

Completed Listening Guides

There is a Season

Experiencing Contentment
in Every Season of Life

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INTRODUCTORY WEEK – Getting Honest: Are You Content?

I. Our destination: contentment

A. Our Itinerary:

1. The first part of our journey will involve understanding and identifying the seasons of life in order to:
 - discover your own current season of life, and to
 - gain insight about God's purposes throughout the seasons of your life.
2. The second part of our journey will involve learning the principles of contentment in order to:
 - apply them to your life in every season;
 - and to ultimately experience contentment in every remaining season of your life.

B. Defining Our Destination:

Contentment: to be satisfied with your possessions, status or circumstances.

- #### C. Our Starting Point:
- We know the destination, but, in order to get there, we must first honestly evaluate where we are right now.

II. Job's Journey:

A. *Job 1:1–3*—Job's Description:

spiritually = blameless, upright, Godfearing

physically = healthy and wealthy.

Result: content.

B. *Job 1:20–22, 2:10*—Job's Initial Response to Satan's Attacks:

he mourned and worshipped, blessed God,

did not sin, did not blame God.

- C. **Job 3–31**—Job’s Eventual Response:
spiritually = disillusioned.
physically = in pain and depressed.
Result: discontent.

D. **Two Truths:**

1. Immense suffering can cause even the strongest, most godly believer to experience discontent.
2. Few believers will ever experience the major suffering Job did, yet many of us are discontent when we experience even minor suffering.

III. **The Question: Why do so few Christian women experience ongoing contentment?**

Cole’s Unscientific Conclusions: 3 Groups of Women

- A. **Group 1—Contentment Chasers:** This group of women continually repeat a vicious cycle seeking satisfaction in many things.
Result: Disappointment.
- B. **Group 2—Contentment Cynics:** This group of women have chased contentment but have found it to be only fleeting.
Result: Disillusioned.
- C. **Group 3—Contented:** This rare group of women have discovered real joy, meaning, and purpose despite their season of life or their circumstances.
Result: Satisfied.

IV. **The Answer: If we want to experience ongoing contentment in every season of our life, we must—**

- A. Get honest with ourselves.
- B. If necessary, confess our sin and repent. *Job 42:1-6*
- C. Learn and live the scriptural principles of contentment. *Phil. 4:11-12*

WEEK ONE – She Said He Said: Proverbs 31 vs. Ecclesiastes 1

I. The Model Woman—*Prov. 31:10–31*

- A. Is a panoramic portrait of a woman through the seasons of her life.
- B. She lives a life of joy, meaning, and contentment.
Prov. 31:13, 18, 25, 29

II. Solomon—*Ecc. 1:1–14*

- A. Is the autobiographical account Solomon wrote during the latter seasons of his life.
- B. He lives a life of cynicism, emptiness, and discontent. *Ecc. 1:2–3, 8, 13b, 14*

III. Searching for Satisfaction:

A. Wisdom—*Ecc. 1:16–17*

- human knowledge
- intellectualism
- philosophy
- science

B. Pleasure—*Ecc. 2:1–2*

- entertainment
- fun / leisure
- creature comforts
- eating / food

C. Alcohol/Drugs—*Ecc. 2:3*

- drinking
- partying
- drugs
- prescription drugs

A Scriptural Perspective:

A. Wisdom—*1 Cor. 1:18–24, 30*

- worldly wisdom won't bring true knowledge of God
- knowing Christ brings true wisdom

B. Pleasure—*2 Tim. 3:1, 4, Titus 3:3, 1 Tim. 6:17*

- in the "last days" men will love pleasure rather than love God
- God has given us all things to enjoy

C. Alcohol/Drugs—*1 Tim. 5:23, Rom. 14:21, Eph. 5:18*

- useful for physical ailments
- not to cause others to stumble"
- not to be drunk but filled with the Spirit

WEEK ONE – LISTENING GUIDE

Searching for Satisfaction:

D. Works/Projects—*Ecc. 2:4–6*

- buildings / homes
- gardening / pools
- workaholism
- achievement / recognition

E. Possessions/Money—*Ecc. 2:7–9*

- servants
- more and more “stuff”
- greed

F. Sex—*Ecc. 2:8b*

- sensuality
- immorality
- internet “chat rooms” and websites

A Scriptural Perspective:

D. Works/Projects—*Col. 3:23, Luke 10:40–42*

- we are to work hard as for the Lord
- but work isn't to take priority over our relationship with God

