

## CONNECT & RECAP

- Describe an embarrassing photo of yourself from the past.
- What's your favorite time of the day and how do you like to spend it?
- Describe a day in your life that you wished would last forever.

### RECAP

Watch the sermon recap video.

You can click [here](#) or find it in the "**Group Sermon Recaps**" playlist on Aletheia's YouTube channel.

### MAIN THEMES

- **Big Idea:** Only the sovereign, self-giving God can sustain us through every season.
- **Christ-Connect:** Jesus' resurrection means that God can be trusted in every season because it all matters.
- **Application:** We must let go of the unwise ways we navigate life's seasons.

## READ & DISCUSS

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Ecclesiastes 3:1-8	God has ordered the world with seasons of time, and we can't change that. Said another way, we dance to many tunes that we have no control over. Describe ways in which you've experienced this in your own life.
Ecclesiastes 3:9-15	When we trust the sovereign, self-giving God, we're able to have joy in different seasons and to do good. Which of the unwise ways to navigate seasons (below) do you recognize in your own life? What does it look like to repent?  Lazy river / Control everything / Over-saturate every moment / Explain everything
Ecclesiastes 3:16-22	The Teacher asks, "Who knows whether the spirit of man goes upward and the spirit of the beast goes down into the earth?" Because of Jesus, we know the answer: those who believe in him will rise again, just like he did. How does Jesus—who he is and what he's done—help you to trust the sovereign God in every season?

## PRAYER

Spend time praising Jesus for his self-giving love. Ask that God would deliver you from unwise and untrusting habits in life's different seasons.

## DISCIPLESHIP CHECK-IN

- Have you read your Bible consistently the past week?
- Who is someone you're praying to share Jesus with?