



# THRIVE: REFLECT • CONNECT • ACT



## REFLECT

*Ecclesiastes 3:1-8*

- Take a moment to breathe.
- Think about how life feels for you right now—work, school, friends, family, faith.
- You don't have to explain it. Just notice.



## CONNECT

Wisdom doesn't mean having everything figured out.

Sometimes wisdom means paying attention to the season you're in.

Talk together:

- Which pair of seasons from this passage stands out to you right now?
- Where do you feel like you are still figuring things out?
- Why do you think the Bible names both hard and good seasons instead of choosing one?



## ACT

- Try to name your season without judging it as good or bad.
- If someone else is in a different season than you, practice listening instead of fixing.
- Remember: wisdom grows when we pay attention

*Prayer:*

*God of all our seasons,  
Help us trust that we don't have to have all the answers.*

*Teach us to notice where we are and believe you are with us there.  
Amen.*



## Digging Deeper:

Think about someone whose current season of life is very different from your own. Perhaps they are celebrating a new beginning while you are navigating a loss, or they are facing uncertainty while your life feels stable. Ecclesiastes reminds us that no one experiences every season at the same time. How might recognizing this help you respond with greater compassion, patience, and understanding? What would it look like to listen to that person's experience without comparing it to your own or trying to fix it?