

Flourishing *in Your* Season

A 6-Session Bible Study for Women



Rooted in Truth. Growing in Grace.
Fruitful in Every Season.

Michelle Wyatt

Session 1: Rooted in Trust

KEY SCRIPTURE:

"Blessed is the one who trusts in the Lord, whose confidence is in Him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." – Jeremiah 17:7-8



DEVOTIONAL TEACHING:

Let's talk about trust—not the kind we talk about on paper, but the kind that gets tested when life doesn't look anything like we expected. Trusting God is one of those truths that sounds so beautiful until it's *your* world shaking. Until you're the one waiting on the call, carrying the weight, or watching something fall apart. That's when the rubber meets the road—and where faith starts getting real.

Jeremiah 17 paints this picture of a tree planted by the water. It doesn't get anxious when the heat comes or stressed out during a drought. Why? Because it's rooted deep enough to draw from the stream even when everything else is dry.

That's what trust looks like for us too. It's not passive. It's not about pretending everything's fine when it's not. It's about choosing—every single day—to plant yourself next to the Source and draw strength from God's promises, not your circumstances. You don't need to *feel* trust to *walk in* trust. Faith isn't always loud. Sometimes it's just quietly showing up, reading your Bible even when you don't feel like it, whispering a prayer even when it feels like no one's listening, and reminding your soul that God has never failed—and He's not going to start now.

The truth is: **real flourishing begins underground.** We want fruit on the branches, but God is far more interested in what's happening beneath the surface—in the hidden place of your heart where He's forming roots. When you're deeply rooted in Christ, you don't have to panic every time a storm rolls in. You can stand. You might sway a little—but you won't break.

This session is an invitation to stop living at surface level. To stop letting emotions or current events dictate your peace. And to start digging deep. To build a trust that holds steady when life gets shaky.

So let's go there. Let's stop asking, "*How do I get out of this season?*" and start

asking, “*How can I grow roots here?*” Because peace isn’t found in the absence of problems. It’s found in the presence of God. And when you’re planted in Him—you *will* flourish.

REAL-LIFE EXAMPLE:

Sarah had been praying for direction about her career. She felt stuck and overlooked. But in that dry season, she began waking up early just to sit with God—reading the Word, journaling, and praying. What changed? Not her job, at first. But her heart did. Over time, new opportunities came—but more importantly, she had grown roots of trust.

DIGGING DEEPER:

Take time to read and reflect on these verses:

- Isaiah 40:31 – What does it mean to wait on the Lord?
 - John 15:4-5 – How do we stay connected to Christ when life is chaotic?
 - Psalm 1:1-3 – What does it mean to be planted by streams of water?
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DISCUSSION QUESTIONS:

1. What season are you currently in—waiting, growing, pruning, or flourishing?

2. What helps you stay rooted in your faith when things feel uncertain?

3. Can you think of a time when trusting God led to unexpected peace or growth?

CHALLENGE FOR THE WEEK:

Spend at least 5 minutes a day this week with God—whether it's in Scripture, journaling, or prayer. Ask Him to deepen your roots and steady your heart.

CLOSING PRAYER:

Lord, thank You for being steady when everything around me shifts. Help me to trust You, to dig my roots deep into Your truth, and to flourish even in dry seasons. Grow my faith, shape my heart, and remind me that You are with me in every season. In Jesus' name, Amen.



Session 2: Growing Through the Dirt

KEY SCRIPTURE:

"Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds." – John 12:24

DEVOTIONAL TEACHING:

Let's be honest—no one likes the dirt. It's dark, it's messy, and it usually means something has been buried. And when we're in that kind of season—when things feel quiet, delayed, or downright disappointing—it's easy to assume that we've been buried too. Forgotten. Passed over. Maybe even punished.

But here's the truth: **what feels like burial might actually be planting.**

Jesus said in John 12:24 that unless a seed falls into the ground and dies, it can't produce new life. That's not defeat—it's divine process. Seeds don't grow sitting on the shelf. They grow when they're planted, when they're pressed down, when they're covered up. And the same goes for us. The dark places in life aren't the end of the story—they're often the *beginning* of the most fruitful part of it.

