

Devotional Week 1 - A Time to Evaluate

Over the next 21 days, different seasons will be described. The devotions will be divided into sevens based on three general themes of 'Seasons' - **Evaluation, Embrace & Encourage.**

This week's 'Season' devotions focus on the theme of **Evaluation**. I have found that throughout my faith journey, different types of seasons have given me more opportunity to evaluate where I am and where I have been. So I invite you over the next seven days to find times to think, pray and evaluate how these types of seasons have impacted who you are, how you behave, and who in Christ you want to become.

Also, make sure you read through Ecclesiastes 3:1-8 slowly and repetitively throughout the day. Circle the phrases or words that stand out to you and notice how they have meaning from your past. Then, evaluate how they have impacted your heart, relationship with others, and your faith.

Below you will find simple definitions of seven different seasons. And then a scripture reference to reflect on, a question to ponder, and a declaration to make.

Day 1 - Grieving Seasons... a time to die, mourn, heal, weep.

To feel sorrow over loss (a person, opportunity/circumstance or dream).

REFLECT: Psalm 30:5

PONDER: Evaluate the types of loss you might be experiencing. Where are you in the stages of your grief? (Denial, Bargaining, Anger, Depression, Acceptance).

DECLARE: Jesus, I realize it's okay not to be okay. Thank you for allowing me the space today to feel. As you comfort me, may I see it and receive it and, in turn, learn to comfort others.

Day 2 - Dry Seasons... a time to tear

When God seems distant, quiet or you can't sense His presence.

REFLECT: 1 John 1:9

PONDER: Evaluate why it seems like God is distant. Is something unconfessed?

DECLARE: Holy Spirit, show me where I am trying to hide from you. I desire to be near and hear you, Lord. I realize your silence does not mean your absence so show me how to be patient in your presence.

Day 3 - Waiting Seasons... a time to keep, to seek

When the Holy Spirit says to wait.

REFLECT: Psalm 40:1

PONDER: Evaluate difficulty of waiting. How patient are you?

DECLARE: Father, today I desire the fruit of patience with myself and others.

Day 4 - Trial Seasons... a time to lose

When what you are facing is difficult or seems impossible.

REFLECT: James 1:2-4

PONDER: What is this trial revealing about your trust or your fears?

DECLARE: Jesus, help me as I face this trial. Reveal in me places of fear & distrust you want replaced with greater faith.

Day 5 - Foolish Seasons... a time to refrain from embracing

When you know better but you choose poorly.

REFLECT: Luke 15:13

PONDER: What led you to make this decision? What did you learn?

DECLARE: Holy Spirit, thank you for grace. Help me to learn from my past so that I may be wiser in my decision making.

Day 6 - Valley Seasons... a time to throw away

Where you see more shadow than light in your character.

REFLECT: Psalm 23

PONDER: What areas of your character is the light revealing a shadow?

DECLARE: Father, you desire for my character to be like yours so today reveal my shadows under the mercy of your light.

Day 7 - Weighty Seasons... a time to break down

When the weight of the world is on your shoulders.

REFLECT: 1 Peter 5:7

PONDER: What are you carrying that Jesus could handle better?

DECLARE: Jesus, today I cast _____ this off of me and trust your ability to care and carry it with me or if you decide, for me.

