**Questions on Seasons of Life - Each Season of Life Has Purpose?**

Come to me, all who labor and are heavy laden, and I will give you rest.

Matthew 11:2-6, 27-30

Fall Season: Change and Transition

Winter Season: Look dead, No Growth, Stagnant actually (most growth happens in this season!)

Spring Season: New Growth, Blooming, Settled

Summer Season: Hot dry season thirst for more in the midst of trials

1. Write down what season in your life you think you are in right now. What evidences do you see to cause you to think this?

2. Begin journaling, and express to God in your journal how you feel about this season and how you need His help.

3. Can you hear the voice of the Lord Jesus saying to you, “Come to Me and I will give you rest?” Stop for a minute and give Him your life of worries and burdens. Lay them down by casting your care down in prayer. Then write a list of those things you have given to Him, and let Him begin to take you through a journey of rest from these cares, worries, and burdens.