Sometimes God plants us in the dirt so He can grow something new that couldn't develop on the surface. The waiting season? That's where patience takes root. The silent season? That's where intimacy with Him deepens. The painful season? That's where compassion starts to grow.

But it doesn't *feel* like growth in the moment—it feels like loss. That's why this session is about shifting your perspective. Instead of asking, “*Why is this happening?*”, ask, “*Lord, what are You growing in me through this?*” Because He is always working beneath the surface.

Don't run from the dirt. Don't despise the season. Lean in. Let it press you deeper into His Word, His voice, His presence. Remember, God doesn't waste anything. Not one tear. Not one long night. Not one “not yet.” Everything in your story—even the soil—is part of what He's cultivating.

Growth in the Kingdom isn't flashy. It's quiet. It's humble. It's hidden... until it's not. But when that seed finally breaks through the ground and starts to bloom—oh, the beauty that comes from the dirt.

So today, if you feel like you're buried, ask yourself this: *What if I'm not buried? What if I'm planted?*

Because in God's hands, even the dark places can produce life.

REAL-LIFE EXAMPLE:

Tina had just moved to a new city, away from friends and family. She felt isolated and forgotten. But in that season, she found a deeper connection with God. She joined a local church, slowly built community, and started mentoring a young woman. What looked like a burial turned out to be a planting.

DIGGING DEEPER:

Take time to read and reflect on these verses:

- Romans 5:3-5 – How does suffering produce spiritual growth?
- James 1:2-4 – What is the purpose of trials in our faith journey?
- Ecclesiastes 3:11 – How does God bring beauty out of the hard places?

DISCUSSION QUESTIONS:

1. Can you recall a time where something painful led to unexpected growth in your life?

2. What area of your life feels like it's 'in the dirt' right now?

3. How can you shift your perspective to see this as a planting rather than a burial?

CHALLENGE FOR THE WEEK:

Write down one area where you're struggling or feel buried. Offer it to God in prayer and ask Him to show you what He's growing beneath the surface.

CLOSING PRAYER:

Father, when I feel hidden or forgotten, remind me that I'm being planted, not buried. Grow something beautiful in the places I least expect. Help me trust You in the dirt, and believe that You are doing something deep in my soul. In Jesus' name, Amen.



Session 3: Strength in the Stretching

KEY SCRIPTURE:

"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything." – James 1:2-4



DEVOTIONAL TEACHING:

Let's be real—**no one loves the stretch**. It's uncomfortable. Awkward. Sometimes even painful. It's that in-between space after you've said "yes" to God, but before you see the results of that obedience. You're not where you were, but you're not yet where you're going either. You're in the tension. And the temptation is to want out of it as quickly as possible.

But here's what we often miss: **stretching is sacred space**.

James 1:2-4 tells us to count it *joy* when we face trials—not because the trials feel good, but because of what they produce. These stretching seasons grow our faith, build endurance, and develop spiritual maturity that couldn't come any other way. Growth doesn't just happen in the harvest—it happens in the tension. And stretching is proof that God is taking you somewhere.

Think about it: your muscles don't grow without resistance. You can't expand without being pulled beyond your comfort zone. And spiritually, it's the same. God uses these seasons not to break us, but to build us. He's strengthening spiritual muscles you didn't even know you had. Muscles like perseverance. Discernment. Patience. Dependence.

The stretching season might not feel productive—but that doesn't mean it's not powerful. You may not see the fruit yet, but that doesn't mean God isn't preparing the soil. In fact, this is often the part of your story that makes room for the miracle. It's where you learn to worship without the answer. It's where you grow into the woman who can handle the next level.

So instead of resisting the stretch, what if we leaned into it? What if we trusted that this part—the uncomfortable part—is actually *essential* to who God is shaping us to be?

