

The Benefits of Frustration

Disappointment With Pleasure

2:1-11

- Solomon outlines his quest to find lasting pleasure in possessions, power, relationships, and more.
- Despite his relentless pursuit to acquire all this earth can provide, Solomon concludes nothing under the sun is really worth it.

In what pleasures do you try to find _____ and satisfaction?

Resentment With Wisdom

2:12-17

- Practicing good sense proves much more beneficial than exercising poor judgment.
- Those who choose to live grounded and mature as well as those who act rashly both die.
- Even those who live wisely can hate their lives and find them empty.

In what ways does wisdom leave you feeling discontent or _____?

Annoyance With Work

2:18-23

- Work requires energy, effort, and skill; it can feel really heavy.
- Everyone leaves their wealth and accomplishments to someone who did not earn them, so what's the point?

How does work seem _____ or exasperating to you?

A Healthy Response To Frustration

2:24-26

- Live with, and not apart from, God.
- Continue turning to _____ as your source of meaning and identity.
- Enjoy pleasure, wisdom, and work as gifts from Him.

2 Chronicles 9:25-28

And Solomon had 4,000 stalls for horses and chariots, and 12,000 horsemen, whom he stationed in the chariot cities and with the king in Jerusalem. And he ruled over all the kings from the Euphrates to the land of the Philistines and to the border of Egypt. And the king made silver as common in Jerusalem as stone, and he made cedar as plentiful as the sycamore of the Shephelah. And horses were imported for Solomon from Egypt and from all lands.

1 Kings 10:23-24

Thus King Solomon excelled all the kings of the earth in riches and in wisdom. And the whole earth sought the presence of Solomon to hear his wisdom, which God had put into his mind.

John 1:12

But to all who did receive him, who believed in his name, he gave the right to become children of God.

Romans 8:38-39

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.