



Sermon Title: Lifewise part 2

Sermon Title: How to Have an Emotionally- Satisfying Life

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Solomon, the 3rd king of Israel, lived roughly 1,000 BC. Later in his life, he began to reflect on his life choices. Ecclesiastes encompasses the reflections of an older (and wiser) man. **Ecclesiastes 11:7–12:14 NLT**

Big Idea: Pursue a balanced life and you'll experience satisfaction.

In Ecclesiastes 11-12, Solomon discovered that the balancing of 3 values leads to satisfaction.

VALUE #1: JOY

Ecclesiastes 11:8

The Hebrew word translated *rejoice* means to *be enthusiastically glad & exuberant*. Quite simply: JOY. Stop envying things you don't have and cherish the things you do have. Enjoy every single simple moment under the sun. Because "the days of darkness will be many." There will be days of pain. Rather than worry about them, enjoy life now.

VALUE #2: SPONTANEITY

Ecclesiastes 11:9

Spontaneous. This is akin to the first value... but it incorporates an "on-the-fly" dynamic. You do something that's impulsive (not morally corrupt!) with little premeditation. Solomon is not giving license to pursue evil. But you need an element of spontaneity in life.

Unfortunately, we often restrict spontaneity to the realm of youth. Somehow, as we grow older, we consider spontaneity irresponsible. But some of the greatest experiences of life come via spontaneity. Solomon says, while you can, "follow the ways of your heart." Pursue spontaneity.

VALUE #3: REVERENCE

Ecclesiastes 11:9–10

To be reverent doesn't mean you become some kind of sour killjoy. It simply means that in all things, you seek to honor God. A companion New Testament passage for this would be **1 Corinthians 10:31**

We sometimes struggle to differentiate between the enjoyable from unbridled sin. In your freedom, don't be foolish. A single counterproductive behavior (sinful behavior? Or different word?) is a nuisance but (we think) manageable. But when they proliferate, they can ruin a life.

What to do? Tackle them one at a time. Enjoy life. Avoid accumulated sin. And... **Ecclesiastes 12:1**

The Hebrew "Remember" refers to *thought* followed by *action*. God remembered Israel & sent Moses to deliver them. (**Exodus 2:24**)

Ecclesiastes 12:6 means EMBRACE your Creator, serve him, obey him. Only when you embrace God will you will experience satisfaction. Embrace him early so you can enjoy a satisfying life. Soon you will no longer be young. **Ecclesiastes 12:2-6**

Verse 3 refers to weak hands, legs, and teeth fall out.

Verse 4 Eyesight weakens, awaken early

Verse 5, "when men are afraid of heights and of dangers in the streets."
"When the almond tree blossoms." Day when hair turns white
"When the grasshopper drags himself along." You lose our athletic abilities.
"When desire no longer is stirred." Use your imagination.

Eventually, "Then man goes to his eternal home and mourners go about the streets." We die, and after our funeral, our friends gather for lunch and tell jokes about us.

So what should we do? **Remember your Creator Ecclesiastes 12:6a**

Remember God before life dries up. Solomon reflects a sober reality in verse 8, "**Meaningless! Meaningless! Everything is meaningless!**"

In short... Without God there is no purpose to life. Only through a real relationship with him do we find lasting satisfaction.

Here's the bottom line. **Ecclesiastes 12:13**

Discussion Questions:

- **What about the sermon stuck with you this week? What part challenged your thinking?**
- **Should Christians have joy through every situation in life? Explain**
- **Are you a spontaneous person? What was the last spontaneous thing you did? How could you be more spontaneous?**
- **What would you do differently to enjoy life if you could roll back the clock?**
- **What is one activity you can do to enjoy life?**
- **Explain how you seek to honor God in your everyday life**