

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 3 – “The Pursuit of Pleasure”

Introduction:

On Sunday we heard that **Solomon had everything**—wealth, comfort, success, and pleasure—yet still felt empty. He discovered that **pleasure** may entertain the senses but can **never** satisfy the soul. Our world says joy comes from having more, but true joy is found only in **knowing** Christ. Life “under the sun” is fleeting, but life “in the Son” brings **lasting** purpose, peace, and satisfaction.

Before you begin – take some time to **reflect** and share.

How might you be tempted to ‘fill in the blank’:

When I’m tired or stressed, I tend to think, “**If only** _____, **then I’d feel better.**”

(...holidays? Success? Comfort? Money? Recognition? etc.)and then **pray** together!

Read Together: Ecclesiastes 2:1-11 AND John 15:11

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



1. **What kinds of pleasures did Solomon chase after?**
→ What might be some **modern versions** of these “shadows” for us today?
2. **Solomon concluded that it was all “meaningless” like “chasing the wind”.** Andrew said on Sunday, “**Pleasure feels good for a moment, but fades very fast.**” **What do you think Solomon discovered about the limits of pleasure?**
Why do you think pleasure + achievement can feel good at first but fade so quickly?
3. **Read Psalm 16:7 - 11.** Where does this verse say **real joy** is found?
How is that different from what the **world** tells us?
4. Look at **Philippians 4:6–13**. How does Jesus describe **joy that remains**? How can we experience that kind of joy day to day?
5. What’s one “**If only** ____” thought you’ve been tempted to believe? **How is God teaching you to find satisfaction in Him instead?**

Pleasure & success can’t satisfy the soul—only Jesus can. Let’s thank Him for being our **true joy & pray** that our hearts will find **lasting satisfaction** in His presence alone....