

Seasons of a Woman's Life—VIDEO 1

Four Seasons

Marilyn Coffield

NOTES:

- **Seasons Are God's Idea (Ecclesiastes 3:1-8)**
 - A Season is . . . a period of time, suitable or appropriate time, a method of measuring intervals, time characterized by a particular circumstance or feature (EX: pregnancy)
 - Our Purpose: to recognize the lessons God has for each season and make them part of our life story & ministry (**Psalm 145:4**)

- **Four Seasons of a Woman's Life (Ruth 1-4)**
 - **Spring (birth—20)**
 - Childhood, youth, sovereign foundations, forming our values and identity, education, leaving home, etc.
 - EX: feeling unsafe & overcoming fear (**Hebrews 13:5, Isaiah 41:10**)

 - **Summer (20-40)**
 - Entering adulthood, completing education, roommates, workplace, life's work/calling, marriage, children, etc.
 - EX: Giving and receiving love
 - Repetition, exhaustion, significance, balancing competing time demands
 - Naomi's Summer (**Ruth 1:1-2**)

 - **Fall (40-60)**
 - Investing in others, building, reaping what we've sown, unexpected losses
 - Sandwich generation with grown children, grandchildren, & aging parents simultaneously (& menopause!)
 - Naomi's Fall (**Ruth 1:3-5**)
 - Unexpected losses (see page 3)

 - **Winter (60 and beyond)**
 - Maturity, expanded influence, convergence, expected losses, freedom & flexibility
 - Empty nest, retirement, downsizing, becoming a widow or divorcee, etc.
 - Naomi's Winter—full again
 - EX: Disillusionment & "cheerleading" for next generation



Video 1: Questions for Reflection & Discussion

1. As you meditate on the “pairs” in Ecclesiastes 3:1-8, select one or two of them that you are currently going through. Explain what that looks like for you.
2. Do you have other verses about seasons or times that are special to you? Explain.
3. What is one life lesson you learned from one of your mentors/spiritual mothers? How has her lesson helped you?
4. What was an insight or ah-ha from one of your past seasons—perhaps an important person for good during that time or a life lesson you learned? Describe.
5. What particularly strikes you about Naomi’s life seasons that you want to take away to help you or others?
6. Marilyn mentioned typical events, opportunities, or challenges in each season. Which season are you in now? What is a significant opportunity or challenge you are facing?
7. Can you think of how you might help a friend or family in her current season? What is her struggle? How could you help her spiritually?



Current Season and Unexpected Losses Checklist

Directions: Circle or highlight anything below that is part of your current season of life (especially during the last 2-4 years). Then reflect on what you observed.

<i>Roles</i>	<i>Realities / Losses / Challenges</i>
Wife	Illness / Surgery
Widow	Chronic medical issue
Divorcee	Pain
Never Married	Unplanned pregnancy
Married mother	Difficult pregnancy
Single mother	Separation
Grandmother	Divorce
Godmother	Loss of job / Unemployment
Stepmother	Death of family member
Daughter	Death of friend
Daughter-in-law	Special needs child
Mother-in-law	Active duty (military/contractors)
Adoptive/foster mother/guardian	Experienced war
Sister	Moving / geographical separation
Half- or Step-sister	Depression / Disillusionment
Sister-in-law	In counseling
Cousin	Addiction
Niece	Relational conflict (personal)
Aunt	Relational conflict (work-related)
Friend	Spiritual dryness
Neighbor	Financial difficulties
Homemaker	Weariness / Apathy
Mentor / Coach	Empty nest
Discipler	Promotion /increased demands
Student	Caring for aging relative
Employer / Employee	Other stressors? ____
Professional roles: ____	
Other roles? ____	

Reflect:

- Which season do you believe you are in now? Observations?
- Which of the factors above are shaping your current season most?
- How do you sense God shaping and maturing you during your current season?

