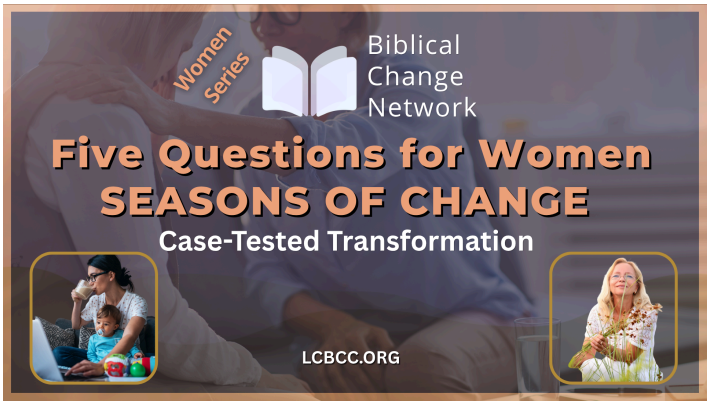


Five Questions in Seasons of Change

Case-Tested Transformation — Trusting God with Every Season of a Woman's Life

Biblical Change Network Live · with Kim Blankenship, LCBCC counselor

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Biblical answers. Practical hope. A conversation that matters.

For 25 years at the Lowcountry Biblical Counseling Center we have sat with women in the middle of a change they did not choose and could not stop: the first months of a marriage, a first baby, a baby who never came, a move, a promotion, a teenager, an empty house, a body that no longer does what it did. The change itself is rarely the problem that brings a woman to counseling. What the change exposes is.

That is why the questions below do not start with the season. They start with what the season is revealing — about what she fears, what she has been trusting, what she has been living for, and who she believes she is. The God who appointed the season is present in it, and He is teaching something in it.

These five questions were not developed by AI. They reflect five areas that God's Spirit spoke into in this real biblical counseling case — resulting in transformation. The five areas are in the form of five questions because questions are used by the Spirit to help us connect God's words to our needs. This month the questions are shaped by Kim Blankenship's counsel to women in seasons of change.

"For everything there is a season, and a time for every matter under heaven." — Ecclesiastes 3:1

What you'll experience in this BCN Episode

- **A short teaching** on why every season has a purpose, and the seasons that most often bring a woman to counseling.
- **Five questions,** each answered first by Shauna — a wife, mother and grandmother who sought biblical counseling in her late fifties when a family crisis exposed a forty-year root — and then opened up by Kim.
- **A word from Kim Hanna,** a family nurse practitioner, on why the counselor must look at the whole person.
- **Kim Blankenship's** data-gathering questions, common heart responses, and hope-work for this season.
- **A live Q&A** with our counselors, to make it yours.

The five questions we'll walk through

1. What does this season tempt me to fear most — and what does that fear say I believe about God?
2. What would I be free to do differently in this season if I trusted God for the results?
3. What lies at the root that is leading to all the fruit?
4. Who am I before God through Christ — and is that enough?

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5. What is God seeking to teach me through this season?

Before the Questions: Every Season Has a Purpose

Kim opens here. A transition is rarely the problem; what it exposes is. Seasons of life bring both an opportunity for growth and a walk through loss and grief — and they come in the same door.

FROM KIM BLANKENSHIP'S COUNSELING OUTLINE

I. Every Season has a purpose.

- Trusting God and looking for a purpose.

Resource: The Hope of Transformation – Abounding In Hope Study with Media Links

- Ecclesiastes 3:1 "For everything there is a season, and a time for every matter under heaven.
- Transitions often expose issues of the heart.
- Seasons of life produce both an opportunity for growth and a walk-through loss and grief.

Possible seasons which bring counselee's to counseling:

- First months of marriage
- Pregnancy/first child
- Infertility/mischarge
- Job changes or promotion
- Education opportunities
- Teenage years
- Health challenges
- Empty nester
- Marriage of son or daughter
- First Grandchildren
- Wife's first job outside the home
- Husband retires
- Caregiver for aging parents
- Caregiver for aging spouse
- Loss of spouse, child, grandchild, parent,...
- ETERNITY (Our Final Season)

WRITE IT OUT

1. Circle your season. Which of the seasons above are you in, or approaching? Circle every one that applies. If yours is not listed, write it here: _____

The Outline

QUESTION 1

What does this season tempt me to fear most — and what does that fear say I believe about God?

What ruling fears and lies is this challenging season exposing?

