



# Life Under The Sun

***Therefore, What Shall We Do?***

***Ecclesiastes 2:24 - 26***

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***“I  
Hated  
Chores”***





***Birthday Presents***



***Thanksgiving Dinner***



# ***Candy & Cookies***



# ***What Is The Meaning of Life?***

***2:1-11*** – ***He checked out **pleasure*****

***2:12-17*** – ***He checked out **wisdom*****

***2:18-23*** – ***He checked out **labor*****

***2:24-26*** – ***Solomon's Recommendations***

*What shall  
we do?*



***There Is No Lasting Satisfaction!***



# ***Nothing Better Than To . . .***

***Ecclesiastes 2:24***

***. . . tell himself that  
his labor is good . . .***




***ESV - “find enjoyment in his tasks”***

***HCSB - “enjoy his work”***

***NLT = “find satisfaction in work”***



A sunset scene with a single tree in the foreground. The sun is low on the horizon, casting a warm glow over the landscape. The sky transitions from orange near the horizon to a pale blue at the top. The ground is dark and textured, possibly a field or a path.

***“life under  
the sun”***

***“Nothing better than to . . .”***

- ***Eat***
- ***Drink***
- ***Enjoy your work***

**I know that there is nothing better for them than to rejoice and to do good in one's lifetime; moreover, that every man who eats and drinks sees good in all his labor — **it is the gift of God.****

**Eccl. 3:12-13**

**I have seen that nothing is better than that man should be happy in his activities, **for that is his lot.** For who will bring him to see what will occur after him?**

**Eccl. 3:22**

**Here is what I have seen to be good and fitting:  
to eat, to drink and enjoy oneself in all one's  
labor in which he toils under the sun during the  
few years of his life which God has given him;  
for this is his reward.**

**Eccl. 5:18**

**So I commended pleasure, for there is nothing good for a man under the sun except to eat and to drink and to be merry, and this will stand by him in his toils throughout the days of his life which God has given him under the sun.**

**Eccl. 8:15**

**Go then, eat your bread in happiness and drink your wine with a cheerful heart; for God has already approved your works.**

**Eccl. 9:7**

*Eat, Drink*  
AND BE  
**MERRY**

The graphic features a central text design. The words "Eat, Drink" are written in a large, elegant white cursive font. Below them, "AND BE" is in a smaller, white, all-caps sans-serif font. A white ribbon banner with a slight curve contains the word "MERRY" in a bold, black, all-caps sans-serif font. At the bottom of the graphic, there are two white holly leaves on either side of two white bells hanging from their tops.

*In your work*



# **3 Principles To Remember**

**Ecclesiastes 2:24 - 25**

## **Principle #1 – Pleasure comes from God**

- Gen. 2:16-17** - **Eat fruit**
- Gen. 9:3** - **Eat all living things**
- Acts 10:9** - **Okay to eat anything**
- Rev. 22:1-2** - **Water & fruit in heaven**

# ***3 Principles To Remember***

***Ecclesiastes 2:24 - 25***

***Principle #1 – Pleasure comes from God***

***Principle #2 – Do not indulge ourselves***

- |                              |  |
|------------------------------|--|
| <b><i>Prov. 23:20-21</i></b> | <b><i>- Do not indulge</i></b>           |
| <b><i>Prov. 28:7</i></b>     | <b><i>- Gluttony is humiliating</i></b>  |
| <b><i>Phil. 3:19</i></b>     | <b><i>- Gluttony is an idol</i></b>      |
| <b><i>Titus 1:12</i></b>     | <b><i>- Gluttony is not positive</i></b> |



# ***3 Principles To Remember***

***Ecclesiastes 2:24 - 25***

***Principle #1 – Pleasure comes from God***

***Principle #2 – Do not indulge ourselves***

***Principle #3 – There is something better***

***Ezek. 16:49 - Gluttony/ease condemned***

***1 Cor. 15:32 - Gluttony if no hope***

# ***God Wants The “Good” To Enjoy***

***Ecclesiastes 2:26***

***Eph. 6:2-3*** - ***Longer life***

***Matt. 6:33*** - ***Needs will be met***

***Matt. 5:6*** - ***Will be satisfied***

***Ex. 20:8-10*** - ***Have rest but not for sluggards***