A New Season

As football fans we are all familiar with the concept of a season. Each football season has clearly defined start and end dates. Some seasons are good, some seasons we don’t want to end, some seasons are best forgotten and some seasons can’t finish quickly enough. The eternal optimism of a football fan means that we always look ahead to the next season, hoping it will be better than the last one – “Maybe this will be our year?”

In life we also go through many seasons, and I’m not just referring to Spring, Summer, Autumn and Winter. Our lives can go through so many different seasons and stages - childhood, adolescence, studying, friendships, work, relationships, marriage, children, illness, retirement and bereavement. Some of these seasons will be short, some may last for decades. Some will bring great joy, some will be difficult. We may face seasons of wealth, and seasons of financial difficulty. Like a football season, there are periods that we will never want to end, and there are others that cannot be over soon enough. Some of these seasons will overlap each other, and at times it may feel that the world is against us. At other times, everything may seem to be going our way.

In life, it is helpful for us to evaluate and understand the season the we are in. In difficult times this gives us the hope that better times are ahead. In good times it allows us to embrace and enjoy a great time in our lives. It is possible for us to get stuck in a season, maybe where we have faced difficult circumstances and we have allowed these to define our lives, and more importantly our attitude to life. If you are facing difficult circumstances, please remember there are lots of different sources of help available. There is always hope, and always a path to better times.

You may be familiar with the song Turn! Turn! Turn! by The Byrds. The inspiration for the lyrics came from the words of King Solomon, who experienced many different seasons in his life.

*There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace. (Ecclesiastes 3:1-9)*