This session is a call to change how we see tension. To stop viewing discomfort as something to escape, and instead recognize it as evidence of forward motion. You're growing. You're being prepared. And God is right there in the stretch—steadying you, shaping you, and strengthening you for what's next.

REAL-LIFE EXAMPLE:

Lisa felt God calling her to launch a ministry, but doors weren't opening fast. She questioned her calling and fought off discouragement. Instead of giving up, she leaned into the process—refining her vision, praying more, seeking wise counsel. A year later, the right opportunity opened up. What felt like a delay was actually God stretching her for what was coming.

DIGGING DEEPER:

Reflect on the following scriptures:

- Hebrews 12:11 – What does God's discipline produce in our lives?
 - Romans 8:18 – What encouragement can we draw from this promise?
 - 2 Corinthians 4:17 – How does God use temporary struggles for eternal purposes?
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DISCUSSION QUESTIONS:

1. Where in your life do you feel stretched right now?

2. What's your usual response when you feel under pressure or delayed?

3. How can you lean into God instead of resisting the stretching season?

CHALLENGE FOR THE WEEK:

Every time you feel stretched or frustrated this week, pause and say, 'God, I trust You are growing me through this.' Write down what you learn about God or yourself during those moments.

CLOSING PRAYER:

Lord, I don't like the stretching, but I know You're working in it. Grow my faith. Shape my heart. Help me not to resist the process, but to trust that You're strengthening me for what's ahead. I choose to persevere with joy. In Jesus' name, Amen.



Session 4: Fruitful in the Fight

KEY SCRIPTURE:

"The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green." – Psalm 92:12-14

DEVOTIONAL TEACHING:

There's this idea floating around that we can only be fruitful when life is calm. That real spiritual growth shows up in quiet mornings, peaceful seasons, and everything going "just right." But let's be honest—most of us aren't living in a spa day version of Christianity.

We're battling anxiety while trying to love our families. We're praying through disappointments. We're showing up to serve while walking through our own

storms. And guess what? **God is producing fruit in us anyway.**

Psalms 92 says the righteous flourish like a palm tree and still bear fruit—even in old age. That's not a promise reserved for our most peaceful seasons—it's a *testament to staying planted in God no matter what season you're in*. When you're rooted, you can flourish in places you never imagined.

Here's the shift: **fruitfulness doesn't mean perfection—it means presence.** The presence of love when it would be easier to shut down. The presence of peace when the storm hasn't passed. The presence of joy when everything around you says you should be bitter or burnt out.

The fight may be real, but so is your faith. And sometimes the *most powerful* spiritual fruit shows up *in the middle* of the battle. That's not weakness—that's evidence of the Holy Spirit at work in you.

This session reminds us that even when life feels like it's pushing us to the limit, we can still thrive. We can be spiritually “green”—alive, steady, growing—not because our circumstances are easy, but because our roots are in the One who doesn't change.

So if you're in the thick of it right now, don't disqualify yourself. You don't have to wait for life to calm down to be used by God. **You can flourish right here—in the tension, in the trial, in the fight.** Why? Because God is with you *in it*, not just on the other side of it.

He's not looking for a perfect life to bless. He's looking for a surrendered one. And when you plant yourself in Him, even the hardest ground becomes holy.

REAL-LIFE EXAMPLE:

Monica battled anxiety while trying to lead her family spiritually and serve in ministry. She often felt like she wasn't enough. But instead of giving up, she started praying out loud with her kids and leaning on God's promises. Over time, she saw fruit—peace, unity, and growth—not because her battles disappeared, but because she clung to God in the middle of them.

DIGGING DEEPER:

Study and reflect on these verses:

- Galatians 5:22-23 – What kind of fruit is God producing in you?

- John 15:8 – How does bearing fruit bring glory to God?
 - Colossians 1:10-11 – What does a fruitful life look like according to Paul?
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DISCUSSION QUESTIONS:

1. What battles are you currently facing, and how have they affected your faith?

2. Can you recognize any spiritual fruit that's growing in your life during this season?

3. How can you stay rooted and fruitful even when the fight feels exhausting?

CHALLENGE FOR THE WEEK:

Pick one fruit of the Spirit (Galatians 5:22-23) and ask God to grow that in you this week—especially in moments of struggle. Pray daily for His strength to produce that fruit in and through you.

