

August 9, 2026
Rejoice in Last Sunday's Blessings

Ponder all the ways God was and is working in you....

How would you access your **enjoying** of the simple things God commends in **Ecc. 9:7-10**-

all God gives you to eat/drink each day?
all God give you daily to clothe you and care for your body?
all God give you in your spouse/deep friendships?
whatever God gives you to do each day?

*Are there times/areas of your life you need to **repent** of (change) where you are **failing** to enjoy God's gifts to you as you should?*

Sermon Slides

Ecclesiastes 9:7-10
As Bad as It May Be, Enjoy the Gifts God Portions to You

“The Preacher sought to find words of delight,
and uprightly he wrote **words of truth**.
The words of the wise are like **goads**,
and like **nails** firmly fixed are the collected sayings;
they are given by **one Shepherd**.”
(Ecclesiastes 12:10-11)

Ecc 9:1 (last week) Everyone will experience both **love** and **hate** but none knows how much of each.

Ecclesiastes 3:1-8 Everyone will experience **every kind of season/matter** through life:

birth planting healing building up laughing dancing
gathering embracing finding keeping sewing speaking love peace
as well as...
death uprooting killing breaking down weeping mourning
casting away not embracing losing getting rid of tearing silence hate war

Ecclesiastes 7:14 Everyone will have **days of prosperity** and **days of adversity**, both made by God.

“Ecclesiastes is the book in the Bible that asks some of the biggest questions in life but **perplexes** us with its seemingly **unorthodox** and **impenetrable** answers.” (David Gibson)

- 7 Go, **eat your bread** with **joy**,
and **drink your wine** with a **merry heart**,
for God has already approved what you do.
- 8 Let your **garments be always white**.
Let **not oil be lacking** on your head.
- 9 **Enjoy life with the wife whom you love**,
all the days of your vain life that he has given you under the sun,
because **that is your portion in life and in your toil at which you toil under the sun**.
- 10 Whatever your hand finds to do, **do it with your might**,
for there is no work or thought or knowledge or wisdom in Sheol, to which you are going.

notable about today's passage:

1) The Preacher is not conveying a “fully Christian faith” (Ian Provan)
or giving the ultimate answer to sin here....
but a response to the reality
that every life is short, uncontrollable, and ended by death

The Preacher “is not urging a life of pleasure and luxury
for those who do not sense this vanity,
for that would be putting oil on fire;
but he is speaking of godly men,
who sense the vexation and troubles of the world.
It is their downcast hearts he wants to encourage” (Martin Luther)

2) Perhaps surprisingly, we are given things to **DO**,
when we might expect things to **BELIEVE** or **BE**,
though these acts all flow from a theology.

Theology for everyday living

- #1—v. 7: **Appreciate and enjoy each day's gifts of food and drink from God's hand**
#2—v. 8: **Appreciate and enjoy God's gifts for your body and life in community with others**
#3—v. 9: **Appreciate and enjoy God's gift of marriage and deep relationships daily**
#4—v. 10: **Put yourself wholly into God's daily gift of things to do**

“Embrace life for what it is rather than what you'd like it to be.” (David Gibson)

“Live the life you have now
instead of longing for the life you think you will have...” (David Gibson)

v. 7 Appreciate and enjoy each day's gift of food and drink from God's hand

Go, eat your bread with joy,
and drink your wine with a merry heart,

"Better a meal of vegetables where there is love
than a fattened calf with hatred." (Proverbs 15:17)

"Better a dry crust with peace and quiet
than a house full of feasting, with strife." (Proverbs 17:1)

"The Son of Man came eating and drinking..." (Matthew 11:19)
turning water into wine at a wedding because He didn't want the celebration to end
and feeding thousands from a single lunch because He didn't want anyone going hungry
He chose to spend the last evening before being executed
sharing one simple meal and evening with his closest friends (and one enemy)

"You prepare a table before me in the presence of my enemies..." (Psalm 23:5a)

"God intends to be found amid our toast and coffee." (Zack Eswine)

for God has already approved what you do.

"You cause the grass to grow for the livestock and plants for man to cultivate,
that he may bring forth food from the earth and wine to gladden the heart of man,
oil to make his face shine and bread to strengthen man's heart." (Ps 104:15)
God "richly provides us with everything to enjoy." (1 Timothy 6:17b)
"Now the Spirit expressly says that in later times some will depart from the faith by devoting
themselves to deceitful spirits and teachings of demons....
who forbid marriage and require abstinence from foods
that God created
to be received with thanksgiving by those who believe and know the truth.
For everything created by God is good,
and nothing is to be rejected
if it is received with thanksgiving,
for it is made holy by the word of God and prayer." (1 Timothy 4:1-5)

"As you relish the contours of texture and manifold layers of flavor,
praise him from whom all blessings flow.
Slowly, mindfully, worshipfully eat,
enjoying the goodness of God in every bite." (Christopher Asmus)

"Life's enjoyments are not guilty pleasures
but godly pleasures." (??)

"God takes pleasure in your pleasure.
He's given it to you." (David Gibson)

v. 8 Appreciate and enjoy God's gifts for your body and life in community

Let your garments be always white.
Let not oil be lacking on your head.

“When you fast, **do not look gloomy** like the hypocrites,
for **they disfigure their faces that their fasting may be seen by others.**
Truly, I say to you, they have received their reward.
But when you fast, **anoint your head and wash your face,**
that your fasting may not be seen by others but by your Father who is in secret.
And your Father who sees in secret will reward you.

