
Small Group Conversation Guide

Desperate for Meaning / Ecclesiastes 1

Warm-up: Share about a time where you were disappointed by something or someone. *Maybe it was something you put time, energy and money into that didn't pan out. Maybe it was a favorite team or influential person.* How did that disappointment change your perspective on that something or someone?

Read: Ecclesiastes 1:1-14

The author of Ecclesiastes (probably Solomon) says that all life is vanity, or striving after the wind. He uses the Hebrew word *hebel*, which means breath, vapor or smoke. Life is something that appears for awhile and then disappears.

1. Why do you think Solomon compares our life to a breath or vapor?
2. If we understand our life as a breath or vapor, how might that affect the way we view our time?
3. What are some of the examples he gives for the vanity of life? Which ones resonate with you? Why?
4. Solomon says, "*all things are full of weariness*" (verse 8). How have you felt weariness in your own life?
5. How does Jesus offer us a way out of being stuck in the vain cycle of life? How has Jesus given your life meaning?

Read Psalm 62:5-9

6. What things does the author (David) say only God can provide?
7. Verse 9 affirms the idea that we are just a breath or vapor, but adds that people of high estate are a delusion. What do you think he means?
8. If God is our only source of meaning, how does that affect the way we live our daily lives?

Prayer: How can we pray for each other this week?

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