A season you dread tells you what you have been trusting. If the thought of the empty house, the diagnosis, the move, or the wedding fills you with controlling fear, the fear is pointing at something: a place where you have quietly believed that your purpose, your safety or your usefulness depended on the season staying as it

was. Fear of a future season is almost never about the season. It is a statement about who you believe holds it.

Shauna, in the empty nest: "If I know my lane, then I know I can perform well… my fear was, how am I going to look to them? Are they going to want me and include me?" The fear was of a season; the belief underneath was that her children decided her worth.

FROM KIM BLANKENSHIP'S COUNSELING OUTLINE

II. Questions for the woman approaching the Seasonal change.

Resource: What Does it Mean to Trust God?

- Grief and change – Morning what has been and is no longer.
- Loss or change in identity or role changes in capacity and ability.
- Loneliness
- Change in Marriage
- Change in adult/child relationship
- Change in friendships and routines
- Questions of purpose and identity

WRITE IT OUT

1. When I picture this season going badly, what exactly do I see — and who is missing from the picture?
2. Finish the sentence: "If God is really _____, I would not be afraid of this." What does the blank reveal?
3. Whose opinion or approval of me this season do I fear the loss of most? Why are they the audience of my life more than God? What reward or blessing are they able to bestow on me that I deeply desire? Why is this greater than the good God has already given me and promises me?
4. From Kim's list above, circle every current or future change you are grieving or dreading. Which one do you avoid talking about?

Passages: Ecclesiastes 3:1 · Mark 4:40 · Isaiah 41:10 · Psalm 56:3–4 · Proverbs 29:25

QUESTION 2

What would I be free to do differently in this season if I trusted God for the results?

What does it mean to walk as if I trusted God for what I cannot control?

Most of what changes in a season is outside your control — an adult child's choices, a husband's job, a body's hormones, a friend who moved away. Trusting God is not a feeling about those things. It is a way of walking through them: doing what He has actually given you to do, and leaving the results with Him. "We are responsible for faithfulness. The results are in God's hands" — that line, Shauna said, was the most relieving thing she heard in counseling.

Trusting God for what you do not control looks like stewardship. Shauna and her husband could not change their adult children's choices; they chose to love and do good (Psalm 37:3) — "instead of trying to change them, "save" them from something we fear, to see something we see." When a son-in-law's job interview could have moved her youngest daughter and a seven-month-old grandson out of state, her prayer was, "Lord, I want your good for them… I want your good more than I want not to hurt." "We're no longer their authority. Their authority is the Lord God Almighty." So when does the parent of an adult child insert

something — because it is the kindness of God and what God is telling her to do (Romans 2:4) — and when does she keep her mouth shut?

In these situations you need to humbly evaluate our trust in God if the issue is big or small, a conviction or preference, a repeated issues or one-time event, etc. For further help on this, look at the course "Unity in Conflict" (unityinconflict.com) or the specific session from UIC on the toolbox, "Examine Your Concern." (https://lcbcc.org/counselor-toolbox/)

Before you speak into a young adult's life, there is one more thing to fear, and it is not the outcome you are projecting. It is grieving the One who is in charge of the outcome. "Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God" (Ephesians 4:29–30). The more we say for the Spirit, the less He can say. You do need to say something sometimes — but you must weigh it carefully.

FROM KIM BLANKENSHIP'S COUNSELING OUTLINE

- What am I trying to control
- Stewardship rather than control
- Grieving appropriately

WRITE IT OUT

1. What am I doing right now to produce a result that only God can produce? (Psalm 37:3–5; 1 Corinthians 3:6–7)
2. What is actually mine to be faithful in this week — and what have I been carrying that is His?
3. If I believed "the kindness of God leads to repentance" (Romans 2:4), what would I stop saying, and what would I start doing?
4. Grieve honestly: what has this season taken that will not come back? Tell God so in writing (Psalm 62:8).
5. Weigh the concern before you raise it, using the Examine Your Concerns chart from Pursuing Unity in Conflict: Is it a difference, or has it become a conflict in me (James 4:1–2)? Is it mine to raise? Is it worth raising now? Can I raise it with the kindness of God (Ephesians 4:29), or only with urgency?

