

Sermon Discussion Guide

Life Under the Sun – Ecclesiastes 4:1–16

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Discussion Questions

The Teacher describes oppression and envy as universal realities. Where do you see these in our world—or in your own heart?

Work and Contentment

Verse 6 says, “Better one handful with tranquility than two handfuls with toil.”

- What does “one handful with tranquility” look like for you right now?
- How do you resist envy and the pressure to “keep up” with others?

The sermon highlights how isolation is affecting people of all ages.

- Where do you see loneliness in your community?
- How has isolation impacted you personally?

“Two are better than one... a cord of three strands is not quickly broken.”

- Who are the people you lean on in hard times?
- What keeps us from building or deepening those relationships?

The sermon describes the church as a place to belong first, then believe.

- How does this challenge or encourage your view of church?
- What would it look like for our group/church to help people feel they belong—even before they believe?

Has your work, achievements, or possessions ever defined your life? How does God invite you to see yourself differently?

What is one small step you could take this week to move from isolation to belonging—either for yourself or for someone else?