

## **Finding Joy and Happiness in this Toilsome Life – Ecclesiastes 5:18–20**

*“Here is what I have seen to be good and fitting: to eat, to drink and enjoy oneself...”*

### **How to Find Joy Amidst the Toil of Life, So that We Might Obey Scripture’s Instruction to “Rejoice Always.”**

1. Eat and Drink with Understanding (vs. 18a)
2. Recognize God’s Sovereignty in All of Life (vs. 18b)
3. Give Thanks for God’s Provisions (vs. 19a)
4. Remember the Gift of God (vs. 19b)
5. Do not Focus on the Wearisome Toil of Life (vs. 20)

#### **Application (How Does My Belief or Behavior Need to Change in Light of What We Learned?)**

- What does it mean to eat and drink with “understanding” (vs. 18)?
- What do “the years of my life” imply?
- For what should I give God thanks?
- How do I know that God is sovereign? Where have I observed this?
- How do I keep from focusing on wealth and riches?