



INTRO: It's natural to have desires for our lives, and it's important to encourage each other to set different goals for different seasons of life. But before you set a goal or create a game plan, do you take time to reflect and dig a little deeper? What's the ultimate motivation behind your goal? Do you depend on the promises of culture and fleeting trends for meaning, or does God inform your heart and direct your steps? When our goals are separate from God's, we find that our souls go hungry no matter what we chase after.

1. Share a story about a time of emptiness in your life.

READ Ecclesiastes 6:1-12

1. Verses 3–6 use strong, even heartbreaking, imagery to describe how hard it can be for people to find joy and meaning. Do these verses resonate with you?
2. *The Message* translates verse 7 like this: "We work to feed our appetites; meanwhile our souls go hungry." What habits do you have that allow your soul to go hungry?
3. Ecclesiastes 6 invites us to cherish the present moment no matter our circumstances. What's one step you can take right now to let go of worry and discontentment?
4. What does this passage have to say about God's freedom and hope for our lives?

SERMON QUESTIONS:

1. What are you hungry for during this season of your life?
2. Do you find yourself longing for this season to pass? Are you able to experience gratitude and joy in the present?
3. What or who are you dependent on for joy and meaning? Where does God fit in?

OUTRO: "Better is the sight of the eyes than the wandering of desire" (verse 9). You don't have to wait for the next season of life to experience God's gifts. In this very moment, God is present with you and eager to lead you to deep wells where love and joy abound. Are you ready to let go of unhealthy desires and receive God's hope for your life?

PRAY TOGETHER.

(Pray for God's Spirit to free you from unhealthy desires so you may revel in the present.)