

May 12, 2024

Breathing Room: Your List Matters (Ecclesiastes 2:1-11, 17-26)

The amount of things that really matter in your life is smaller than you think.

Warmup: If you could spend tomorrow doing one thing of your choice, what would it be?

READ Ecclesiastes 2:1-11 NIV (To read a good translation of Solomon's experience, please read from the NIV, AMP, NASB, or ESV)

- In this passage what did Solomon do to live "the good life"? Identify at least 10 different things.
- Did Solomon randomly decide to chase pleasure? What verses explain the purpose for his quest?

REFLECT (Pray and ask the Holy Spirit to reveal the inner layers of your heart)

- In a group of 3 people, relay a time when you felt like you were living verses 17-23. What did this period of life teach you about yourself? What did this time in your life teach you about God?
- Assign a timekeeper: In one minute make a list of things that matter to you.
- (Self Reflection) What does this list reveal?
- Return to Large Group: In 10 years how many of these things will matter? What things on your list will matter in 30 years?
- Circle which things on your list define you. Has the pursuit of what defines you made you seek God more or made you spend more time figuring what seems logical and wise?

RESPOND

- Ask the Holy Spirit to help you edit your "what matters" list to five things (3 minutes).
- Read v24-26. What does Solomon conclude is the essence of living well? Do you agree or disagree?
- Share with a friend in the group, "What changes the Spirit is asking you to make to fully live into verses 24-26?"

"To transform religious and irreligious people into Fully Devoted Followers of Christ."