



**Life Group Discussion Guide**  
**My Verse, My Story**  
**Satisfied– Ecclesiastes 5:18**  
Douglas Slachter – August 13, 2023

Main thought: Do not be afraid to revel in the blessings of God.

Notes:

The wisdom of Ecclesiastes

- Solomon wrote Ecclesiastes to help us understand the \_\_\_\_\_ of life.
- Life is not \_\_\_\_\_.
- Even good things can be \_\_\_\_\_.

How to live a life that is not meaningless.

- Honor God with your \_\_\_\_\_.
- Honor God with your \_\_\_\_\_.
- Learn to \_\_\_\_\_ what God has given you.

Ice-Breaker

- What is your favorite dinner?

Week in Review

Share a passage from your time in God's Word this last week that impacted your day?

Digging In

Read Ecclesiastes 5:18 together and respond to the following questions:

- What do you think about Solomon's understanding of life's purpose?
- Why is it important to see work as a good thing?
- What is the general purpose of the feasts that God established in the Bible? (If you need help answering this question, read Deuteronomy 16:1-17)

Further Reflection

Read Philippians 4:13-14.

- What does it mean to be content in all things?
- Why is work an important part of finding contentment?
- What is the issue with enjoying food and drink (celebrating), when you have not put any effort into your work?
- Why do you think God uses meals as reminders of His goodness?



### Application

- How can you find meaning in your work even if it feels meaningless? (see Colossians 3:23-24 if you are having a hard time answering this)
- Think of a challenging situation in your life right now. What are some blessings that have come from that challenge?
- When will you take time to eat and drink to God's goodness this week? How will you celebrate?

Share some of God's blessings in your life with each other and raise a toast to God's goodness.