**Open**

*Have someone read Isaiah 40:30-31 out loud to the group. For those listening, pay attention to what words or phrases stand out to you as the text is read.*

* What words or phrases stood out to you, and why?

**\*\*Watch the video lesson.\*\***

**Discuss**\*

* Choose one of the following to read: (1) Ecclesisates 3:1-8 and 12:13; or (2) Philippians 4:10-13 and 4:4-9. How do you see the ideas of rhythm, season, and God’s presence in these verses?
* Respond to this statement: “Life is full of seasons, and God is with us in each and every one of them.” Do you agree or disagree? Why?
* How aware are you – or have you been – of the rhythms and seasons of your life? When do you tend to be ***more*** aware of them, and when do you tend to be ***less*** aware of them?
* In what seasons do you tend to be ***more*** aware of God’s presence, and in what seasons do you tend to be ***less*** aware of His presence? How does this realization help you?

**Reflect**

* What rhythms and seasons do you see – or have you seen – in your personal life?
* What season are you in right now? Are there certain thoughts, feelings, or behaviors that are typical for you in this current season?
* In what ways are you experiencing (or not experiencing) God’s presence right now in your current season?
* What will it take for you to carve out the space to identify your life rhythms and current season? What can you do to engage God’s invitation to experience His presence in your current season?
* ***Based just on this discussion***, what should we pray about?