



Seasons: Fall Reflection | November 4, 2020

Discussion Guide

The Scoop

Life seems to give us rhythms and seasons to which we understand our lives. If we just let these happen to us, we can find it overwhelming, so we need to be intentional about how we bring our faith into these spaces.

Key Verses

Ecclesiastes 3: 1-8

"There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace."

Discussion

Seasons are a natural and great cadence to life. With each passing season, we are afforded the ability to reflect on the past and plan for our future. Summer, Fall, Winter, and Spring all bring with them unique characteristics that can help us function best in the natural rhythms, while also providing some lessons for life when we find ourselves in metaphorical seasons of change.

1. Do you have a favorite season? Why?
2. What characteristics would you associate with the Fall season? What do you think of when you think of fall?

The Fall season is a one of reflection. We leave the busy "hustle and bustle" of the summer behind for a season marked by slowing down, cooler weather, and comfy clothes. Fall is marked by the changing of leaves and harvest time, which is an invitation to look around and be thankful.

3. If you were given time to slow down, pause, and reflect, what would you do? What would you reflect on?
4. The Fall season ends with the Thanksgiving holiday. What are you thankful for?

The Bible tells us that there are different cycles to life. Ecclesiastes 3 says, "There is a time for everything, and a season for every activity under the heavens..." Much like the different seasons of the year, these cycles of life ebb and flow through our own lives with time.

5. What are some other patterns or rhythms you have or could implement for more regular reflection?
6. As with everything, we should consider the natural rhythms God gives us. How can you involve God in your regular reflection and time of contemplation?

What's Next?

This week in your faith, take time to press pause, reflect, and be thankful. Embrace the natural rhythm of slowing down and thank God for what he is doing in your life.

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.