

Ecclesiastes 3:1

“Learning to Dance to the Rhythm of Life”

SERMON NOTES BY

Pastor Stephen Herring

MESSAGE:

LEARNING TO DANCE TO THE RHYTHM OF LIFE

PASSAGE: Ecclesiastes 3:1

1 For everything there is a season, and a time for every matter under heaven.

MESSAGE GOAL:

The goal of this sermon is to emphasize the importance of recognizing and embracing the specific season of life that people are in, understanding that every season can hold purpose and blessing if they accept, adjust, prepare for, and fully embrace it.

BACKGROUND ON TIME AND SEASONS

Before the creation of the universe, there was God, and God was the only existence. Before was, was, God was. And before was, was, when only God was, there was no concept of time as we know it, but time is a feature of creation itself. When God created the world ex-nihilo, which means out of nothing, time was initiated. Time is a fundamental framework for the existence of the universe. It allows for the order and structure of creation, enabling processes, growth, and change. Now when God created time, there was order and structure but no

rhythm, so God created seasons, and now we have time AND seasons. And with time and seasons, we have ebb and flow, we have rhythm and jazz. We were not designed to live life off-beat and off-rhythm, and we should not be living life dancing as if we have time with no seasons, or seasons with no time. We should be living life dancing on the 2 and the 4 because God has given us time AND seasons.

Time is like an elusive and ever-flowing river. It's a dimension we can't see or touch, yet it governs our every moment. It paints the canvas of our lives with moments, whether we wish to slow it down, speed it up, or grasp it like fleeting sand. It teaches us that every moment is unique, that the present is a gift, and that the past and future, while important, are outside of our immediate control. We have time, and we also have seasons.

Seasons are a cyclical dance of transformation that paints our world with a kaleidoscope of colors and experiences. They remind us that change is inevitable, just as the leaves fall in autumn and the flowers bloom in spring. Seasons encourage us to embrace the beauty of each phase, understanding that like time, they are part of life's continuous flow, and we must savor

Ecclesiastes 3:1

“Learning to Dance to the Rhythm of Life”

SERMON NOTES BY

Pastor Stephen Herring

the uniqueness of each season. Ladies and gentlemen, it does not have to be a favorable season to be a savorable season, for you can groove in the cool of winter, dance in the rain of spring, soak it up in the sun of summer, and jazz it up in the rustle of fall.

SERMON POINTS

1. *IT IS CRUCIAL TO UNDERSTAND TIME AND SEASONS IN YOUR LIFE*

Time, like a river, carries you through the seasons, teaching you that life is a journey. It shows you that you can't rush the sunset or prolong the twilight. Seasons, like chapters in a book, are God's way of revealing different aspects of His plans for you. Therefore, it is vital that as time rolls in your life, you understand the season that God has you in, but get this: The seasons that God set for your life are seasons that you can get an understanding of to act accordingly, but when it comes to the times and season in the sense of God's overarching plan for the world, it is not for you to understand. Jesus said it like this: “It is not for you to know the times or seasons that the Father has established by his own authority.” With that being said, let's go a little further.

All of us exist at this particular time, but just because we all exist at this particular time, does not mean that we are all in the same season! It is likely that while we all exist during this particular time, God has us in

different seasons within the time that He has given us, and once again it is vital for you to know and understand what season God has you in specifically, so that you can accept, adjust, be prepared for, and embrace the season that God has you in.

Now I want you to imagine for a moment that you're standing at a beach on a hot summer day...the sun is shining brightly in the sky, and the temperature is in the 90s. It's a time and day in which people are wearing shorts, and light clothing. Now picture someone in the midst of that summer heat at the beach wearing a winter coat, gloves, and mittens. Don't you think something is odd about that (that someone is wearing winter clothes during the summer season)? It is evident that their choice of clothing does not align with the season that they are in. You see, wearing a winter coat in the summer is not only uncomfortable, but it is also impractical. It is a mismatch between the person's clothing and the season that they are in! And in the same way, God presents us with different seasons! Our journeys move through various phases, and each season has its own circumstances, characteristics, and challenges.

And Just as it was impractical for that person to wear a winter coat in the summer, you may have found yourself making impractical choices that don't align with the specific season of our lives. Whether it's holding onto unnecessary worries during a season of joy or not preparing for future challenges in

Ecclesiastes 3:1

“Learning to Dance to the Rhythm of Life”

SERMON NOTES BY

Pastor Stephen Hennod

a season of abundance, you must recognize the importance of accepting, adjusting, being prepared for, and embracing the season that God has you in! If you do not know what season you're in, you need to pray that God will give you discernment so you can know and understand the season God has you in!

2. *EVERY SEASON CAN HOLD PURPOSE AND BLESSING IF YOU ACCEPT, ACCEPT, PREPARE FOR, AND FULLY EMBRACE IT.*

The seasons God allows us to go through in our lives are dynamic and multifaceted.

Physically,

Our babies are in a season of infancy and childhood. Our children and teens are in a season of adolescence and youth. And as one becomes an adult, there are seasons of adulthood, middle age, and senior years! It is crucial that you discern what season God has you in!

