

# TREAT YO' SELF

## How to Navigate the In-Between

**APRIL 21, 2024**

At some point, we all find ourselves in an “in-between” season, a desert season—a stage of life we didn’t want, didn’t ask for, and don’t understand. How do we navigate these seasons well so that we come out better on the other side?

---

### MESSAGE NOTES AND HIGHLIGHTS

- How you treat you is one of the most important things you do.
- How you respond in a difficult season determines the person you become on the other side of it.
- We can learn from the story of Moses and the Israelites in the desert.
- The desert is fertile ground for complaint.
- The desert is fertile ground for a meltdown.
- The desert is also fertile ground for provision.
- When you’re in the desert, you learn to trust God to give you what you need to make it through that day: “Give us this day our daily bread.”
- The desert is fertile ground for growth.
- The desert can be a greenhouse for our faith to grow, or it can be the place our faith goes to die.
- You can decide—will your heart turn away from God, or toward God?

---

### DISCUSSION QUESTIONS

1. A “desert” season is when you’re thrown into a period of life you don’t want, you didn’t ask for, or that you don’t understand. What’s the most memorable “desert” season you’ve experienced? What was most difficult about it?
2. Desert seasons can break us down, in bad ways *and* good ways. They can turn us away from God, and toward God. What did your desert season (past or present) do for you? In what ways did it set you back? In what ways did you grow?
3. What have you learned for future desert seasons that can help you to remember to navigate it well, to trust God, and to find ways to grow?