

PULPIT CURRICULUM

First Baptist Church of Tyrone

Running in Circles | Chasing Enough: The Search for what Truly Matters

Ecclesiastes 1:1-11

9-20-2026

Life under the sun seems meaningless when we try to find our satisfaction in temporary things.

1. Where do you most naturally look for satisfaction apart from God? Ecclesiastes describes the endless pursuit of things that never quite satisfy us. What are some good things—work, money, comfort, accomplishments, relationships, experiences, recognition—that can quietly become sources of ultimate satisfaction?

2. Why do you think Ecclesiastes is so honest about the frustrating and repetitive parts of life? Ecclesiastes gives us a “high dose of reality” and helps us wrestle honestly with disappointment, difficulty, and failed expectations. Do you find it easy or difficult to be this honest with God and other Christians? What can happen when Christians feel like they aren't allowed to admit they're struggling?

3. What does “there is nothing new under the sun” mean for us today? Solomon isn't saying that technology or circumstances never change but that the unchanging desires and pursuits of the human heart isn't new. What are some examples of desires that people pursued 100 years ago that we still pursue today? How does recognizing this help us understand our own struggles with sin and satisfaction?

4. How can ordinary, repetitive work have meaning? What changes when we stop asking, “Is this exciting?” and start asking, “Am I doing this faithfully for the Lord?”

5. What would it look like this week to “raise your gaze” toward Christ? What is one temporary thing you are currently tempted to use for satisfaction, and what would it look like to intentionally turn toward Christ instead?

6. If you knew that everything you accomplish under the sun would eventually be forgotten, what would you still want to spend your life doing for Christ?
