

### Day 1 – Pleasure Is a Gift, Not a Savior

**Scripture:** Ecclesiastes 2:1–3; Psalm 16:11; James 1:17

**Reflection:** The Teacher begins by testing pleasure. He tries laughter, enjoyment, and wine to see if they can show him what is good. That search is still familiar. When life feels heavy, we often look for something that will lift the weight, quiet the ache, or make the moment feel better. And pleasure itself is not the problem. God created joy, taste, beauty, laughter, and celebration. The problem comes when we ask for pleasure to become our peace. A good gift can refresh us for a moment, but it cannot redeem us. True joy is only found in the presence of God, where pleasures are received with gratitude.

**Prayer Prompt:** Ask God to help you receive His gifts with joy without asking them to satisfy what only He can.

### Day 2 – Laughter Can Lighten the Heart, But God Heals It

**Scripture:** Ecclesiastes 1:4–8; Psalm 39:4–5

**Reflection:** The Teacher says laughter is “madness,” not because laughter is evil, but because laughter cannot answer life’s deepest questions. There is a kind of laughter that is a gift. It brings warmth, connection, relief, and joy. But there is also a kind of laughter that becomes a hiding place. Sometimes we keep things funny because honesty feels too vulnerable. We keep life light because we are afraid of what might surface if we slow down. God is not afraid of what is heavy in us. He invites us to bring our sorrow to Him.

**Prayer Prompt:** Ask God to show you where you may be using humor, busyness, or distraction to avoid what He wants to heal.

### Day 3 – Achievement Cannot Give You Rest

**Scripture:** Ecclesiastes 2:4–6; Psalm 127:1–2; Matthew 11:28–30

**Reflection:** The Teacher built houses, planted vineyards, made gardens, created parks, and constructed reservoirs. His life was productive, impressive, and carefully built. But Scripture reminds us that even good work can become restless when we start looking to it for identity. We can build a career, a home, a ministry, a reputation, or a future and still feel unsettled inside. Building was never meant to be our foundation. Jesus does not call the weary to achieve a little more so they can finally matter. He calls the weary to come to Him. When Christ becomes our rest, we are free to work faithfully without needing our work to prove our worth.

**Prayer Prompt:** Ask Jesus to help you work from His rest instead of striving for your identity.

## Day 4 – More is Never Enough Without God

**Scripture:** Ecclesiastes 2:7–8; Luke 12:15–21; 1 Timothy 6:6–10

**Reflection:** The Teacher had servants, flocks, herds, silver, gold, singers, and every kind of delight. He had more options, more resources, more comfort, and more access than most people could imagine. Yet Ecclesiastes exposes the lie that more will finally make us whole. More can make life easier, but it cannot make the soul full, or give us peace. Contentment does not come from having everything we want. It comes from trusting that God is enough even when we do not, and when our hearts belong to Him.

**Prayer Prompt:** Ask God to reveal where you are tempted to believe that more money, comfort, success, or control would finally satisfy you.

## Day 5 – Wisdom Has Limits

**Scripture:** Ecclesiastes 2:12–16; Proverbs 3:5–6; 1 Corinthians 1:24–25

**Reflection:** The Teacher sees that wisdom is better than foolishness, just as light is better than darkness. But then the Teacher faces a hard reality: both the wise and the foolish eventually die. Wisdom can help us walk through life, but it cannot make us immune to death, suffering, uncertainty, or loss. We want enough knowledge to avoid pain, enough insight to guarantee outcomes, and enough understanding to make life manageable. But Scripture invites us into something deeper than control. “Trust in the Lord with all your heart and lean not on your own understanding.” God does not ask us to stop seeking wisdom. He asks us not to make our understanding ultimate. True wisdom begins when we admit our limits and trust the One whose wisdom is greater than ours.

**Prayer Prompt:** Ask God to give you wisdom for today and humility to trust Him with what you cannot understand or control.

## Day 6 – Receive the Gifts, But Give Your Heart to the Giver

**Scripture:** Ecclesiastes 2:24–26; Matthew 6:19–21; 1 Corinthians 15:58

**Reflection:** After all his searching, the Teacher begins to point us toward the only way to rightly enjoy life: receiving it from the hand of God. Food, drink, work, pleasure, beauty, and ordinary moments are gifts when God is at the center. Without God, even good things become empty things because we ask them to carry eternal weight. With God, temporary things can be received with gratitude because we are no longer asking them to save us. We can work hard, enjoy life, celebrate blessings, and love deeply with open hands. Our hearts do not have to chase the wind because they are anchored in the One who lasts.

**Prayer Prompt:** Ask God to help you enjoy His gifts with gratitude, hold them with open hands, and give your life to what lasts.