



Welcome to Summer Small Groups!
29th July 2026

The cross and self-fulfilment

Ecclesiastes 1:1-15, page 553
Ephesians 1:3-10, page 976

Question for discussion:

Think through some of the things you've worked towards last week, either at work or at home. What is the estimated "shelf life" of that work? How long before it is replaced, undone or forgotten?

Introduction

Contrast - two types of work

Implication - our work is unfulfilling

Reprieve - God involves us in His work

Questions for discussion: (existing small group leaders please lead the discussion)

1. What detail(s) did you find most surprising / encouraging / challenging in our passage?
Are there any details you would like to clarify?
2. How do (a) repeated cycles and (b) death help us form a healthy perspective on work and life under the sun?
3. How does Ecclesiastes help close off these self-fulfilment traps (pick 1-2)?
 - Pleasure and experience (see 2:1-11, 9:7-10)
 - Wisdom (see 2:12-17, 7:23-24, 8:16-17, 10:5-7)
 - Wealth, legacy (see 2:18-23, 4:7-8, 5:10-17)
 - Seeking justice (see 4:1-4, 8:14, 9:1-6)
 - Children (see 6:3)
4. What is exciting about being involved in God's big plan? How is it more fulfilling than anything we could achieve on our own?
5. How might this change our attitude towards... (pick 1-2)
 - the cross?
 - our work?
 - money?
 - relationships, including family, children and colleagues?
 - successes and disappointments?

Take some time to pray