



## *Sweat And Stress – For What?*

Ecclesiastes 1:1-11

Series: Escaping Futility, Enjoying Fulfillment,  
the Book of Ecclesiastes, #1

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Theme: **Life without God is pointless.**

**King Solomon states a basic point.**

1. “All is futility!” — He gets our attention. (2)
2. “Where’s the advantage, the profit?” — He exposes a deep, troubling question. (3)

**King Solomon illustrates his point.**

1. The cycles of people and nature. (4-7)
2. Making great efforts, but getting nowhere. (8-11)

## In My Life This Week

As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.

**Monday.** While we enjoy many advances, we are also faced with growing levels of stress and dissatisfaction. The book of Ecclesiastes deals with core issues behind the sense that “All is futility” (empty, senseless, passing) in *life under the sun*. If you can take the time, read the entire book in one sitting. Read chapters 1 & 2 remembering the key truth that *life without God is pointless*.

**Tuesday.** Read 1:1-11. Focus on verse 3 today. Remember that the phrase “under the sun” refers to life on earth, but can also at times refer to life without God. Examine your goals, priorities, use of time and resources, and then answer King Solomon’s question.

**Wednesday.** Focus on verses 4-7 today. Here Solomon is illustrating the pointlessness of life without God from the ongoing cycles of passing generations of people and constancy in nature. The point is the relative insignificance of man (see Psalm 8:3-4) as well as our brief passing time. How do you feel about and respond to this? What perspective does it give you for how you are living and want to live?

**Thursday.** Focus on verses 8-11 today. Solomon tells us that even our biggest, best efforts bring no lasting satisfaction (8), that the more things change the more they stay the same (9-10), and that even greatness is not remembered for very long (11). Where is your focus? What do you live for?

**Friday – Saturday.** On Sunday we continue with 1:12 - 2:26 and the search for satisfaction. Read and think through the passage to prepare for our time together.

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