

SERIES OVERVIEW

In the book of Ecclesiastes, Solomon sets out to discover if “life under the sun” is truly worth living. He goes on a journey throughout the book and finds himself originally declaring that everything under the sun is meaningless (Hebrew. Hebel—literally translated, vapor or breath. Used 38 times in this book). Solomon is overwhelmed with the truth that death is coming for every person, and that nothing worked for, earned, or pursued seems to have any lasting value.

- [Watch Overview](#)

CONTEXT: Ecclesiastes 11:7-12:8

encourages us to rejoice in our youth and remember our Creator before the days of trouble come and our bodies weaken with age. It underscores the fleeting nature of life and the importance of living with purpose and reverence for God.

THE BIG IDEA

Life is a gift, so don't waste it. Remember your creator and live with the end in mind.

ICE BREAKER

Most of us enjoy this time of year. Everyone share your favorite thing about Fall and what is your favorite memory related to this season. To make it more challenging for some of you, the words “pumpkin spice” may not be used.

SCRIPTURE: Ecclesiastes 11:7-12:8

11:7 Light is sweet, and it is pleasant for the eyes to see the sun.⁸ So if a person lives many years, let him rejoice in them all; but let him remember that the days of darkness will be many. All that comes is vanity. **9** Rejoice, O young man, in your youth, and let your heart cheer you in the days of your youth. Walk in the ways of your heart and the sight of your eyes. But know that for all these things God will bring you into judgment. **10** Remove vexation from your heart, and put away pain from your body, for youth and the dawn of life are vanity.

12:1 Remember also your Creator in the days of your youth, before the evil days come and the years draw near of which you will say, “I have no pleasure in them”; **2** before the sun and the light and the moon and the stars are darkened and the clouds return after the rain, **3** in the day when the keepers of the house tremble, and the strong men are bent, and the grinders cease because they are few, and those who look through the windows are dimmed, **4** and the doors on the street are shut—when the sound of the grinding is low, and one rises up at the sound of a bird, and all the daughters of song are brought low— **5** they are afraid also of what is high, and terrors are in the way; the almond tree blossoms, the grass-hopper drags itself along, and desire fails, because man is going to his eternal home, and the mourners go about the streets— **6** before the silver cord is snapped, or the golden bowl is broken, or the pitcher is shattered at the fountain, or the wheel broken at the cistern, **7** and the dust returns to the earth as it was, and the spirit returns to God who gave it. **8** Vanity of vanities, says the Preacher; all is vanity.

GROUP DISCUSSION

What is one thing that stood out to you from the sermon and why do you think God wants you to remember this truth?

Read 11:7-10. Summarize in your own words what the Preacher tells “old” people in verses 7-8. In your opinion, what is the most difficult thing to do as we age in reference to verses 7-8 and the sermon?

Summarize in your own words what the Preacher tells “young” people in verses 9-10. In your opinion, what is the most difficult thing to do as a young person in reference to verses 9-10 and the sermon?

In verse 10, Solomon commands the young to “remove vexation/anxiety”. Read Philippians 4:6-7 and share how we should address our stress and anxiety. What does prayer, gratitude, and being thankful lead to according to Phil. 4:7?

Share your greatest stressor or something that makes you feel anxious even at the thought of it. How can Philippians 4:6-7 help?

Read Eccl. 12:1-7. In these verses, Solomon paints an allegorical picture of the aging process. As a group, translate as many allegorical thoughts into everyday phrases as you can. Have some fun with this!

What is the significance of the parallel between Eccl. 12:7 and Genesis 2:7.

Discussion continued:

In light of our “march towards death” as Solomon describes in 12:1-7, he tells young folks to **remember your Creator**. Why do you think he ends with this wisdom for the younger generation and what does he mean by “remember your Creator”?

PRAYER (In gender based groups)

*Share praises, answered prayers, and prayer requests. Pray Philippians 4:6-7 over anyone who is stressed or anxious.

Closing Prayer (come back together as a group)

God, help us to remember you as our Creator in all things. Jesus we give our all to you just as you have given your all for us. God, may we come to you with hearts of gratitude and thank you for your peace that passes all understanding. In Jesus name, Amen.



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