E. Possessions/Money—*Mt. 6:19–21, 2 Tim. 6:6–8*

- we're to store up treasures in heaven not on earth
- godliness brings great gain if it is accompanied by contentment

F. Sex—*Heb. 13:4, 1 Cor. 6:18–20*

- within marriage is pure
- God will judge immorality
- our bodies are God's temple

IV. Final Conclusions:

- A.** Life is empty and a “chasing after the wind” when it is centered around worldly, temporal pursuits. *Ecc. 2:11*
- B.** But, a life of joy, meaning, and contentment can be experienced because Christ has redeemed us from futility.
1 Pet. 1:17b–19, 1 Cor. 15:58

WEEK TWO – The Seasons of Life

I. As Christian women, we will experience many different types of seasons which will simultaneously combine to affect us in many positive and negative ways throughout our lifetime.

A. Physiological Seasons: caused by hormones and our reproductive system including...

puberty, periods, and PMS

pregnancy and childbearing

mid-life malaise / perimenopause

menopause

post-menopause

B. Seasons of Circumstances and Life Experiences including...

childhood, teen, adult experiences

relationships / friendships

singleness/marriage/divorce/remarriage

joy and sorrow

health and sickness

Ecc. 3:1-8 seasons of

circumstances

C. Spiritual Seasons: including...

conviction and salvation

spiritual growth / babe in Christ / mature

testing and discipline

II. As Christian women, our faith in God and His Word must always be the primary factor in determining how we live and respond to **every** season of our lives.

WEEK TWO – LISTENING GUIDE

III. Walking by Faith in Every Season—*Ruth 1–4*

A. Two Women Who Walked by Faith:

	<u>Naomi</u>	<u>Ruth</u>
Physical	<u>older / Season 5</u>	<u>young / Season 1</u>
Circumstances	<u>grief / loss / uncertainty / fear</u>	<u>grief / loss / uncertainty / fear</u>
Spiritual	<u>faith is being tested</u>	<u>new to faith in God</u>

B. In Seasons of...

1. Extreme and difficult circumstances, God is pleased by our wobbly, “baby steps” of faith. *Ruth 1*

We may struggle with

unbelief anger
despair God
bitterness

2. Routine, day-to-day activities, God is pleased by simple, obedient steps of faith. *Ruth 2*

These simple steps will:

ultimately lead us to God's purpose and will for our lives
teach us to seek Him first in every detail of our lives

3. Testing, God may require us to take a leap of faith in order to follow Him. *Ruth 3*

we may risk looking foolish
we must do ALL God requires

4. Blessing, we will experience God's reward of faith. *Ruth 4*

joy and peace
fuller understanding of God's purpose
deeper trust and faith in God

WEEK THREE – The Seasons of David’s Life

I. What is a season?

Definition: Season⁴ = Hebrew “*eth*” which means:

- time
- the right time
- the proper time
- may be either short-lived or a longer time
- the (favorable or unfavorable) events in life
- in the plural it means circumstances, courses of time, occurrences, and events

II. What have we learned about seasons thus far?

- A. God is sovereign over the seasons of our lives. *Ecc. 3:1–8*
- B. As Christian women, we will experience many different types of seasons which will simultaneously combine to affect us in many positive and negative ways throughout our lifetime.
- C. As Christian women, our faith in God and His Word must always be the primary factor in determining how we live and respond to every season of our lives.

III. What other principles should we understand about the seasons of life?

The seasons of our lives will

- A. Be determined primarily by the *events* and *circumstances* of our lives.
- B. *Change* throughout our lives and will *vary* in their length.
- C. Often *mirror* the characteristics of the seasons of nature.
- D. Not always correlate with our physical *age* or *stage* in life.
- E. Not always *precede* and *follow* one another in a consistent order as the seasons of nature do.

