



God Family Country

GUIDED BIBLE STUDY

Seasons of the Soul

Speaker: Pastor Tony Orihuela

Message Title: "It's Time to Change Your Season"

Main Passage: Ecclesiastes 3:1–8

Highlighted Scripture

Ecclesiastes 3:1–8 (ESV)

"For everything there is a season, and a time for every matter under heaven:

a time to be born, and a time to die;

a time to plant, and a time to pluck up what is planted;

a time to kill, and a time to heal;

a time to break down, and a time to build up;

a time to weep, and a time to laugh;

a time to mourn, and a time to dance..."

Summary

Tony Weller shares a heartfelt reflection on seasons—not of weather, but of the heart and spirit. He reminds us that God appoints a time for everything: for mourning and dancing, silence and speaking, tearing and mending. The question posed is simple but soul-searching: What season are you in right now?

Some of us may be stuck in seasons long expired—seasons of bitterness, silence, or sorrow. Tony challenges us to be honest with ourselves: Have we overstayed in a time of anger? Have we resisted healing or avoided

reconciliation? God may be using this message as a divine nudge to step into a new season of renewal, joy, and restoration.

He also emphasizes trust in the Lord, calling it one of the most important steps to shifting seasons. When we let go of old hurt and step forward in faith, we open ourselves up to the growth and blessings God has been waiting to pour out.

Discussion Questions

- 1. What season do you feel like you are currently in—emotionally, spiritually, or relationally?**
- 2. Is there a season in your life that you've stayed in for too long?**
- 3. What might be holding you back from entering a new season?**
- 4. What does trusting God with your current season look like in practical terms?**
- 5. Is there a relationship or habit God is asking you to mend, release, or renew?**

Reflection Challenge

Take a moment this week to journal your current spiritual season.

- What words describe it?**
- What emotions or patterns have dominated it?**
- What would it look like to enter a new one?**

Then pray and ask: “Lord, is it time to change my season?”

Prayer Prompt

Father God, thank You for appointing times and seasons for my life. Help me to discern what season I’m in and give me the courage to change if I’ve overstayed in a place You’re calling me out of. I want to trust You fully, knowing You hold every moment in Your hands. Teach me to walk with You into the new things You have prepared for me. In Jesus’ name, Amen.