Passages: Psalm 37:3–7 · 1 Corinthians 3:6–7 · Romans 2:4 · Ephesians 4:29–30 · 2 Timothy 2:24–25

A word before Question 3: the whole person

Before asking what the heart is doing, a wise counselor asks what the body is doing. Kim Hanna, a family nurse practitioner completing the Change That Sticks course, puts it plainly: think about the person as a whole. Where is she in life — adolescence, pregnancy, postpartum, perimenopause, menopause? Has she had a checkup with blood work in the last year? Undiagnosed low thyroid alone can show up as fatigue, irritability and frustration. Encourage her to be open with her medical provider about the fact that she is in counseling, and open with you about what the doctor found. And then — her words — "not blaming actions or words that we say on the physical, still taking responsibility for ourselves." Sleep, nutrition and movement matter in every one of these struggles.

This is general education, not medical advice. Talk with your own medical provider about your situation.

FROM KIM BLANKENSHIP'S COUNSELING OUTLINE

III. Hormones and Biblical Counseling

- What counselors should understand about prepuberty/puberty/teenage/ adulthood hood/infertility/pregnancy/miscarriage/perimenopause/ menopause/ and physical changes
- Sleep, fatigue, mood changes, and physical symptoms
- Why counselors should not dismiss physical factors
- Why counselors also should not make hormones the ultimate explanation
- When to encourage medical evaluation

CHECK IT OUT

1. When was your last physical with blood work? If it is more than a year ago, make the appointment this week and tell your provider you are in counseling.
2. Sleep · nutrition · movement — which of the three has slipped in this season? Write one change you will make.
3. Complete this sentence honestly: "My body is affecting my mood, and I am still responsible for _____."

QUESTION 3

What lies at the root that is leading to all the fruit?

What desires rule my heart, and whose glory am I living for?

An idol is a good thing that has become the thing — the desire that must be met for life to be all right. In a season of change the idol is usually the thing the season took: being the center of the family, being needed, being young, being sure. Shauna spent forty years "whacking at the branches" — one behavior after another — until she saw the root: "My desire gives birth to sin, and sin gives birth to death… it's not a hundred different roots" (James 1:14–15).

The cost is real. It cost her decades of an eating disorder, an obsession with the mirror, a fear of man in every relationship. Kim's first question to her was the one that exposed it: whose glory am I living for? "How can you believe, when you receive glory from one another and do not seek the glory that comes from the only God?" (John 5:44).

FROM KIM BLANKENSHIP'S COUNSELING OUTLINE

IV. The Heart of the Matter – A counselor should be able to data gathering according to

Resource: A Biblical Change Model & Practical Biblical Meditation

- What has changed
- What am I wanting
- What am I believing
- What am I fearing
- What am I trying to control
- What does God say about this season

Common Heart Responses

Resource: Lie vs. Truth Cards

- "I am no longer needed,"
- "My best years are behind me."

- “My children don’t need me anymore.”
- “I don’t know who I am anymore.”
- “My Husband and I don’t know how to relate anymore.”
- “I have nothing meaningful left to do.”
- “I can’t handle these changes.

WRITE IT OUT

1. Which branch have I been whacking at for years — and what keeps growing back?
2. Finish the sentence: “For life to be all right in this season, I must have _____.” Is that a desire, or has it become a demand? What has it already cost me?
3. When I walk into a room in this season, what do I want people to say about me? (John 5:44)
4. Work Kim’s six questions in order for my season: What has changed? What am I wanting? believing? fearing? trying to control? What does God say about this season?
5. Which of the seven heart responses above have I said, or thought? Circle them. Beside each, write the truth God’s Word puts in its place.

Passages: James 1:14–15 · James 4:1–3 · John 5:44 · Jeremiah 2:13 · Luke 6:43–45

QUESTION 4

Who am I before God through Christ — and is that enough?

Enough to uproot my idols and rest in confident contentment?

“I don’t know who I am anymore” is the sentence of the season. It is the honest one, because the identity was built on the role, and the role changed. The gospel gives an identity that does not change with the season: “just the knowing that who I am has everything to do with who God is. I’m just a vessel, and I’m just here to steward what He has entrusted to me.” A steward is never out of a job. She is only ever handed a different trust.

Kim’s counsel to Shauna began here — you are a steward of your body, your time, your afternoons with grandchildren, your hours of training. And Kim’s picture of the Christian in a hard season: we are not steel pots but clay pots, and the cracks are where the light gets out (2 Corinthians 4:7). “If God is everything and I get Him, then I’m getting everything.”

