

**Introduction:**

1. When you hear people say “Times goes by so fast” or “Life is flying by”, what are your thoughts or feelings?
2. There are many times in life when we feel like we are “wasting” time. When do you feel like that?

**Understanding:**

3. In verses 1-8, Solomon is talking about the different times in our lives. For the most part, these times are out of our control. What additional scriptures can you think of that further explain that God is in control? See Proverbs 19:21 for an example.
4. How do you explain in verse 11 that God has put eternity in the human heart? How do you think a non-believer would explain this?
5. You share with a co-worker what you learned from Ecclesiastes. They ask you to repeat the part about “everyone should eat and drink and take pleasure because it is God’s gift to them”. How can a person misuse or abuse what God is saying here? What is your response to them?
6. Pastor Dave spoke of how people get frustrated in life. In what area of life do you get most frustrated? How do you respond to frustration? What advice can you give others who are going through the similar issues?
7. Read Ecclesiastes 7:10. What causes people to think this way? Have you ever experienced a time in your life when you thought like this? Explain your answer.
8. Many of us hold on to the promise of Romans 8:28, that in all things God works for the good of those who love him. How do we help those people who seem to have major financial, health, or relational issues see that’s God IS working in their situation?
9. In verse 12, Solomon perceived that there is “nothing better for them than to be joyful and to do good as long as they live”. Read 1 Peter 2:12-14. How do you respond when others accuse you of wrongdoing when you know you are innocent? What is the promise if we are good regardless of accusations or praise?

**Application:**

10. Paul’s quote in Philippians 4:12 is “I have learned the secret of being content whatever the circumstances. Identify one area of your life and pray that God will help you to be content.
11. In the same scripture above, we see Paul rejoicing in prison. Are you waiting for something to happen in your life in order for you to rejoice? Pray to be joyful no matter what the outcome in each season.