



Is This It? - Eccl 4

October 11, 2026

Message Recap

Solomon looks at a world filled with suffering, competition, achievement, and loneliness. What troubles him most isn't simply that people are hurting, but that they have no one to comfort them. Hurt is heavier alone. We were never meant to carry life's struggles without meaningful relationships and people who will stand beside us.

Solomon also reveals how envy and the relentless pursuit of success can leave us isolated. We can become so consumed with building a better life that we neglect the very people we're building it for. You can't hold a hand with a fist. When our hands are constantly grasping for more, we have little room to hold on to the people who matter most.

Ecclesiastes 4 reminds us that two are better than one because when one falls, the other can help them up. Yet we can be connected to many but held by none. Genuine community requires intentional relationships built before life's storms arrive. Ultimately, Jesus is the One who entered our loneliness, experienced abandonment, and gave His life so we would never have to face life alone. Through Him, we have the promise of God's presence and the opportunity to experience His comfort through authentic community.

Icebreaker / Personal Reflection

- **Icebreaker:**
What reality TV show would you absolutely dominate?
- **Reflection:**
What part of the message resonated with you the most?

Discussion Questions

1. Ecclesiastes 4:1 describes people who were hurting but had "no comforter." Why do you think it's possible to be surrounded by people and still feel alone? What keeps us from letting others know when we're struggling?
2. Solomon connects much of our work and achievement to envy and comparison (Ecclesiastes 4:4). How can comparing ourselves to others affect our relationships, priorities, and contentment?
3. The message reminded us that "you can't hold a hand with a fist." What are some things we tend to hold on to so tightly that they keep us from being fully present with the people who matter most?

4. Ecclesiastes 4:9–10 reminds us that two are better than one because someone is there to help when we fall. What is the difference between having people in our lives and having people who truly know us? How do we build relationships that go beyond the surface?
5. Pastor Byron challenged us to "tie in before you slip." Why do we often wait until we're struggling to seek meaningful community? What is one intentional step you could take this week to strengthen a relationship or become a source of encouragement to someone else?

For Additional Study

Galatians 6:2

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Questions:

- What does it practically look like to carry someone else's burdens rather than simply offering advice or encouragement?
- Why is it sometimes more difficult to allow others to carry our burdens than it is to help carry theirs?
- Jesus promised that we would never be alone. How can experiencing His presence and comfort change the way we show up for others?
- Who is one person you could intentionally reach out to this week to offer support, encouragement, or simply your presence?