CLOSING PRAYER:

Father, thank You for helping me flourish even when life is hard. Help me stay rooted in You when I feel weak, and bear fruit that glorifies You. Grow patience, peace, love, and faithfulness in me—even in the fight. I trust that You are working in every moment. In Jesus' name, Amen.



Session 5: Peace in the Middle

KEY SCRIPTURE:

"You will keep in perfect peace those whose minds are steadfast, because they trust in you." – Isaiah 26:3



DEVOTIONAL TEACHING:

There's something uniquely hard about being in the *middle*. Not the start, where excitement and clarity often carry you forward—and not the breakthrough, where you can finally breathe again. No, the middle is where things feel foggy. Tiring. Repetitive. You've obeyed God, you've said yes, you've taken the step... and now, you're waiting for what comes next. But nothing is clear.

That's when the questions creep in:

"Did I hear God right?"

"Why isn't anything changing?"

"Am I doing something wrong?"

The middle is where the enemy loves to whisper lies—because it's where we're most vulnerable to discouragement. But God offers us something the enemy can't take away: **perfect peace**.

Isaiah 26:3 says, *"You will keep in perfect peace those whose minds are steadfast, because they trust in You."* Did you catch that? Peace isn't a result of everything finally making sense—it's a result of a mind stayed on Him. Peace isn't found in knowing *what's next*—it's found in knowing *Who holds it*.

This session is about discovering peace *right in the middle of the unknown*. We learn that peace isn't something we wait for at the end of the storm—it's something we're invited to walk in while the storm still rages. Like Jesus sleeping in the boat during the storm in Mark 4, peace is about who's *with* you, not what's happening *around* you.

The truth is: we don't need fewer storms—we need deeper focus. A heart fixed on God becomes unshakable, even when everything else is in motion. When your mind is rooted in truth, peace will guard your heart like armor.

So, if you're in the middle of something right now—don't let go. Don't buy the lie that peace comes later. **You can have it now.** Right here. Right in the unknown. Right in the middle.

This is your moment to pause, breathe deep, and say, *“God, I trust You. Even here.”* Because peace is not about the path—it's about the posture of your heart.

REAL-LIFE EXAMPLE:

Amber had been walking through a long healing process. Her health was slowly improving, but she still had hard days. In the middle of that process, she began to make worship and gratitude part of her daily routine. Her body wasn't fully healed yet, but her peace grew stronger. The middle didn't change overnight, but her perspective did.

DIGGING DEEPER:

Study and reflect on these verses:

- Philippians 4:6-7 – What's the connection between prayer and peace?
 - John 14:27 – What kind of peace does Jesus promise?
 - Psalm 34:4 – How does seeking the Lord impact our fear and anxiety?
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DISCUSSION QUESTIONS:

1. Do you find it hard to trust God when you're in the middle of something and can't see the outcome?

2. What usually steals your peace during uncertain or transitional times?

3. What can you do this week to fix your thoughts on God instead of the problem?

CHALLENGE FOR THE WEEK:

Start each day this week by declaring Isaiah 26:3 aloud. Then take 3-5 minutes to breathe, pray, and refocus your heart before the day begins.

CLOSING PRAYER:

Lord, I don't want to just survive the middle—I want to walk through it with peace. Help me keep my mind fixed on You instead of the chaos around me. Fill my heart with Your calm assurance. I trust You in the middle, and I believe You're leading me through. In Jesus' name, Amen.



Session 6: Flourishing for a Purpose

KEY SCRIPTURE:

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." – Ephesians 2:10 (NLT)

DEVOTIONAL TEACHING:

Let's get something straight—**you weren't created just to survive**. God didn't breathe life into you so you could drift through your days just getting by. You were made to *flourish*. Not just in a feel-good, pretty-life-on-the-outside kind of way—but in a way that touches heaven and changes earth.

