and learn to appreciate it.
9. Wear what you like not what others think you should or what is trendy.
10. Find your tribe/village.
11. You can achieve anything you put your mind to with a series of steps or a plan.
12. You will make mistakes.
13. The world will change you if you let it.

Can you think of something you wish someone had told you?

Empower your Seasons:

- Always RESPECT yourself
- Take ONE day at a time
- Always be in the moment, no matter what you are doing.
- Be yourself (know who you are and be authentic)
- Don't be so hard on yourself
- Take a walk...
- Commit to Journaling
- Use Mediation for stress and balance
- Use Prayer for support and guidance
- Practice Gratefulness/Mindfulness
- Talk with your tribe/village/person
- Connect with a Seasoned Woman and Listen!
- Seek professional help if needed. NO time for stigma or pride. This is part of your *Self-Care!*



This Chat was created by the sisters at Imperial Church of Christ in Los Angeles. Following are more biblical references for your SEASONS.

FIVE WAYS TO EMBRACE THE SEASONS:

1. Embrace them for what they are. Philippians 4:13 (Content and Joy)
2. Embrace them for what they are not. I Thessalonians 5:18 (Gratitude)
3. Embrace them for what they (and you) are becoming. Philippians 1:6, Habakkuk 2:3, Habakkuk 3:18-19 (Patience)
4. Embrace them for what they can teach you. Psalms 90:12, James 1:5-6 (Wisdom)
5. Embrace them for what they can be. Isaiah 55:11, Hebrews 3:8 and Philippians 4:6 (Faith)

SCRIPTURES TO HELP YOU WITH SEASONS:

Strengthen Your Faith – Lamentations 3:22-23, Hebrews 13:5-6, I Corinthians 10:13, Psalm 36:5, Psalm 119:90, 198, Hebrews 10:23, Psalm 90:1-8

Peace – Romans 15:13, Philippians 4:6-7

Forgive – Colossians 3:13

Patience – James 5:7, I Timothy 1:16

Joy and Peace – Roman 15: 13

Love - I John 4:19

Love of Christ – Ephesians 3:18, Psalms 139

Love and Good Deeds – Hebrews 10:23-24

Love and Service – Galatians 5:13

Suffering – Romans 5:3-5

Worry – Matthew 6:33-34

Merry Heart – Proverbs 15:13

Comfort - II Corinthians 1:3-4

Sin – We have an advocate I John 2:1

SEASONS

Ecclesiastes 3:1-11 Season (time/duration be it long or short) an appropriate or suitable time for an activity in life be it regular or fixed time. Seasons come and go (change). Seasons of refreshing God's activity, relief, treating of an open wound, when exposed to air the wound heals.

Childhood/Youth (birth-mid-twenties) - Joy, love, growth and maturity, build relationships. **Plant**- seed time. Genesis 8:22. Springtime of Life - Study, travel, experience life, you are being sharpened.



CHAT RESOURCES

Middle Age - Strength – Reap what you sow/harvest. Summer- Build, create, repeat, who are you becoming, who are you serving, time of abundance and prosperity, share what overflow from you cup with others, work hard. Gal.6:9 (reaping)

Fall- enjoy relationships, reaping the benefits of what was sowed/planted in summer. Attend to self and people in your life.

Old Age- Rest- Winter- reflections, meditation on your life, and recovery.

1. **Dry Season** I John 1:19 – examine life
2. **Waiting Season** – Psalms 37:7 – wait
3. **Grinding (busy)** – Psalm 95:4 – doing things
4. **Tests or Trails (hard times)** – Galatians 6:9, James 1:5 II Corinthians 4:17-19. Things aren't going so great. Fix thoughts on Jesus or heavenly things – because things on earth are temporary.
5. **Spiritual Warfare** – Spiritually attacked. It comes with being a Christian. It means you are doing something Satan doesn't like. Remember Job. Ephesians 6:12. We are not in a natural battle, Ephesians 6:13-17. We need the armor of God.
6. **Happy** – James 5:13 Good things happening in your life, marriage, things are good at work, reading and studying the Bible more, your kids are good. Psalm 95, Psalms 103, Psalm 148, Psalm 150 and I Chronicles 16:8-32

SEASONS STUDY WITH OUR BIBLICAL SISTERS

Life is filled with many transitions and challenges....

Continue this exercise by naming *a few women from the scriptures* that went through great transitions over their life. Select one woman to study in-depth. What challenge did this sister face? How did she overcome it? How do the lessons from her life apply to us today?

Here are a few names of women in the scriptures for you to consider:

1. Eve
2. Sarah
3. Rahab
4. Naomi
5. Esther
6. The woman at the Well
7. The woman with issue of blood
8. Mary the mother of Jesus

Remember God is in control of all seasons. This too shall pass.