

PROGRESSIVE MISSIONARY BAPTIST CHURCH OF BERKELEY

"Living on Purpose through the 28 Seasons of Life"

Course Curriculum

Instructor: Minister Torey Campbell

Course Introduction

Viewing life through the lens of unfolding **seasons**—means each one can be marked by change, challenge, and the quiet work of God shaping us through **time**. ***Living on Purpose through the 28 Seasons of Life*** is a six-week spiritual journey designed to help believers pause, reflect, and recognize God's presence in every transition. Rooted in ***Ecclesiastes 3:1–8***, this study invites participants to prayerfully consider how the rhythms of life—beginnings and endings, joy and sorrow, silence and speech—reveal divine purpose even when understanding seems out of reach.

Our time together in Scripture, discussion, journaling, and times of reflective prayer, will enable us to grow in trust and wisdom while learning to navigate each season with awareness and faith. Whether you are in a time of planting, building, weeping, or dancing, this class will invite you to discern what God is doing in and through you, empowering you to live with purpose while resting in His timing.

Course Objectives

By the end of this course, participants will:

- Explore the message of ***Ecclesiastes 3:1–8*** and how it reveals God's sovereignty over time and seasons.
- Reflect on the 28 seasons (14 pairs of life contrasts) as expressions of faith, emotion, and spiritual growth.
- Engage in prayer and journaling as tools for discernment, reflection, and personal transformation and growth.
- Recognize how to trust God's purpose even when the path or meaning of a season is unclear or painful.
- Use God's Word (wisdom) to navigate personal transitions, relationships, and choices with spiritual maturity and peace. (support others through the same).
- Cultivate a rhythm of mindful, purposeful living that honors God in every stage and circumstance of life.

Class Schedule

“Living on Purpose through the 28 Seasons of Life”

Week 1 Online Class	Class Overview and Introduction to Ecclesiastes <i>Establish guidelines for our time together and define key terms from scripture.</i>
Week 2 Online Class	Seasons of Beginnings and Endings (Lifecycle and Personal Change) <i>Verses 2-3</i>
Week 3 Online Class	Seasons of Relationships and Emotions <i>(4-6; 8a)</i>
Week 4 Online Class	Seasons of Choices, Conflict and Response <i>(5-8)</i>
Week 5 Online Class	The People Speak <i>This session will be an open discussion for participants to share their relative experiences, growth, insights and even challenges.</i>
Week 6 Online Class	Seeking Wisdom and Prayerful Guidance to Navigate the Journey Ahead <i>Assessing tools and support.</i>

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“Living on Purpose through the 28 Seasons of Life”

Week 1 Curriculum

Welcome

Introduction and Objectives

Respectful Interactions

Ecclesiastes Overview (Chapters 1 and 2)

Writer

Culture

Biblical Setting

Defining Biblical Terms

Vanity

Seasons

Time

Purpose

Under the Heaven