IV. Evaluating the Seasons—1 Samuel 16–20

A. *Spring*—1 Sam. 16:11–13

1. Evidence of Spring:
 - season of *peace / tranquility*.
 - season of *routine responsibilities / rut*.
 - season of spiritual *growth* and “*planting*.”
 - season of growing *intimacy* with God.
2. Essentials for Spring:
 - seek Him *first*. *Matt. 6:33*
 - seek Him in extended *stillness* and *solitude*.
Psalms 23:2-3, 46:10
 - seek *spiritual growth* through His Word. *1 Pet. 2:2*

WEEK THREE – LISTENING GUIDE

B. Summer—1 Sam. 16:14–21, 17:17–18:4

1. Evidence of Summer:
 - season of new opportunities.
 - season of increased responsibilities.
 - season of spiritual fruitfulness.
 - season of busyness.
2. Essentials for Summer:
 - guard your priorities. 2 Cor. 11:3
 - guard your motives. John 7:18, 1 Cor. 10:31
 - guard your pride. John 15:15

C. Autumn—1 Sam. 18:5–11

1. Evidence of Autumn:
 - season of change.
 - season of uneasiness / insecurity / uncertainty.
 - season of new/unexpected challenges.
 - season of temptation.
2. Essentials for Autumn:
 - seek and walk in wisdom. Eph. 5:15–18, Jas. 1:5, 3:17
 - seek godly counsel. 1 Sam. 19:18
 - seek God through:
 - a. submissiveness to His Will, and
 - b. for security in your circumstances. Ps. 9:9–10, Prov. 18:10

D. Winter—1 Sam. 20:41–42

1. Evidence of Winter:
 - season of sorrow / grief.
 - season of loneliness / isolation.
 - season of letting go.
 - season of brokenness.
2. Essentials for Winter:
 - grieve the loss. Ecc. 3:4 and 6
 - cry out to God: PRAY. Ps. 142
 - constantly
 - honestly
 - humbly
 - specifically
 - have faith. v. 7
 - offer God the sacrifice of praise. Is. 61:3, Heb. 13:15

WEEK FOUR – In Every Season: Godsend and Giants

I. **Godsends:** the significant and influential people God sends into our lives to impact our lives for His divine purposes.

II. **Principles we learn from the Godsends in David's life:**

Godsend # 1—Samuel

1. They may recognize and affirm God's anointing/call upon our lives before we even become aware of it ourselves. *1 Sam. 16:10–13*
2. They are people we can trust, they're "safe." *1 Sam. 19:18*

Godsend # 2—Jonathan

3. They may be our peer, and may eventually become our dearest friend. *1 Sam. 18:1–3*
4. Our relationship with them may be limited in time, but the effects of the relationship will mark us for the rest of our lives. *2 Sam. 21:7*

Godsend # 3—Nathan

5. They will be a source of sound, timely, and godly counsel enabling us to discern God's will for our lives. *2 Sam. 7:1–17, 1 Ki. 1:5–39*
6. They will confront us when we sin, and will tell us the truth, the whole truth, and nothing but the truth in order to bring us to repentance and restoration. *2 Sam. 12:1–15*

Godsend # 4—Hushai

7. God often sends them when we are experiencing a season of winter / sorrow. *2 Sam. 15:23, 30*
8. They often show up as answers to our prayers. *2 Sam. 15:31–37*

Godsend # 5—Joab

9. They enable us to see our blind spots. *2 Sam. 19:1–8*
10. They will not always be completely without fault, but God can still use them in our lives for His good purposes. *1 Kings 2:5–6*

WEEK FOUR – LISTENING GUIDE

III. Giants: the difficult circumstances, people, trials, and testings God sovereignly allows us to face in order to mature our faith and increase our dependence upon Him.

IV. Four Types of Giants:

1. Satan—who seeks to destroy us. *1 Pet. 5:8, Eph. 6:10–18*

Our response:

- Be sober and on the alert.
- Resist him, firm in your faith.
- Put on the spiritual armor of God.

2. Sin—”giants” of our own making. *Jas. 1:14–15, Gal. 5:16, Rom. 6:11–14*

Our response:

- walk by the Spirit.
- Consider yourself dead to sin and alive to God.
- Do not let sin reign in your life.
- Present your body to God as an instrument of righteousness.

3. Someone—an enemy; a living, breathing person. *2 Tim. 4:14–17, Matt. 5:44, 6:14–15*

Our response:

- Be on guard.
- Rely upon and rest in God’s presence and strength.
- Pray for your enemies.
- Forgive your enemies.

4. Circumstances—trials and testings God sovereignly allows us to experience. *Jas. 1:2–4*

Our response:

- Consider them as a joy because ...
- They test our faith;
- They produce endurance;
- They mature / complete us.

V. Principles we learn from the Giants in David’s life:

1. We will face giants throughout our entire lifetime.
2. We will never face a giant alone.
 - God is always with us, and
 - He often sends Godsend to help us.
3. We may not defeat every giant in every battle, but we can repent, be cleansed and press on with clean hands as David did.

