



## BIBLICAL REFLECTIONS AND CHALLENGING CONTENT DESIGNED TO RESOURCE RELATIONAL DISCIPLESHIP

### **SEASONS OF LIFE PREACHING GUIDE**

While Proximity is designed as a resource to be used in small and relational environments of discipleship such as one-to-one conversations or discipleship triads, we are also aware that it can be accompanied by whole-church preaching that might help to both teach further on the themes and stimulate these discipleship conversations.

Here are the passages linked to each of the themes if you want to use in a teaching setting. As you do, perhaps you might give out the booklets to those listening who want to both reflect further on their own and also through intentional conversations.

#### **1/ SEASONS**

Key Text: Ecclesiastes 3:1-11

Key Focus: Change is inevitable in life. Just as the seasons of a year come and go, God's word reminds us that we will pass through different seasons in our life as well. Disciples of Jesus learn to navigate changing seasons and continue to follow Him no matter what circumstances arise.

Additional Text: Matthew 5:3-12

Key Quote: "In whatever season of life we are facing, we can trust fully that God is holding on to us even when we are struggling to hold on to Him."

#### **2/ CHANGE**

Key Text: Genesis 12:1-9

Key Focus: Some people love the thrill and challenge of change. For others, the uncertainty that comes with it is terrifying. None of us can avoid the changes that life brings. Following Jesus is always a journey in which He draws us on to places we have never been before. In the process we grow as the people He wants us to be and into the plans He has for our lives.

Additional Text: Hebrews 11:8-19

Key Quote: "Our challenge is to trust Him and follow, even when we can't see the way ahead or know how it is all going to work out."

#### **3/ FOUNDATIONS**

Key Text: Matthew 7:21-29

Key Focus: For followers of Jesus, storms aren't just a possibility, they are promised. To endure the storms of life our foundations need to be firm. The only durable foundation is a life built on Jesus Christ.

Additional Text: Psalm 62

Key Quote: "If we want to have a faith that lasts, it is vital that our lives are built on the foundation that will remain."



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### **4/ CELEBRATION**

Key Text: Psalm 126

Key Focus: Celebration and joy are not about smiling faces or happy facades, but actually require discipline and effort. If the joy of the Lord is to be our strength, how can we maintain a posture of celebration in the various seasons of our lives?

Additional Text: Matthew 13:44

Key Quote: "Celebration requires eyes looking to see His hand at work and hearts acknowledging that every good gift comes from Him."

### **5/ DISAPPOINTMENT**

Key Text: Psalm 42:1-11

Key Focus: Sometimes it is natural to feel disappointment with the circumstances of our life. At times we may even feel disappointment with God. As followers of Jesus, however, the challenge is to continue to trust in who God shows Himself to be, even when we are disappointed by His response to our circumstances.

Additional Text: Isaiah 49:23

Key Quote: "The seasons of disappointment in our lives can prove to be God's appointments for growing in faith in Him."

### **6/ REST**

Key Text: Mark 6:30-33

Key Focus: Rest is counter cultural in an age of busyness and gives us the opportunity to refocus, refuel and re-prioritise. Jesus knew the importance of seasons of rest and so should we.

Additional Text: Matthew 11:28-30

Key Quote: "Jesus instructions to rest aren't just because of the physical exhaustion the disciples faced but because he wanted to teach them the need to strike a good balance between engaging in activity for Him and being refreshed in relationship with Him."

### **7/ SUFFERING**

Key Text: Romans 5:1-5

Key Focus: As followers of Jesus we develop a faith able to deal robustly with the realities of suffering and pain as we live in the world. Suffering is real and so must not be ignored. It also has the potential to transform us and therefore might provide us with opportunities to know God's presence with us in a fresh way.

Additional Text: John 16:16-33

Key Quote: "Our faith is shaped more when we dwell in the depths of suffering than the dance of our better days. The reality of God's love for us is unbroken by earthly suffering."