

# NOTES

## PART 2 - A TIME TO EMBRACE

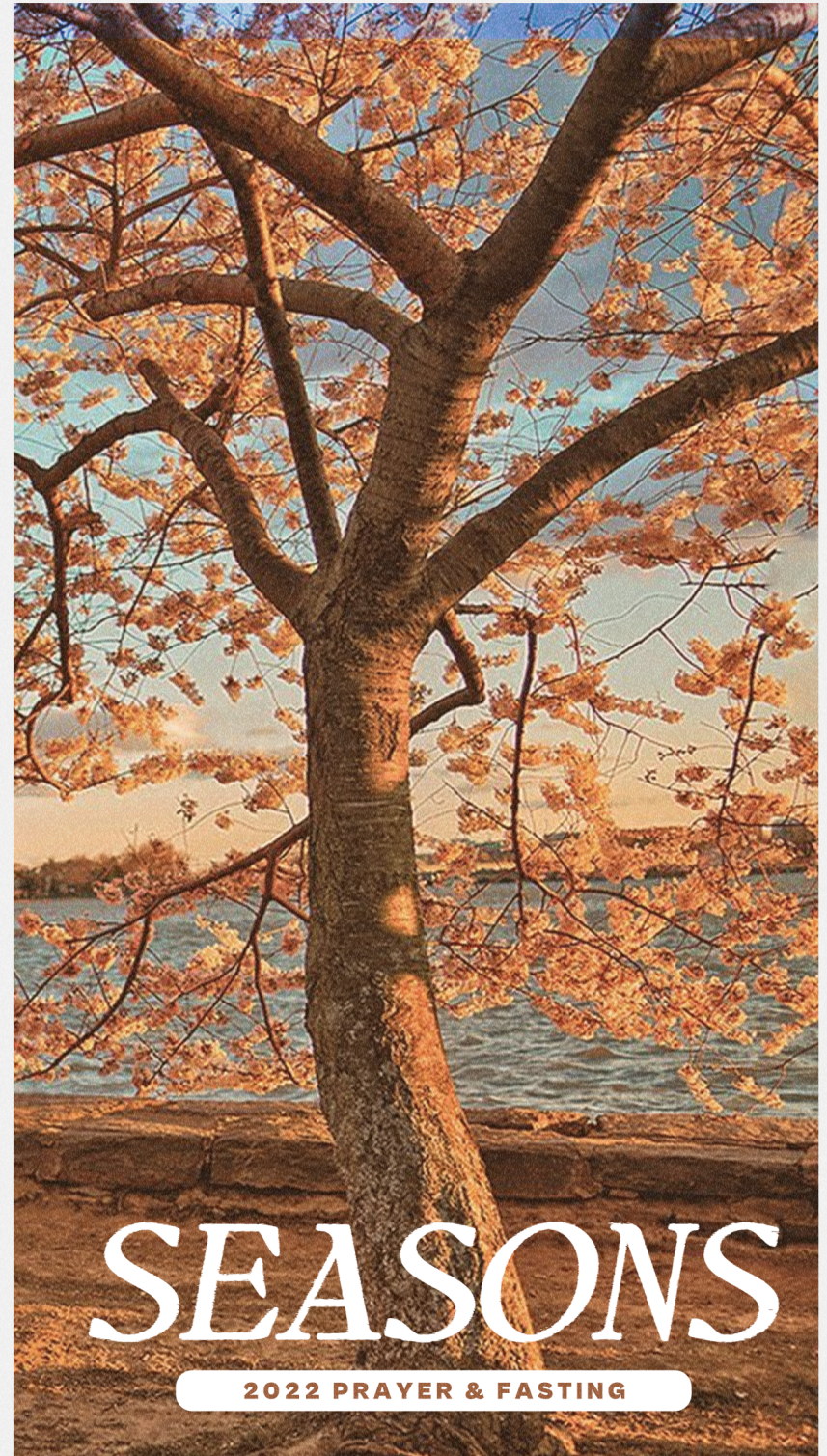
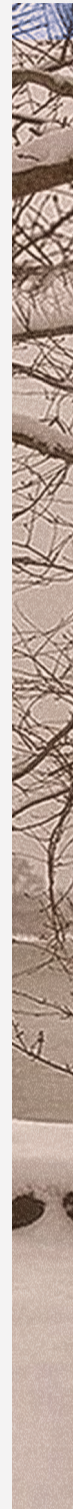
Ecclesiastes 3:1-8

