

ECCLESIASTES

MARCH 22, 2026

READ

- Read Ecclesiastes 11:7-12:8 and consider what lessons the Holy Spirit intends us to learn. Consider reading the passage a second time in another translation (for instance, NIV or NLT) to aid in comprehension.

EXAMINE

- Summarize the Preacher's message to the young and old in 11:7-10. What is his point given the overall context of Ecclesiastes?
- The NIV translates 11:10, "So then, banish anxiety from your heart and cast off the troubles of your body." Why does the Preacher say this to young people? How does this fit into his overall argument?
- What does it mean to "remember" God throughout life? How does this charge fit within the overall storyline of the Bible?
- Why is it significant that God is described as the Creator in this passage? How does that shape our understanding of the text's meaning?

APPLY

- What are some real-life practices to help believers "banish anxiety" and "cast off the troubles of your body"? How can community help in this?
- How does this passage compare to modern cultural perspectives on youth and old age?
- How can older and younger believers help each other to live out the truths of this text practically?
- What rhythms can you build to help you remember your creator in the ordinary flow of life? What counter-rhythms cause you to forget your creator, and how can you fight against these?
- How does the gospel inform our understanding and application of this passage?

PRAY

- Take time to praise God for who He is, confess sins, and/or make requests based on this passage.