

Seasons of a Woman's Life—VIDEO 2

Flourishing in All Seasons

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NOTES:

- **A Woman for All Seasons (Psalm 145:4)**—What all seasons have in common
 - **Physical Care**—“temple maintenance” (1 Corinthians 3:18 and Hebrews 12)
 - **Relational Connection**—with family members & beyond family
 - **Emotional Development** (EX: Discontentment 1 Peter 5:7)
 - **Spiritual Intimacy with God**
 - Quality regular time with Him in prayer and the Word
 - Intentionally sitting at His feet (Luke 10)
 - EX: Devotionals, 31 days in Proverbs, study a book alone or with others, no social media before QT, etc.
 - **Vocational Development**
 - Jobs, credentials, further education, work ethic, etc.
 - Ministry/Calling to build in His Kingdom
 - EX: Share gospel, disciple, coach, or develop
 - **Influential People and Events**—personal or indirect influence because someone is always watching your life
 - Seasons often overlap
 - Get help with your wounding or character issues—they could be potential stepping stones in what God is doing in you
- **Flourish in Every Season (Psalm 92:12-15)**
 - “Bloom [flourish] where you're planted” (Psalm 1 & Jeremiah 17:7-8)
 - **Live by Priorities Intentionally**
 - Take time to rest & listen to the natural rhythms of your body & life
 - Intentionally take time for input from others & prayer



- **Never Stop Learning**
 - Learn both with your head & your heart
 - New trends, technology (get help if needed)
 - Look for teachable moments
 - Learn something new every five years (Robert Clinton)

- **Be Intentional about Your Development**
 - Life purpose, specific calling, time management, meaningful activity
 - Unique to your design, roles, & contributions
 - **Psalm 90:12**
 - Have a written development plan with goals each 1-2 years (EX: Navigator NDP with coaching)
 - Idea: Also set developmental goals for your younger children
 - We work for our goals & pray for our desires

- **Live Out Your Gifting**
 - Re-take a gifting inventory to discern new contributions
 - Don't compete or compare with others' gifting (**Hebrews 10:24-25**)

- **Flourish in All Seasons (Psalm 92:12-15 Amplified)**
 - Share your wisdom authentically with others
 - Journal to capture your life lessons—& help other women do the same



Video 2: Questions for Reflection & Discussion

1. What life lessons have you learned by looking at some of your past seasons?
2. What have been some unexpected seasons, and what have you learned about God and life as a result?
3. Look again at the six dynamics that run through all seasons of your life (physical, relational, etc.). Which one or two have you tended to intentionally focus on, and which one or two have you tended to neglect? Why is that?
4. What is one thing you would like to intentionally enhance in this current season for your spiritual relationship with God? Or . . . What is one change you would like to bring to your life (work, family) in your current season?
5. Check out the [Navigator Development Plan](#) (NDP) on the Learning and Development site. How could this tool (with optional individual coaching) help you flourish more in your current and next seasons?
6. Are there specific things you would like to put in a development plan—specific ways to develop or use one of your gifts?

