

Growing Deeper
Making Rainbows

Week Three: *Enjoying Your Moment in the Sun*
Ecclesiastes 6:1-6

Spend FIFTEEN – Day One

1. Read Ecclesiastes 6:1-6. Life isn't good all the time, but sometimes it is. When was the last time you were overwhelmed with the feeling that life was really, really good? Why did you feel that way?
2. What keeps you from feeling this way all the time?
3. This week we will look at several reasons we don't enjoy the good in life when it happens. Let's start with a wrong understanding of God's character. How might that keep you from enjoying the good in life?
4. Say you gave a gift to your child or best friend and they did not notice or celebrate it—what does that seem to say about their understanding of you?
5. What gifts from God have you ignored? What impact does that have on your relationship with him?
6. God is a generous and loving Father. Read Matthew 7:9-11. Finish your FIFTEEN in prayer. Ask God to deepen your understanding of his character. Confess the times you have not seen the good things in life as a gift from him to be enjoyed. Thank him for being a God who loves to give you good gifts.

Spend FIFTEEN – Day Two

7. I had a friend who was given the gift of a trip to Europe. Yet as a follower of Jesus, she was reluctant to take the gift. She wondered if the money would be better used as a gift to missionaries or to care for the poor. How would you have advised her?
8. Read Ecclesiastes 6:1-6 again. Who is lavishing good things on people?
9. How would refusing to enjoy the goodness devalue the recipient?
10. How could awareness of others' need and guilt can be roadblocks to our enjoyment of God's good gifts?
11. Read Matthew 9:15. Why does the gift of Jesus give us permission to enjoy other good things in life?

12. End your FIFTEEN contemplating the freedom and assurance we have in Jesus to enjoy life's goodness.

Spend FIFTEEN – Day Three

13. Have you ever given a gift that was considered inadequate?

14. What does this do to the value of the gift?

15. Have you ever felt like the good things in your life were not enough? When? Why?

16. How does this tie into Ecclesiastes 6:3?

17. How does scarcity mentality make us unable to enjoy life's good moments?

18. End your FIFTEEN by listing as many good things currently in your life as you can. Celebrate a God who is lavish. Try to thank God each time you enjoy something good in your day.

Spend FIFTEEN – Day Four

19. Look at Ecclesiastes 6:1-2. Verse 2 notes that God does not give some people the ability to enjoy the good things he has given. What might be the reason?

20. There are many outward roadblocks to enjoyment—good things are stolen or mishandled, life ends too soon, etc. Ecclesiastes is clear that life is chancy. How does that make faith in God key to enjoyment of good times in life?

21. What causes you to shift from trust in God to “what if”?

22. How do fear and anxiety prevent you from enjoying life's good moments?

23. Pleasure is a theme in Ecclesiastes, but permanence is not. How can you enjoy good things while acknowledging that they will not last?

24. End your FIFTEEN asking God to grow your trust in him. Stop throughout your day to think about the good things you are enjoying at that very moment. Ask God to help you enjoy them greatly and hold them loosely.

Spend FIFTEEN – Day Five

25. Would you say you tend to see life positively or negatively? What has shaped your perception?

26. Review Ecclesiastes 6:1-6. We've noted that God gives good things to be enjoyed in life. We've also noted that God enables the enjoyment of those good gifts. How do these two truths change your perspective on life's good times?

27. God as the giver and enabler grants purpose to the good times in life. Read Ecclesiastes 9:7-10. What reasons for enjoying good things are listed?

28. Often Christians focus on our life after death. We grit our teeth and plow through life here and now, longing for the good things promised in heaven. Read John 10:10. What is a more accurate understanding of God's will for our life on Earth?

29. Joy is God's will for us. Abundant life now and forever. How does that give us the ability to focus on life's goodness?

30. While life is unpredictable and fleeting, it is also to be enjoyed when it is good. End your FIFTEEN asking God for a fresh perspective on life. Ask him to help you see and embrace all the good he pours out. Ask him for opportunities to share God's perspective and good gifts with others.