



Is This It? Eccl 1:4-18

September 20, 2026

Message Recap

Life often feels like an endless cycle of routines, responsibilities, and ordinary days. Solomon observed that everything under the sun is constantly moving, yet nothing seems to truly satisfy. His conclusion wasn't meant to discourage us, but to awaken us.

This message reminded us that while our culture encourages us to chase the next milestone, promotion, vacation, or season of life, God invites us to experience His presence today. Motion isn't the same as progress. True fulfillment isn't found in constantly pursuing something new, but in recognizing God's new mercy and His faithful presence in the ordinary moments of life.

Rather than living for "someday," we're invited to discover Jesus in our Tuesdays.

Icebreaker / Personal Reflection

- **Icebreaker:**

What's one purchase under \$100 that has made your life significantly better?

- **Reflection:**

What part of the message resonated with you the most?

Discussion Questions

1. Solomon describes creation as constantly moving but never arriving (Ecclesiastes 1:4-7). Have you ever gone through a season where you were incredibly busy but still felt like you weren't making meaningful progress? What contributed to that feeling?
2. Pastor Barry reminded us that "Motion isn't progress. Presence is." What does it practically look like to be more aware of God's presence in your everyday routines this week?
3. We often believe the next season of life will finally satisfy us. Where are you most tempted to believe that "what's next" will bring the fulfillment only God can provide?
4. Jeremiah saw the same sunrise Solomon saw, yet focused on God's "new mercies every morning." (Lamentations 3:22-23). How can intentionally remembering God's daily faithfulness change your perspective on ordinary days?
5. Solomon discovered that wisdom alone couldn't satisfy the deepest longings of the heart. What's the difference between knowing about God and walking with God? What habits help you cultivate a relationship rather than simply gaining more information?

For Additional Study

Read:

Ecclesiastes 1:4-11, Lamentations 3:22-24, Matthew 6:25-34

Discuss:

- What contrast do you see between Solomon's perspective and Jeremiah's?
- According to Jesus, what keeps us from being fully present today?
- Which passage gives you the greatest encouragement for this season of life?

Read:

Luke 10:38-42, John 15:4-5, Psalm 90:12

Discuss:

- What do these passages teach about abiding in God's presence?
- In what ways are you more like Martha than Mary?
- How does "numbering our days" help us live with greater purpose and gratitude?