WEEK FIVE – The Seasons of Your Life

I. Journey Update

A. **Our Destination:** contentment—to be satisfied with your possessions, status, and circumstances.

B. Our Itinerary: Two-Part Journey

1. Part I: understanding and identifying the seasons of life in order to discover your own current season of life, and to gain insight about God's purposes throughout the seasons of your life.

Primary Process: ASSESSMENT

2. Part II: learning the principles of contentment in order to apply them to your life in every season of your life.

Primary Process: APPLICATION

C. **Final Result:** Assessment + Application = Contentment

II. Today's Topic: The Struggle to Transition from Part I to Part II

A. Between Part I and Part II we may still struggle with:

1. Many unanswered questions: Why God?
2. Ongoing pain and hurt from past and present circumstances.
3. Ongoing anger, bitterness, and unforgiveness.

B. The keys to overcoming the struggle:

1. cease striving / let go. *Psalm 46:10*
2. submit to God's sovereignty.

WEEK FIVE – LISTENING GUIDE

III. Facts We Must Face...as learned from the life of Joseph:

- A. God has a dream / plan for our lives, but Satan will attempt to thwart it. *1 Pet. 2:5–9*
- B. unjust suffering is part of God's plan for our lives. *Phil 1:29*
- C. Others may forsake and forget us, but God never will.
Is. 49:14–16
- D. Bitterness brings bondage, but forgiveness brings freedom. *Gen. 45:4–8, 50:19–20*
- E. What others intend for evil, God can use for good.
Is. 53:5, 7, 10–12

Joseph's response to the struggles he faced: submission to God

IV. Truths We Must Embrace...to “cease striving” and submit to God's sovereignty

- A. There is a season for everything in life. *Ecc. 3:1*
Apply: This season is God's season for my life.
- B. God has made everything beautiful/with purpose in its time. *Ecc. 3:11a*
Apply: This season in my life has purpose.
- C. God has made us long for eternal significance in our lives. *Ecc. 3:11b*
Apply: There is eternal significance in this season of my life.
- D. We cannot fully know the eternal significance of our lives this side of eternity. *Ecc. 3:11c*
Apply: I may not know the eternal value of this season now, but by faith, I believe God will reveal it in the future.

Final Truth: The road to contentment begins with a cross.

WEEK SIX – Rejoicing in Every Season

I. Solomon's Conclusions—*Ecc. 3:1–11*

- A. There is a season for everything in life. *Ecc. 3:1–8*
- B. God has made everything beautiful, appropriate, and with purpose in its time. *Ecc. 3:11a*
- C. God has made us long for eternal significance and meaning in our lives.. *Ecc. 3:11b*
- D. We cannot yet fully know the eternal significance, value, and purpose of our lives. *Ecc. 3:11c*

II. Solomon's Instructions—*Ecc. 3:12–14*

- A. In this study, we will call the first three instructions the 3 Doors to Contentment.
- B. The first instruction, rejoice, is the first, door to contentment.
 - 1. OT/Hebrew definition of rejoice¹⁶
 - to brighten up
 - to cheer up
 - to be or make glad
 - 2. Ecclesiastes teaches we are to rejoice...
 - in our everyday, routine activities, and work. *Ecc. 3:22*
 - in our labor that we consider to be drudgery and unsatisfying. *Ecc. 5:19*
 - throughout our lives; in every season. *Ecc. 11:8–9*

III. Scripture Teaches that Joy/Rejoicing...

- A. Is the result of salvation—a work of grace. *John 16:20*
- B. Cannot be taken away from us. *John 16:22*
- C. Is a command, thus, a choice. *1 Thess. 5:16*
- D. Is to be expressed continually. *1 Thess. 5:16, Phil. 4:4*
- E. Is the opposite of grumbling / complaining. *Ecc. 15:24, 16–17, Numbers 14 reveals it can cost us God's blessing.*
- F. Is often expressed in praise and in song. *Luke 10:21, Eph. 5:18–20.*

WEEK SIX – LISTENING GUIDE

IV. Paul's Example: I can rejoice in the Lord always because...

A. Christ is my life. *Phil. 1:12–21*

1. Despite my status in life (prisoner). *Phil. 1:7, 13–14, 17*
2. By focusing on the eternal not the temporal. *Phil. 1:22–23*