And here's the beautiful truth: **God never wastes a season.** The waiting, the stretching, the planting, the fight—it all has purpose. Every trial you've walked through, every tear you've cried, every moment of obedience that felt unseen... it's been shaping you. Preparing you. Not just for something ahead, but for who you are *becoming*.

Ephesians 2:10 tells us that we are **God's masterpiece**, created anew in Christ to do the good works He prepared for us long ago. That means before you were ever born, God already had purpose in mind for you. Your flourishing is not random. It's not accidental. And it's definitely not only for *you*.

You were made to be a blessing. God doesn't grow us just to decorate us with fruit—He grows us so that fruit can *feed* others. Your life has the power to encourage, equip, and strengthen someone else. And when you live from a place of rooted trust and surrendered purpose, that impact becomes unstoppable.

This final session is a **commissioning**. It's a reminder that your story matters. That your growth matters. And that everything God has done in you, He now wants to work *through* you. Whether that's in your home, your workplace, your church, or your community—He's calling you to plant seeds of hope, to be light in dark places, and to flourish in a way that reflects His glory.

Flourishing doesn't mean life is easy. It means your life is *fruitful*. It means you're available, surrendered, and willing. And that's where legacy begins.

So step into this. Own your calling. Walk boldly into the purpose God has been preparing you for. Because you weren't just meant to grow—you were meant to **give life**.

The world needs what's been planted in you.

REAL-LIFE EXAMPLE:

After years of wrestling with insecurity and fear, Jordan finally said yes to leading a Bible study in her home. She didn't feel like a 'leader,' but she obeyed God's nudge. What started with a few women around her kitchen table has grown into a thriving community of prayer, growth, and sisterhood. Jordan discovered that when we flourish in our season, we help others do the same.

DIGGING DEEPER:

Reflect on these verses about purpose and fruitfulness:

- Matthew 5:14-16 – How does your life reflect God’s light?
 - John 15:16 – What does it mean to be chosen and appointed to bear fruit?
 - Proverbs 3:5-6 – How does trusting God help us walk in our God-given path?
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DISCUSSION QUESTIONS:

1. How has God used your past or current season to shape your calling or purpose?

2. What do you believe God is calling you to step into right now?

3. What might be holding you back from fully walking in that calling?

CHALLENGE FOR THE WEEK:

Write a letter to yourself as if it’s from God. Speak over yourself what you believe He sees in you, what He’s calling you to, and how He’s been working in your life. Keep it somewhere visible to remind you that you were created with purpose.

CLOSING PRAYER:

God, thank You for making me on purpose and for a purpose. I want to flourish—not just for myself, but for Your glory. Help me to walk boldly in my calling, trusting that You will lead, provide, and equip me every step of the way. Use my life to plant seeds of hope in others. In Jesus’ name, Amen.



Flourishing Forward

As you close this study, take a moment to reflect on how far you've come—not just through the sessions, but through your *seasons*.



You've looked at what it means to be **rooted in trust**, how growth happens **in the dirt**, how God strengthens you **in the stretch**, produces fruit **in the fight**, gives peace **in the middle**, and calls you to **flourish for a purpose**.

Each part of your journey matters. Every high, every low, every quiet place in between—God has used it to shape you. And He's not finished. You are still growing. Still becoming. Still being prepared for everything He created you to walk in.

You may not always feel like you're flourishing—but remember: flourishing isn't loud. It's not always visible. It often happens in hidden places—deep in the soil of surrender, trust, and daily obedience.

Flourishing means staying rooted. It means refusing to give up when the season is hard. It means trusting that the Gardener knows what He's doing.

So keep planting seeds. Keep trusting the process. Keep showing up with a willing heart.

God isn't asking for perfection. He's asking for presence—yours. Because *His* presence is already with you.

This isn't the end of your story. It's just a new season beginning.

Now, go and flourish.