



Is This It? Eccl 1:1-4

September 13, 2026

Message Recap

Every person eventually asks the question, "**Is this it?**" We chase success, possessions, relationships, accomplishments, and experiences hoping they'll satisfy the deepest longings of our hearts. Yet Ecclesiastes reminds us that everything "under the sun" is like vapor...real, valuable, but impossible to hold onto forever.

King Solomon was uniquely qualified to answer life's biggest question because he experienced more wealth, wisdom, pleasure, and achievement than anyone else. His conclusion wasn't that life has no meaning, but that nothing in this world was ever designed to carry the weight of being our ultimate source of fulfillment.

The good news is that our dissatisfaction isn't a flaw, it's by God's design. Romans 8 reveals that creation was subjected to frustration "**in hope.**" God lovingly refuses to let temporary things permanently satisfy us so that our hearts will ultimately find their rest in Him.

Icebreaker / Personal Reflection

- **Icebreaker:**

If you could change lives with someone for a day, who would it be and why?

- **Reflection:**

What part of the message resonated with you the most?

Discussion Questions

1. The Hebrew word *hevel* is better translated as **vapor** than "meaningless." How does thinking of life as temporary rather than meaningless change the way you view your family, career, possessions, or current season of life?
2. What are you most tempted to grip tightly right now? What would trusting God with that area actually look like this week?
3. Romans 8 says creation was subjected to frustration "**in hope.**" How have disappointments or unfulfilled expectations ever become opportunities for God to redirect your heart toward Him?
4. The message challenged us to "fire your fake savior." What are some good things that can quietly become substitutes for God if we're not careful? Why do they make such convincing replacements?

5. Ecclesiastes also teaches us to enjoy God's gifts instead of demanding they become our identity. What is one simple gift from God you want to appreciate more intentionally this week instead of taking for granted?

For Additional Study

Romans 8:20–21

"For the creation was subjected to frustration... in hope..."

Questions:

- Why do you think God allowed this world to remain incapable of fully satisfying us?
- How does this passage change the way you view disappointment or unmet expectations?
- In what ways does the hope found in Christ give meaning to life "under the sun"?

Matthew 6:19–21

"Do not store up for yourselves treasures on earth..."

Questions:

- According to Jesus, what reveals where our heart truly is?
- What earthly treasures most compete for your attention or affection?
- What practical step could you take this week to invest more intentionally in eternal things?