Jesus “**set his face against gloomy religion**
and insisted that serious religion should be **wedded instead to joy.**” (*Ian Provan*)

“This is the day that the Lord has made; let us **rejoice & be glad in it.**” (*Psalms 118:24*)

“Occasionally weep deeply over the life you hoped would be.
Grieve the losses.
Then wash your face.
Trust God.
And embrace the life you have.” (*John Piper*)

v. 9 Appreciate and enjoy God's gift of marriage and deep relationships

Enjoy life with the wife whom you love,
all the days of your vain life that he has given you under the sun,

“He who finds a wife **finds what is good**
and **receives favor from the LORD.**” (*Proverbs 18:22*)

“**Two are better than one,**
because they have **a good reward for their toil.**
¹⁰ For if they fall, one will lift up his fellow.
But **woe to him who is alone when he falls**
and has not another to lift him up....” (*Ecclesiastes 4:9-10*)

“If you do not enjoy each other,
then it is likely that you are simply taking what you can from each other
to pursue other goals and ambitions that are never going to give you all they promise.
You may use each other to gain something that will turn out not to be gain—
and lose each other in the process.” (*David Gibson*)

“Let your fountain be blessed,
and **rejoice in the wife of your youth,**^[SEP]....**be intoxicated always in her love.**” (*Proverbs 5:18-19*)

“God does not give you a perfect spouse.
He gives you a real one.
Because you don't need someone who meets all the conditions to learn unconditional love.
You need someone who doesn't....
Marriage is not the place where you find a finished person.
It is the place where two unfinished people are slowly, painfully made into something better.
Together....
That is the point.” (Alyssa Rhoda)

all the days of your vain life that he has given you under the sun,
because that is your portion in life
and in your toil at which you toil under the sun.

“In friendship...we think we have chosen our peers.
In reality a few years' difference in the dates of our births,
a few more miles between certain houses,
the choice of one university instead of another...
the accident of a topic being raised or not raised at a first meeting—
any of these chances might have kept us apart.
But, for a Christian, there are, strictly speaking, no chances.
A secret master of ceremonies has been at work.
Christ, who said to the disciples, ‘Ye have not chosen me, but I have chosen you,’
can truly say to every group of Christian friends,
‘Ye have not chosen one another but I have chosen you for one another.’
The friendship is not a reward for our discriminating and good taste in finding one another out.
It is the instrument by which God reveals to each of us the beauties of others.” (C.S. Lewis)

v. 10 Put yourself wholly into God's daily gift of things to do

Whatever your hand finds to do,
do it with your might,

Jesus: “My food is to do the will of him who sent me
and to accomplish his work.” (John 4:34)

Paul: “Whatever you do, work heartily,
as for the Lord and not for men,
knowing that from the Lord you will receive the inheritance as your reward.
You are serving the Lord Christ.” (Col 3:23-24)

“Work is not significant only when it offers unusual challenge or special opportunity.

Work is not significant only when it is measurable in dollars and cents
or praise and compliments.
Work has intrinsic significance
because it gives me the opportunity to do something with joy—with joy in the Lord.
I can do work in such a way that it glorifies God,
or I can do it in such a way that it dishonors him.
Anything I can do to God's glory has significance.
It has great significance.” (Tim Challies)

for there is no work or thought
or knowledge or wisdom in Sheol,
to which you are going.

After reiterating again how little we actually control in our lives in Ch 11, v. 5-6...

“As you do not know the way the spirit comes to the bones in the womb of a woman with child,
so **you do not know the work of God** who makes everything.
In the morning sow your seed, and at evening withhold not your hand,
for **you do not know which will prosper, this or that**, or whether both alike will be good....

the Preacher concludes in v. 8-10 (reiterating yet again this same foundational emphasis)...

So if a person lives many years, **let him rejoice in them all**;
but let him remember that **the days of darkness will be many**.

All that comes is vanity.

Rejoice, O young man, in your youth
and **let your heart cheer you** in the days of your youth.
Walk in the ways of your heart and the sight of your eyes.
But **know that for all these things God will bring you into judgment**.
Remove vexation from your heart,
and **put away pain from your body,**
For youth and the dawn of life are vanity.” (Ecclesiastes 11:5-10)

“Embrace life **for what it is**
rather than **what you'd like it to be**.” (David Gibson)

“Live **the life you have** now
instead of **longing for the life you think you will have ...**” (David Gibson)

“I spent years being aggravated at
traffic, weather, people,
money, my husband, my kids,
my weight, and my plans not working out....
But I finally figured out that **frustration is expensive**.
It steals your joy and never fixes one thing....
Save your energy for living.
True happiness comes in snips and pieces....
in between the frustrating things.” (??)

“All the days of the afflicted are evil,
but **the cheerful of heart has a continual feast**.” (Proverbs 15:5)

“**sorrowful,**
yet rejoicing” (2 Corinthians 6:10)

“Life itself is **unfathomable** and **inexhaustible**.
If you want to enjoy it more,
quiet your **heart**,
commit your **mind**,
and open your **hands** and your **eyes**.” (Bobby Jamieson)

“It is here in our mundane **work, prayer, relationships, food, and life** that God has been with us.

In Jesus, God has come to us in these very ways
so that he might empathize with us
and look honestly with us at the state of things,
in order to **disciple us,**
reason with us,
win us to himself,
and all of this by his earthy grace.” *(David Gibson)*

If you know your unpredictable life is in God’s hands,
(that’s filled with days of both prosperity and adversity)
embrace with gratitude His endless gifts He portions to you,
enjoying all that is good all the days of life He gives you