



**PAST**

**December 28, 2025**

**ECCLESIASTES 1**

## **SUNDAY REFRESHER**

We live in a culture chasing satisfaction, yet rarely finding it. According to Gallup, only 44% of U.S. adults say they are very satisfied with their personal lives, the lowest number recorded since 2001. That statistic does not just describe society, it names something we feel. Ecclesiastes calls it hevel, vapor, breath, smoke, real enough to pursue, impossible to hold. What if the reason we feel unfulfilled is not because we have failed, but because the things we are chasing cannot satisfy?

Solomon had everything we believe will finally do it, wisdom, wealth, pleasure, success, legacy, and still concluded that life “under the sun” ends in emptiness. Blaise Pascal called it an infinite abyss. C.S. Lewis called it a desire nothing in this world can satisfy. Scripture calls it a soul made for God. Ecclesiastes exposes the problem. Jesus offers the invitation. The question is no longer whether life under the sun satisfies, but whether we are willing to stop chasing wind and receive what is eternal.

## **PERSONAL REFLECTIONS**

- *What did God say to you through this passage and teaching?*
- *Did God reveal anything new to you?*
- *How is this relevant in your journey to make disciples who Love God and Love people?*

## QUESTIONS

- *Where have you been looking for fulfillment this past year, success, comfort, certainty, control, relationships, and how has that pursuit actually left you feeling?*
- *Solomon had everything most people want and still called it “a striving after wind.” What does that reveal about the limits of achievement and experience?*
- *Jesus asks what it profits a person to gain the world but lose their soul. What might it look like for you to value your soul more intentionally this season?*

## SCRIPTURE REFERENCES

Ecclesiastes 1:1–11 (ESV) | Ecclesiastes 1:14 (ESV) | Mark 8:36 (ESV)

## CONCLUSION

Ecclesiastes does not exist to make us cynical. It exists to make us honest. It strips away illusions and forces us to face the uncomfortable truth that life built only on what we can see, touch, and achieve will eventually feel hollow. The ache we feel is not weakness. It is evidence. We were never designed to run on vapor.

Jesus does not shame our pursuits. He reorders them. He reminds us that the soul has weight and the world has a cost. When we stop chasing what cannot satisfy and turn toward Him, we do not lose our lives. We finally find them. Hope, peace, joy, love, and Christ Himself are not found under the sun, but beyond it, and they are offered freely to those willing to let go of the wind.

