Is This It? - Eccl 7
November 1, 2026

Message Recap

Solomon challenges us to reconsider how we respond to life's painful experiences and unanswered questions. While suffering can teach us lessons that comfort and pleasure never will, we often allow painful memories to shape conclusions about ourselves, our future, and even God's love for us. The pain may be real, but the verdict we've attached to it may not be true.

Ecclesiastes 7 reminds us that we cannot control everything that happens in life, nor can we always understand why things happen. Rather than becoming consumed with the past or worrying about an uncertain future, we're called to remember what God has already done and trust Him with what we cannot see.

Ultimately, our mistakes, disappointments, and unanswered questions do not get the final word over our lives. Through Jesus, we can experience forgiveness, freedom from condemnation, and the confidence that God is still at work in our story.

Icebreaker / Personal Reflection

- **Icebreaker:**
  If you could instantly become an expert in any historical period, which one would it be?

- **Reflection:**
  What part of the message resonated with you the most?

Discussion Questions

1. Ecclesiastes 7:2–3 teaches that difficult experiences can help us grow in wisdom. What are some lessons we can learn through hardship that we might never learn when life is going well? How can we make sure those experiences change us for the better?

2. Ecclesiastes 7:10 warns against assuming the past was better than the present. Why do we sometimes remember the past as better than it really was? How can constantly looking backward keep us from recognizing what God is doing in our lives today?

3. What's the difference between learning from a painful experience and allowing that experience to define you? How can we hold on to the lessons without holding on to the hurt?

4. Why do we often feel the need to know how something will turn out before we're willing to trust God with it? How can we grow in our ability to surrender outcomes we cannot control?

5. Romans 8:1 declares that there is now no condemnation for those who are in Christ Jesus. What's the difference between conviction that leads us toward repentance and condemnation that keeps us trapped in guilt or shame? How can understanding what Jesus accomplished on the cross change the way we view our past?

For Additional Study

John 9:1–3

Jesus challenges the assumption that a man's suffering must be the result of someone's sin.

Questions:

- Why are we sometimes quick to assign blame when someone experiences suffering?
- How does Jesus' response change the way we interpret painful circumstances in our own lives?

Romans 8:1–2

"Therefore, there is now no condemnation for those who are in Christ Jesus."

Questions:

- How is freedom from condemnation different from pretending our mistakes never happened?
- What is one conclusion about your past that you need to surrender to the truth of what Jesus has done?