



## SUNDAY - March 8, 2026

### THE GRIND: Ecclesiastes 1:4-18

#### SERMON SUMMARY:

Ecclesiastes looks at life “under the sun” and notices how repetitive it feels. Generations come and go, work never really stays finished, and even our greatest accomplishments eventually fade. The more Solomon observes and understands the world, the more he realizes that chasing achievement, pleasure, or novelty cannot restore the simple joy people long for. Yet scripture reframes this monotony. The ordinary rhythms of life become the place where faithfulness is formed. Instead of chasing constant newness, God invites us to live with steady obedience and childlike wonder. Through Christ's life, death, and resurrection, even the repetitive moments of life can carry eternal meaning.

#### SCRIPTURE:

Ecclesiastes 1:4-18, 1 Kings 4:29-34, 1 Corinthians 4:2, 2 Samuel 23:11-12, Luke 16:10, Matthew 25, Ephesians 3:20

#### GROUP DISCUSSION QUESTIONS:

1. According to Ecclesiastes 1, what specific examples does the author use to illustrate the monotonous cycles found in people, nature, and history?
2. What conclusion does the author reach about the pursuit of wisdom and increased knowledge in verses 16-18?
3. The sermon mentioned the story of Shammah defending a "hill of beans." What was the specific situation he was faithful in, and what was the outcome?
4. What contrast was drawn between living for "novelty" and living for "nuance"?
5. The author of Ecclesiastes describes life as "chasing after the wind." Why do pursuits like acquisition, achievement, and even increased wisdom ultimately fail to provide lasting satisfaction?
6. How can the realization that life "under the sun" is monotonous and vain actually be a helpful diagnosis rather than a cause for despair?
7. In what ways can repetitive, mundane tasks serve as a "proving ground" for faithfulness, as illustrated by the biblical examples given?
8. The idea was presented that God might delight in repetition, like a child who says "do it again." How does this theological imagination change the way one might view the daily grind?