

CLOCKWISE

Necessary Endings

We celebrate beginnings, but maturity often requires the courage to embrace necessary endings. Sometimes the healthiest thing you can do is let go of what once worked.

Discussion Questions:

1. What's something you've quit or walked away from that ended up being the right decision?
2. Why do you think people often struggle to recognize when a season is ending?
3. Read **Ecclesiastes 3:1–8** aloud. Which pair of opposites in this passage stands out to you most right now?

*There is a time for everything,
and a season for every activity under the heavens:*

*² a time to be born and a time to die,
a time to plant and a time to uproot,*

*³ a time to kill and a time to heal,
a time to tear down and a time to build,*

*⁴ a time to weep and a time to laugh,
a time to mourn and a time to dance,*

*⁵ a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,*

*⁶ a time to search and a time to give up,
a time to keep and a time to throw away,*

*⁷ a time to tear and a time to mend,
a time to be silent and a time to speak,*

*⁸ a time to love and a time to hate,
a time for war and a time for peace.*

Which pair of opposites in this passage stands out to you most right now? Why?

4. What are some signs that a season may be coming to an end, even if we don't want to admit it?
5. What are some ways avoidance can quietly affect our relationships, health, or spiritual life?
6. What is a "necessary ending" you've been resisting, delaying, or avoiding? Why is it so hard to let go?