FROM KIM BLANKENSHIP’S COUNSELING OUTLINE

Counseling toward Biblical Hope

- Identity in Christ
- God’s Faithfulness through every season
- Stewardship rather than control

WRITE IT OUT

1. Finish the sentence three ways: “Before this season I was _____.” “Now I am _____.” “In Christ I am _____.” (2 Corinthians 5:17; 1 Peter 2:9–10; Ephesians 2:10)
2. What has God entrusted to me in this season — people, hours, a body, a skill, a table? Would I steward it differently if I believed I am a vessel, not the nucleus?

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3. Where am I still trying to "be something" — and what would it mean to say God is everything, and I have Him? (2 Corinthians 4:7)

Passages: 2 Corinthians 4:7 · 2 Corinthians 5:17 · 1 Peter 2:9–10 · Ephesians 2:10 · Philippians 4:11–13

QUESTION 5

What is God seeking to teach me through this season?

What would I miss if I only asked how to get out of this season?

Every season is a classroom, and the lesson is never only about the season. Ask the question in the present tense — not "what did I lose?" but "what is He teaching me right now?" Shauna's answer: the simplicity of God's Word; how to meditate on it personally and conversationally instead of dutifully; that serving her husband's mother, now in a nursing home, on the days she would rather have been with the kids and grandkids, was the very place God had put her — "you have me here to love her through serving her, so let me do it in a way that pleases you."

And the hope underneath it: "You don't have to go back and dig up your whole past in order to move into the future with hope. It's beautiful what it offers. It offers hope. It offers a finish." The season will change again. What He teaches in it does not have to be learned twice.

FROM KIM BLANKENSHIP'S COUNSELING OUTLINE

Counseling toward Biblical Hope (continued)

Resource: See the last page — Kim's "Where Do You Go From Here?" Four Pillars worksheet

- Grieving appropriately
- Renewing the mind
- Serving others
- Investing in other women
- Developing a renewed vision for this season

WRITE IT OUT

1. Complete: "In this season God is seeking to teach me _____." If I cannot finish it yet, write what I would want it to be.
2. What truth has He put in front of me this month that I needed the very same day?
3. Who has He placed in front of me to serve that I would rather not be serving — and what is He teaching me there?
4. What is my purpose in this season — not after it?
5. Renewing the mind — choose one passage from this handout and build your first "scripture stack": write it on a card you can carry. Meditate on it daily for two weeks using the five turns below.
6. Serving others — name one woman in an earlier season than yours whom you could invest in this month. What is the first step?
7. A renewed vision — write three sentences describing this season as God might describe it: what it is for, who it is for, and what it is producing (Romans 5:3–5).
8. Fill in Kim's Four Pillars on the last page. Sign it.

Passages: Romans 5:3–5 · Psalm 119:71 · Ecclesiastes 3:11 · Matthew 25:40 · Titus 2:3–5

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Essential habit — "Affective" meditation: feeding the heart one true thing, slowly

Scripture memory had felt to Shauna like "one of the things on your good Christian to-do list… very dutiful, obligatory." What changed it: "practical biblical meditation really helped to give me a way to approach that that was so personal and so conversational with the Lord… and that inner work has brought about such an outer change in me." That is the practice taught in How to Affectively Meditate on the Word. Take one passage — Ecclesiastes 3:1–11, Psalm 37:3–7, James 1:14–18, 2 Corinthians 4:7–18, 2 Corinthians 5:17 or 1 Peter 5:6–11 — and take these five turns:

- **Adoration —** worship God based on what the passage reveals about Him.
- **Confession —** acknowledge areas where you have fallen short in applying the principle.
- **Thanksgiving —** express gratitude for God's truth and His work in this season of your life.
- **Supplication —** ask for specific help to walk faithfully through this season.
- **Preparation —** anticipate the moments this week when the fear, the grief or the old idol will rise, and premeditate your response from the passage.

Go deeper

- How to Affectively Meditate on the Word — the five-turn practice above.
- The Hope of Transformation — Abounding in Hope study with media links
- The Seven Hopes of the Heaven-Bound Saint — session 1 of the same study.
- What Does It Mean to Trust God? — Kim's handout, and the video.
- Biblical Change Model 3.0 and the Practical Biblical Meditation Journal.
- Challenging Your Truth with the Truth — the lie-versus-truth tool.
- Pursuing Unity in Conflict — Examine Your Concerns (the weighing chart).
- Trusting God's Great Love in Christ — identity in Christ.
- Online School library — including the Change That Sticks course Shauna used as her counseling curriculum.

Take a Next Step With Us

Your member page — the full session, the meditation demonstration and the Q&A, plus every tool above, free: lcbcc.org/resource/bcn-free-replay. Not a member yet? Join the free Biblical Change Network — one minute, no cost.