B. Christ is my example. *Phil. 2:5–8, 17*

1. Despite my self. *Phil. 2:3–4*
2. By focusing on submission, servanthood, and sacrifice.
Phil. 2:3–9

C. Christ is my goal. *Phil. 3:8–15*

1. Despite my past—the good and the bad. *Phil. 3:4–7*
2. By focusing on knowing Him. *Phil. 3:8–15*

D. Christ is my strength. *Phil. 4:13*

1. Despite my possessions and circumstances. *Phil. 4:11–19*
2. By focusing on prayer and His provision. *Phil. 4:6–19*

WEEK SEVEN – Doing Good in Every Season

I. Review

- A. In Ecclesiastes, Solomon's search for meaning in life is ultimately a search for contentment / satisfaction in life.
- B. In Ecclesiastes 3:12–14, we see three instructions that will enable us to experience joy, meaning, and contentment in every season of our lives.
- C. In this study, we are calling these instructions, the 3 Doors to Contentment.
1. Door # 1 = Rejoice
Focus on God
 2. Door # 2 = Do Good
Focus on others

II. Scripture teaches we are to...

- A. Do good in our lifetime. *Ecc. 3:12*
- B. Do good with all of your energy. *Ecc. 9:10*
- C. Do good to all men and especially to other Christians. *Gal. 6:10*
- D. Do good as for the Lord rather than for men. *Col. 3:23*
- E. Do good so that others will see your good works and glorify God. *Matt. 5:14-16*

III. Questions and Answers—*Matt. 25:14–29, 1 Cor. 3:11–15*

- Q. What are the seven words every Christian longs to hear?
- A. well done, good and faithful servant.
- Q. Who will hear these words?
- A. All who have been faithful servants / stewards of Christ.
- Q. How will we be judged?
- A. According to our words / deeds & motives.
- Q. What will be the outcome of the judgment?
- A. **We will receive** reward **or we will** suffer loss, **but we cannot** lose our salvation.

WEEK SEVEN – LISTENING GUIDE

IV. Role Models Who Will Hear, “Well Done”

A. Dorcas—Acts 9:36–42

- she was abounding in good works.
- she served the Lord by serving others continually.

B. Phoebe—Rom. 16:1–2

- she was a servant of the church.
- she was a helper of many, and of Paul as well.

C. Priscilla and Aquila—Rom. 16:3–5, Acts 18:18–28

- fellow workers in Christ Jesus.
- their home was used as a church—good stewards.

D. Mary, Tryphaena, Tryphosa, and Persis— Rom. 16:6 and 12

- all of these were women.
- all of these shared this in common: they worked hard for the Lord.

E. Rufus' mother—Rom. 16:13, Mark 15:20–21

- ministered to Paul as a “mother.”
- her background: Jewish from Cyrene / N. Africa.
- her husband: Simon, who helped carried Jesus' cross.
- her love and ministry to Paul was an extension of her love for Christ.

Door # 2: Doing good...because He has done so much for me!

WEEK EIGHT – Seeing Good in Every Season

I. Principles of Contentment

- A. Submit to the Four Truths about life. *Ecc. 3:1–11*
- B. Practice the 3 Doors to contentment. *Ecc. 3:12–13*
 - 1. Door # 1 = Rejoice: Focus on God.
 - 2. Door # 2 = Do Good: Focus on others.
 - 3. Door # 3 = Seeing Good / Enjoying Good: Focus on our attitude and our experiences.

II. Scripture teaches we are to...

- A. See good and enjoy the good of both our labor and our life.
Ecc. 2:24, 3:13
- B. Enjoy life with those we love. *Ecc. 9:9*
- C. Recognize our life, labor, and our loved ones are a reward and gift from God.
Ecc. 2:24, 3:13, 5:18, 9:9

III. Enjoying your life and labor:

Principles to Practice

- 1. Keep your priorities God's priorities. *Matt. 6:31–34*
- 2. Delight in the Lord. *Ps. 37:4, 90:14, 100:2, 16:11*
- 3. Stop worrying about everything and start praying about everything. *Phil. 4:6–8*
- 4. Count your blessings often. *Ps. 103:1–14*
- 5. Recognize your season and accept its limitations, and embrace its opportunities.
Ecc. 3:1–8
- 6. Simplify your schedule and your responsibilities. *2 Cor. 11:3*
- 7. Stop trying to please everybody. *Luke 4:14–30*

WEEK EIGHT – LISTENING GUIDE

8. Make the 3 R's a regular part of your life: rest, renewal, and recreation. *Gen. 2:1–3, 1 Tim. 6:17*
9. Purposefully plan and schedule fun family activities. *Ecc. 3:4*
10. Practice hospitality. *Rom. 12:10a, 13b*

WEEK NINE – The Key to Contentment

I. Principles of Contentment:

A. Submit to the Four Truths about life. *Ecc. 3:1–11*

1. There is a season for everything in life.
2. God has a purpose in each season.
3. God has made us long for eternal significance.
4. We don't always get to know—this side of eternity.

