



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF JUNE 4, 2007



## Seasons of Life

**Featuring**

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## I. Introduction

In terms of seasons, hear this relationally, at work, and with respect to your issues [0630]

Keep seasons in mind as a road map; see Ecclesiastes 3

Relationships, lives, and careers are not static: there is a system to how they change

The tasks in Ecclesiastes 3 are opposites: if you like one side, there's no balance

A season is a period of time designed for a purpose

## II. Season of growth: Winter

Winters are death periods.

We need a period to work through an ending

Winter can be one of the most productive times: there's a lot growing underground

What to focus on during Winter:

Look at attitudes like blame or resentment that keep us from having a spring

Begin to evaluate the character of the people we're with

Look at neutral activities that keep us from growth activities

What are the things you need to end before planting something new?

What are the behaviors, relationships, or patterns that need closure?

## III. Season of growth: Spring

Spring is a time to sow: if there's going to be a harvest, there must be a time of sowing to new things

Definition of sowing: Doing something new that has zero fruit now

Sowing has intentionality, structure, and focus [2550]

<sup>1</sup>There is a time for everything,  
and a season for every activity  
under heaven:  
<sup>2</sup>a time to be born and a time to  
die, a time to plant and a time  
to uproot,  
<sup>3</sup>a time to kill and a time to  
heal, a time to tear down and a  
time to build,  
<sup>4</sup>a time to weep and a time to  
laugh, a time to mourn and a  
time to dance,  
<sup>5</sup>a time to scatter stones and a  
time to gather them, a time to  
embrace and a time to refrain,  
<sup>6</sup>a time to search and a time to  
give up, a time to keep and a  
time to throw away,  
<sup>7</sup>a time to tear and a time to  
mend, a time to be silent and a  
time to speak,  
<sup>8</sup>a time to love and a time to  
hate, a time for war and a time  
for peace.  
—Ecclesiastes 3:1-8

#### **IV. Season of growth: Summer**

Summer is a time for abiding

Keeping to routine, watering and weeding

Willpower does not work to change anyone

What works is the process

Process is putting off old stuff, putting on new stuff, and being willing to stay there

The discipline of process itself transforms you; the routine builds structure

Growing anything of value takes time—which creates a wish that it happen right now

Watch out for “ALL and NOW”: the weed that will wreck a good process

#### **V. Season of growth: Fall**

Fall is the time to embrace the growth you’re making

“A grateful discontent”

Neither spoil what’s already happened, nor think that there’s no further to go

The payoff: Fall is time for feasts

Appreciate the cost

What lessons did you learn, and how can they apply to other areas?

This is a lifetime-lifestyle way of looking at growth

#### **VI. Seasons of life**

In the three areas of life—clinical, relational, and functional—there are always seasons:

In winter, what needs to die before you can go forward? Keyword: DIE

In spring, what new things do you need to invest yourself in? Keyword: NEW

In summer, don’t give up! Keyword: ABIDE

In fall, celebrate, and use the lessons. Keyword: CELEBRATE

Think: What season am I in, and what’s the appropriate task? [5545]

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## Next week on *Solutions*: “Love’s Essential Values”

### Resources:

#### BOOKS:

***How to Have that Difficult Conversation  
You’ve Been Avoiding***

By Drs. Henry Cloud and John Townsend  
www.zondervan.com

***Changes that Heal***

By Dr. Henry Cloud  
www.cloudtownsend.com

***Hiding from Love***

By Dr. John Townsend  
www.zondervan.com

***How People Grow***

By Drs. Henry Cloud and John Townsend  
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