

life is short.

A Study from Ecclesiastes

Sunday, October 28, 2018 | Wawasee Community Bible Church | Milford, Indiana | Pastor Josh Weiland

PART 3: CHOOSE JOY

Ecclesiastes 5:18-20

Life is **SHORT**

Review...

*I observed everything going on **under the sun,***

*and really, it is all meaningless
-like **chasing the wind.** (v. 1:14)*

yet meant to be **ENJOYED**,

Ecclesiastes 5:18-20

like every other gift God gives us!

1 Timothy 6:17; James 1:17; Psalm 16:11; John 3:16

God's gifts always

fall into one of two categories (*often both!*):

1. Gifts of Grace

- *When I get what I do not deserve.*

2. Gifts of Mercy

- *When I do not get what I deserve.*

enjoying God's gifts yields **contentment**

Ecclesiastes 5:19; 1 Timothy 6:6

so **CHOOSE** to be joyful!

Ecclesiastes 2:24-26; 3:11

you have **agency** — you choose your attitude
and you can **choose joy**

Philippians 4:4-9; Ecclesiastes 8:15; Proverbs 17:22

*"Rejoice in the Lord always; again I will say, **rejoice!**"*

— Philippians 4:4

1:10 COMMUNITY GROUP **HOMEWORK**

GETTING STARTED

1. What are some things you find yourself worrying about the most? Consider sharing an irrational one you can laugh at as well as a serious one you struggle with.
2. **Read Ecclesiastes 5:18-20 (NLT)**. Review your message notes. What stood out to you from the message this week? Do you have questions? Disagreements? Discuss it with your group.

DIGGING DEEPER

3. **Read Philippians 4:4**. It's easy to find negative things in life to focus on and worry about (*just read Ecclesiastes!* :)). Because of that, Paul tells the Philippians four times in his letter to them to rejoice (twice in 4:4). How often does Paul say to rejoice? Is he serious? Is he commanding it or just suggesting it as a remedy to hard times?
4. What do the following verses say regarding what we're to rejoice about?

Romans 5:3-4
Psalm 119:62

Psalm 13:5
Proverbs 29:2

Psalm 31:7

5. **Continue reading Philippians 4:5-9**. Do you find any things in these verses that might help you to rejoice more? Take time to list each command Paul gives in these verses. Discuss them with your group.
6. Do you agree with Pastor Josh that a joyful attitude (or any attitude) is something you **choose**? Why or why not?
7. How does choosing what you think about (**Philippians 4:8**) help you choose a joyful attitude? How can you control what you find yourself thinking about? Does the music you listen to matter? Do the TV shows/movies/news you watch affect your thoughts? Does what you read affect how you think? The websites you visit? The radio personalities or podcasts you listen to? — *Make an inventory of all the media you take in. Evaluate each one. Does it line up with the description Paul gives of what we should think about?*

UP CLOSE

8. Pastor Josh said that we must live “integrated lives” that do not separate the gift from the Giver. What's the danger of enjoying God's good gifts without loving him? What's the danger of saying we love God but rejecting his good gifts?

Many Christians struggle one direction or the other and either forget the Giver, or reject his gifts in some form of false piety. Do you find your heart trending one way or the other?

9. Discuss this passage from **Ecclesiastes 11:7-10** before you close: **7** *Light is sweet; how pleasant to see a new day dawning.* **8** *When people live to be very old, let them rejoice in every day of life. But let them also remember there will be many dark days. Everything still to come is meaningless.* **9** *Young people, it's wonderful to be young! Enjoy every minute of it. Do everything you want to do; take it all in. But remember that you must give an account to God for everything you do.* **10** *So refuse to worry, and keep your body healthy. But remember that youth, with a whole life before you, is meaningless.*

*During your prayer time this week, let's all be praying together about the following items.
Use the space at the bottom to record your personal prayer items, or requests from your 1:10 Group.*

Neighboring Church

Pray this week for the ministry and people of the Calvary United Methodist Church in Syracuse.

Personal Prayer Items

Word Find for Ecclesiastes 5:18-20 (ESV)

*Find the words **bolded** below.*

18 **Behold**, what I have **seen** to be **good** and **fitting** is to eat and **drink** and **find enjoyment** in all the **toil** with which one **toils** under the sun the few **days** of his **life** that God has **given** him, for this is his lot. 19 **Everyone** **also** to whom God has **given** wealth and **possessions** and **power** to **enjoy** them, and to **accept** his lot and **rejoice** in his **toil**—this is the **gift** of God. 20 For he will not **much** **remember** the **days** of his **life** **because** God **keeps** him **occupied** with joy in his **heart**.

M	H	D	G	I	F	T	S	E	O	D	P
V	C	A	O	G	I	V	E	N	A	D	O
K	V	Y	O	G	N	Y	E	J	L	R	S
N	P	S	D	R	D	B	N	O	S	I	S
H	T	J	P	E	V	E	R	Y	O	N	E
T	C	A	G	M	U	C	H	F	C	K	S
L	L	I	F	E	D	A	F	J	C	E	S
R	A	E	I	M	P	U	I	A	U	E	I
D	Y	C	B	B	V	S	T	C	P	P	O
O	P	O	W	E	R	E	T	C	I	S	N
F	H	E	A	R	T	F	I	E	E	V	S
R	E	J	O	I	C	E	N	P	D	U	V
P	B	E	H	O	L	D	G	T	O	I	L