B. Practice the Three Doors to Contentment. *Ecc. 3:12–13*

1. Rejoice in every season.
2. Do Good.
3. See Good.

C. Use the key: Fear God. *Ecc. 3:14*

II. Scripture teaches we are to fear the Lord because:

A. His works and His ways are eternal and perfect. *Ecc. 3:14*

B. Life will be well for those who fear Him, and life will **not** be well for those who do not fear Him. *Ecc. 8:12–13*

C. It is the final conclusion, the primary truth that applies to every person.
Ecc. 12:13

D. It is linked to obeying God / keeping His commandments. *Ecc. 12:13*

E. God will bring every act to judgment. *Ecc. 12:14*

WEEK NINE – LISTENING GUIDE

III. What does it mean to fear the Lord?:

- A. It involves **BOTH** attitude and action.
1. Attitude: Reverence to God because of His power and position.
 2. Action: results in the desire to please Him **AND** the choice to obey Him.
- B. Therefore, if I say I fear the Lord I will respect **AND** obey Him.

IV. Three who feared the Lord:

- A. Noah *Gen. 6:5–9, 13, 22, Heb. 11:7*
- B. Abraham *Gen. 22:1–3, 5, 12, 15–18*
- C. Hebrew midwives *Ex. 1:17, 21*

These examples reveal that faith, submission, sacrifice, courage, and blessing are all characteristics of those who fear the Lord.

V. Choosing Contentment:

- A. I *cannot* unlock the doors to contentment by...
- waiting until I feel like rejoicing,
 - waiting for my season or my circumstances to improve before I do good,
 - or waiting until I can see the value of all I'm doing.
- B. I *can* unlock the doors to contentment when I choose to...
- rejoice,
 - do good,
 - and see good
because I fear God.

WEEK TEN – The Harmony of Proverbs 31 and Ecclesiastes 1

I. You should not be content with...

- A. An abusive relationship. *Gen. 2:18–25, Col. 3:18–19, Eph. 5:22–29, 1 Cor. 7:10–15*
- B. Any known sin in your life. *1 John 3:9, 1 John 1:9*
- C. A lack of spiritual growth. *1 Pet. 2:2, 2 Pet. 3:18*
- D. Anything less than full-hearted devotion and love for the Lord.
Matt. 22:37

II. Evaluating the Model Woman and Solomon

In Every Season of Life...

The Model Woman

- Possessed genuine faith in God
- Believed God's commands
- Practiced God's commands
- Feared God
- Experienced joy and meaning in life
- Experienced satisfaction/contentment

Solomon

- Possessed genuine faith in God
- Believed God's commands
- Practiced God's commands
- Feared God
- Experienced joy and meaning in life
- Experienced satisfaction/contentment

Their legacies...

The Model Woman's life is an example for all of us to emulate because she chose to fear and follow the Lord fully throughout every season of her life.

Solomon's life is a warning for all of us to heed because he chose not to fear and follow the Lord fully throughout every season of his life.

III. Following God Fully

A. The Example: *Christ*

1. He fully emptied Himself of His Peace as God. *Phil 2:5-7*
2. He fully satisfied all righteousness. *Matt. 3:15*
3. He fully wrought each of His miracles. *Matt. 4:23, 8:16, 14:20, John 2:3–10*
4. He fully paid the penalty of our sin. *John 19:30*

B. The Motive: *Jesus fully gave so that we could experience life to the full. John 10:10*

C. The Call: *“Follow Me” is Jesus’ high call to us. Matt. 4:19, 8:22*

D. The Requirements:

1. Supreme love. *Matt. 10:37*
2. Take up your cross. *Matt. 10:38*
3. Self-sacrifice. *Matt. 10:39*

E. The Result: *Those who fully follow Christ throughout every season of their lives will experience “life to the full”—contentment and satisfaction in this life—and they will leave godly examples for others to follow.*