Next in the Women's Series: Thursday, November 12, 10:00 a.m. ET — Five Questions in Autism. Register free.

Help us make hope possible

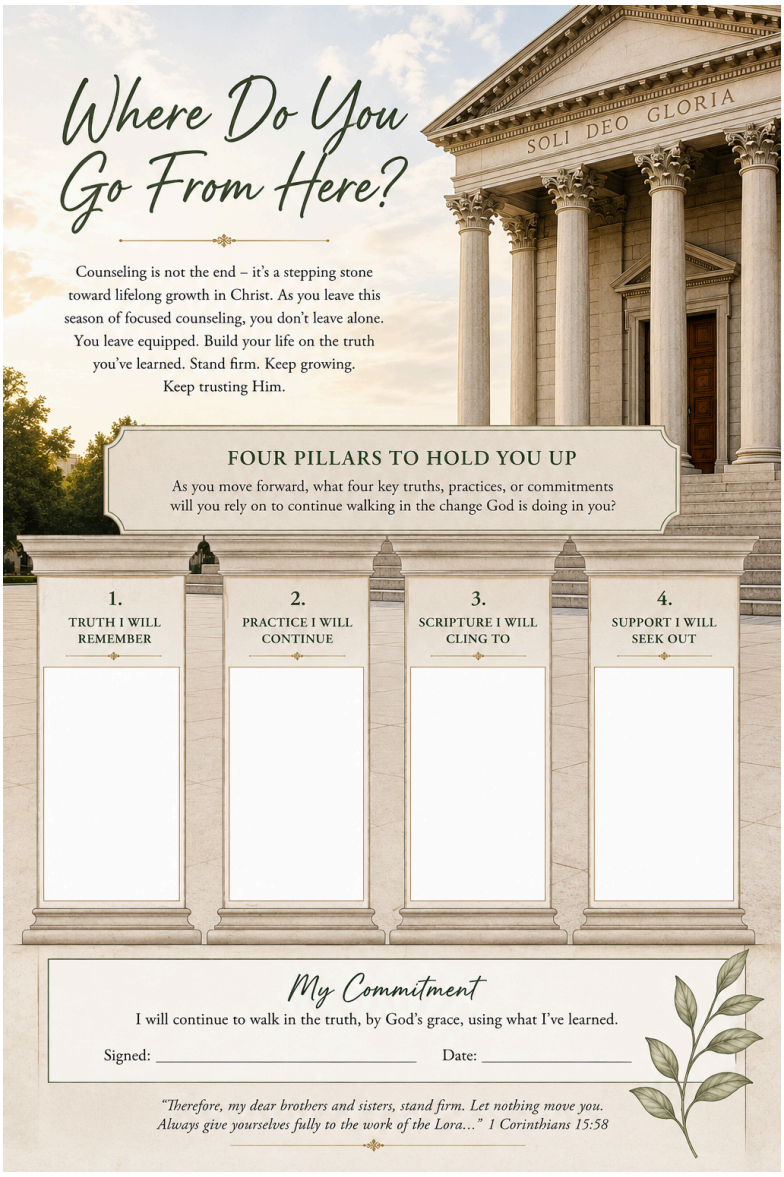
We turn no one away. Everything in this handout — and BCN Live itself — is free because friends make it free. Each year more than $200,000 in gifts lets LCBCC counsel over 5,000 people, train over 400 counselors, and keep the Biblical Change Network open to everyone.

Our goal to finish the year strong: $100,000 by December 31. If these five questions helped you, help the next person find hope — lcbcc.org/donate

Nothing without Christ.

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Where Do You Go From Here?

Counseling is not the end – it's a stepping stone toward lifelong growth in Christ. As you leave this season of focused counseling, you don't leave alone. You leave equipped. Build your life on the truth you've learned. Stand firm. Keep growing. Keep trusting Him.

FOUR PILLARS TO HOLD YOU UP

As you move forward, what four key truths, practices, or commitments will you rely on to continue walking in the change God is doing in you?

1. TRUTH I WILL REMEMBER

2. PRACTICE I WILL CONTINUE

3. SCRIPTURE I WILL CLING TO

4. SUPPORT I WILL SEEK OUT

My Commitment

I will continue to walk in the truth, by God's grace, using what I've learned.

Signed: _____ Date: _____

"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lora..." 1 Corinthians 15:58