



September 23, 2026

1. **Sweet:** When have you experienced a moment of joy, blessing, or gratitude when you clearly felt God's presence? How did that experience draw you closer to Him?

2. **Sour:** Think of a disappointment, frustration, or difficult season. Where did you see God working in that experience?

3. **Spicy:** When has something unexpected or unplanned happened in your life? Looking back, can you see God's presence, guidance, or invitation to trust Him?

4. **Your Season:** As you look at your life right now, which "flavor," sweet, sour, or spicy, best describes your season? Where might God be showing up in the midst of it?