

THE BOOK OF ECCLESIASTES

'LIKE CHASING THE WIND'



“...FINDING MEANING BEYOND THE SUN”

Life can **feel like** an **endless chase**—repeating routines and chasing satisfaction that never lasts. **Ecclesiastes** exposes the emptiness of life “*under the sun*,” but **points us to Jesus**, who stepped into our world to **bring true meaning, joy, and purpose**. In Him, everything changes.

WEEK 1 – “The Endless Chase”

Before you begin – take some time to **CONNECT** & get to know each other more. Share a highlight or something interesting about your week... and **pray** together

Introduction:

On Sunday we heard that life can often **feel like** an “**endless chase**”—the same routines, the same struggles, and the same questions about meaning. **Solomon’s words** remind us that everything “*under the sun*” is fleeting, like **breath** or vapor. But in Christ, God stepped into our endless cycle to bring us true and lasting life!

Read Together: Ecclesiastes 1:1–11 AND 2 Corinthians 5:17

What stands out to you from these passages or from what we heard on Sunday?

Discussion Questions: *If you are able, watch this 5 min video first >>*
www.cfccolac.com/Ecclesiastes



Look at the passages and discuss the following questions...

1. What examples does **Solomon** give to show how repetitive life can be?
2. Why does Solomon conclude that “**nothing is new under the sun**”?
3. What are some “**endless chases**” we fall into today?
4. How does **Jesus** make our ordinary lives meaningful?
5. How does 2 Corinthians 5:17 **reshape the way** we view our routines?

Bonus Question (if you have time) – Look at **John 3:3-8**... what is it telling us?

Key Insight: Life under the sun is fleeting, but life *in Christ* is full of purpose.

Pray: Thank God for giving new life & meaning in Christ; for contentment & renewed purpose