

Deadlines in the Middle

The Middle is a season we are rarely glad for! We don't want to be there... We would rather be anywhere else and going through something different than be in the Middle. It's uncomfortable and our attitude reflects that.

Thinking Points:

1. What deadlines have been the most memorable in your life? Were they life-giving or stressful?
2. Our attitudes and feelings in the Middle can make our Middle season inadvertently become permanent homes, rather than a temporary place. Share a time when this might have been your predicament.
3. How would your current experience change if you set yourself some deadlines?
4. What kind of friends do you need to surround yourself with, to help you move forward from the Middle?
5. Is there someone who needs you to help them set a deadline in their Middle, then cheer them on?
6. What might make it easier for us to surrender our own will in the Middle seasons?

Gethsemane

³⁶"Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."⁴⁰Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" He asked Peter.

Matthew 26:36 - 40

Next Steps

Don't wallow in the Middle Negativity has the ability to put down roots, to the point where the Middle becomes our permanent home rather than a temporary place.

Set a deadline Setting a deadline doesn't mean you ignore the feelings; it gives you permission to work through them and move towards life. Setting a deadline says that those feelings are no longer leading you.

Surrender + keep going When the time has come, pick yourself up. Move on. Keep going. There is a life to be lived.

Trust a trustworthy friend Jesus' friends slept through His anguish. Surround yourself with friends who will remind you that God is leading and supporting you, when you find it difficult to see for yourself.