Now let me drive my point home by using this example: our children and teens that are in a season of adolescence and youth should not be pressured or forced into a season of adulthood, because that is not the season that God has them in! Let kids be kids! And likewise, if you are in your senior years, you should not be acting like you did in your adolescence and youth season, because that is not the season that God has you in! But The key to discovering your purpose and

the blessing of life is to fully embrace the season that God has placed you in.

Economically,

You may be in a season of financial stability and independence. You may be in a season of building up your assets. You may be in a season of financial challenges and debt. You may be in a season of retirement and fixed income. You may be in a season of legacy planning and estate matters. It is crucial that you discern what season God has you in!

Now Let me drive my point home by using this example: If you are in a season of financial challenges and debt, you shouldn't be out here splurging and buying everything in your amazon cart, because you are not in the season where you have extra to give.

You have to be careful because sometimes when you don't embrace the season you are in, you trade God's season for cycles and put yourself in a cycle that is similar to a hamster on a hamster wheel: moving but going nowhere. The key to discovering your purpose and the blessing of life is to fully embrace the season that God has placed you in.”

Socially,

You may be in a season of building friendships and relationships. You may be in a season of reconciling friendships and relationships. You may be in a season of singleness. You may be in a season of marriage. You may be in a season of family life. You may be in a season of empty

Ecclesiastes 3:1

“Learning to Dance to the Rhythm of Life”

SERMON NOTES BY

Pastor Stephen Hennod

nesting. You may be in a season of widowed. It is crucial that you discern what season God has you in. Now let me drive my point home by using this example: If you are in a season of singleness, you should not be acting as if you are in a season of married life! Many of the problems we have in life and relationships is because we are not embracing the season that God has us in! But once again, the key to discovering your purpose and the blessing of life is to fully embrace the season that God has placed you in.”

Spiritually,
You may be in a season of seeking and exploring your faith. You may be in a season of deepening your spiritual understanding. You may be in a season of active involvement in your faith community. You may be in a season of spiritual struggle and crisis of faith. You may be in a season of Spiritual wisdom and guidance. It is crucial that you discern what season God has you in. Now let me drive my point home by using this example: If you are in a season of seeking and exploring your faith, then you should not be giving spiritual wisdom and guidance because that is not the season that God has you in. And for that matter, let me write this to those who are in a season of spiritual wisdom and guidance. When you give spiritual wisdom and guidance to someone, you should not give them the wisdom for the season that you're in, but you should give them wisdom for the season

that they are in. We sometimes make the mistake and assume that people should be doing what we are doing, but we have to realize that God has us all in different seasons and different parts of our journey, and your spiritual wisdom and guidance will be relevant if you learn to speaking to the season they are in rather than the season you're in or want them to be in! But once again, the key to discovering your purpose and the blessing of life is to fully embrace the season that God has placed you in.”

Regardless of what season you're in, this is your season! Now when I say this is your season, I am not necessarily saying that this is the season you like or prefer, but what I am saying is that regardless of what season you're in, if you will accept, adjust, be prepared for, and embrace that season, you can find purpose and the blessing of life in it! Let me now once again write directly to those of you who are in a season that you don't want to really be in; I am telling you to not covet another season at this time, for if you learn to accept, adjust, be prepared for and embrace the season you're in, you will dance in the rain when it rains and soak in all the sun when it shines! Every season can be your season if you will just accept, adjust, prepare for, and embrace the season that God has you in. You don't have to wait until summer to be happy, you and you don't have to wait until spring to be full of life and vitality, but whatever your lot, The key to discovering your purpose and the blessing of

Ecclesiastes 3:1

“Learning to Dance to the Rhythm of Life”

SERMON NOTES BY

Pastor Stephen Herrod

life is to fully embrace the season that God has placed you in.”

QUOTES BY STEPHEN HERROD

“It does not have to be a favorable season in order to be a savorable season.”

“You can groove in the cool of winter, dance in the rain of spring, soak it up in the sun of summer, and jazz it up in the rustle of fall.”

“Time, like a river, carries you through the seasons, teaching us that life is a journey. It shows us that you can’t rush the sunset or prolong the twilight.”

“It is vital for you to know and understand what season God has you in specifically, so that you can accept, adjust, be prepared for, and embrace the season that God has you in.”

“If you do not know what season you’re in, you need to pray that God will give you discernment so you can know and understand the season God has you in!”

“You have to be careful because sometimes when you don’t embrace the season you are in, you trade God’s season for cycles and put yourself in a cycle that is similar to a hamster on a hamster wheel: moving, but going nowhere!”

“When you give spiritual wisdom and guidance to someone, you should not give them the wisdom for the season that you’re in, but you should give them wisdom for the season that they are in!”

“The key to discovering your purpose and the blessing of life is to fully embrace the season that God has placed you in.”

“Every season can be your season if you will just accept, adjust, prepare for, and embrace the season that God has you in. You don’t have to wait until summer to be happy, you and you don’t have to wait until spring to be full of life and vitality, but whatever your lot, The key to discovering your purpose and the blessing of life is to fully embrace the season that God has placed you in.”