

Reboot

Test Your Pleasure

TALK IT OVER

Key Scripture

"I said in my heart, 'Come now, I will test you with pleasure; enjoy yourself.' But behold, this also was vanity. 2 I said of laughter, 'It is mad,' and of pleasure, 'What use is it?' 3 I searched with my heart how to cheer my body with wine—my heart still guiding me with wisdom—and how to lay hold on folly, till I might see what was good for the children of man to do under heaven during the few days of their life. 4 I made great works. I built houses and planted vineyards for myself. 5 I made myself gardens and parks, and planted in them all kinds of fruit trees. 6 I made myself pools from which to water the forest of growing trees. 7 I bought male and female slaves, and had slaves who were born in my house. I had also great possessions of herds and flocks, more than any who had been before me in Jerusalem. 8 I also gathered for myself silver and gold and the treasure of kings and provinces. I got singers, both men and women, and many concubines, the delight of the sons of man. 9 So I became great and surpassed all who were before me in Jerusalem. Also my wisdom remained with me. 10 And whatever my eyes desired I did not keep from them. I kept my heart from no pleasure, for my heart found pleasure in all my toil, and this was my reward for all my toil. 11 Then I considered all that my hands had done and the toil I had expended in doing it, and behold, all was vanity and a striving after wind, and there was nothing to be gained under the sun." – Ecclesiastes 2:1-11 (ESV)

Search for the "Renewal Church Denver" app or "St. John's Denver" app in your app store.

More of God's truth all week long at renewaldenver.tv and sjdenver.tv

Start Talking: Find a conversation starter for your group. (15 Min)

- What is something you enjoy or take pleasure in?
- What is something that you used to enjoy but for some reason you can't do it or it doesn't satisfy you anymore? Why, what changed?

Head: Start Thinking. Ask a question to get your group thinking. (10 Min)

- Read Ecclesiastes 2:1-11. What does pleasure accomplish, according to the writer? Do you understand what he means? Do you agree?

Heart: Start Sharing. Choose a question to create openness. (10 Min)

- Do these verses mean we shouldn't take pleasure in God's gifts? How can we find a balance and not over indulge?
- Idolatry is when we make a good thing, a god thing, and then it becomes a bad thing. A non-believer can only seek satisfaction in pleasure. Their satisfaction terminates there. A believer can enjoy God's gifts and it should prompt us to praise God. Pleasure while maintaining our praise and purpose can be glorifying to God.
- What are some things that you seek after that actually leave you empty afterwards? How is it like chasing the wind?

Hands: Start Doing. Commit to a step and live it out this week. (10 Min)

- Take a walk and reflect on the things that give you joy. What would your life be without those things? Picture it in your head. Would your life still have meaning without them?
- Is there any sinful pleasure that you need to repent of? What would it look like to repent of that sin and either abstain or become more moderate?

Start Praying. Be bold and pray with power. (15 Min)

- For suggestions on structuring prayer time, see the *Group Prayer Ideas* page in this packet.

Trios: Split into same-gender groups of three. (15 Min)

1. What's a passage of scripture that has impacted you this week? Read it to the group and explain why.
2. Is there anything God is leading you to repent of?
3. How's your weekly 3-2-1 challenge going? (*3 Conversations with New People, Learn 2 Names, Make 1 Meaningful Connection*)
4. Who is one non-believer that you need to reach out to this week?
5. What's something you'd like someone else to check in with you about this week?
6. Pray for one another.