

Ecclesiastes 3:1-15

Why are we so busy and stressed?

1. The seasons of life are beyond our control (3:1-8)

2. But we can trust the Lord of time (3:9-15)

Rejoice and do good.

Let frustration lead to worship

The poem in v1-8 describes life as it is, and whether we receive it as good or bad depends on our outlook. Can you envisage experiencing life as positive, even when we can't see "the gain", and when events are beyond our control? Why or why not?

Trusting the Lord of time means turning blessings into opportunities to rejoice and do good, and turning frustrations into opportunities to fear before him. What might that look like practically for you right now?