**Seasons to Evaluate:** Grieving Seasons    Dry Seasons  
Waiting Seasons    Trial Seasons    Foolish Seasons  
Valley Seasons    Weighty Seasons    **(circle yours)**

**Seasons to Embrace:**

2 Kings 5

Asking “\_\_\_\_\_?”  
helps us to embrace the season we are in.



# SEASONS

2022 PRAYER & FASTING





## Devotional Week 2 - A Time to EMBRACE

Welcome to **week 2** of your fast. As a reminder, these weekly devotions are divided into seven seasons, based on three general themes of 'Seasons'- **Evaluation, Embrace & Encourage.**

This week's 'Season' devotions focus on the theme of **EMBRACE**. While these next seasons are still evaluative, I have found them to be places where I need to learn how to embrace what God has for me. So I invite you over the next seven days to find time to think and pray over how these types of seasons might shape your faith journey in Christ.

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

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

### Day 1 - Relational Seasons... a time to embrace

*When you are intentional to stay in community*

**REFLECT: 1 John 1:7; Hebrews 10:24-25**

**PONDER:** Who are you in community with?

Who knows the state of your heart?

**DECLARE:** Jesus, you have not called me to this journey alone.

So, today I will be intentional to seek relationship and be in community with the church.

### Day 2 - Discipline Seasons... a time to pluck up

*When God disciplines you as His child.*

**REFLECT: Hebrews 12:5-6**

**PONDER:** What areas are you allowing God to correct and guide?

**DECLARE:** Holy Spirit, reveal to me the places where my faith, behavior and knowledge need correction. Help me today to align to your will and know that you discipline me out of love and not manipulation.

### Day 3 - Growing Seasons... a time to build up, seek.

*When you recognize that you are learning more about who you are in Him.*

**REFLECT: 2 Peter 3:18**

**PONDER:** How are you growing in grace and knowledge?

**DECLARE:** Father, today I desire to know you more and to be intentional in growing in the Spirit.

### Day 4 - Forgiving Seasons... a time to heal, love, peace.

*When you recognize your foggy and forgive others.*

**REFLECT: Colossians 3:13**

**PONDER:** Who do you need to forgive?

What area in your life do you need forgiveness in?

**DECLARE:** Jesus, today I receive your forgiveness. Now give me wisdom, grace and timing to forgive others.

### Day 5 - Receiving Seasons... a time to embrace, laugh, peace

*When you are open to the Fruit of the Spirit and receiving blessings from others.*

**REFLECT: Galatians 5:23-24; Luke 6:38-40; Ephesians 1:3**

**PONDER:** Why do you struggle with receiving? How will the Fruit of the Spirit help you with the grace of reception?

**DECLARE:** Holy Spirit, I recognize that it is hard for me to receive, so I open my hands to how you want to fill them today.

### Day 6 - Justice Seasons... a time to heal, embrace, tear, sew.

*When you lean into God's perspective of Justice and Mercy.*

**REFLECT: Matthew 23:23**

**PONDER:** What injustice breaks your heart?

**DECLARE:** Father, show me how to balance both justice and mercy.

### Day 7 - Warfare Seasons... a time to war

*When you engage in spiritual warfare.*

**REFLECT: 1 Peter 5:8; Ephesians 6:10-18**

**PONDER:** What piece of the Armor of God do you need to be equipped in today?

**DECLARE:** Jesus, I live from a place of victory in you. Today I equip myself in the full of armor of God.

