

Questions:

1. Why do you think we aren't happier in our lives? What are some of the things that get in the way of our happiness?
2. Where do people turn to find happiness? Do they end up finding it where they are looking?
3. Read Ecclesiastes 1:17-18; 2:1-2; 2:11 and 5:10-11. What can we conclude about Solomon's search for happiness and meaning? Why didn't he find happiness where he was searching?
4. Read Ecclesiastes 2:24-26. Solomon discovered that happiness is found in knowing God and walking in step with him. Do you agree that this is a key to happiness? Explain your answer. Why is God ultimately the only Source of lasting happiness? How does this tie in with Philippians 4:4?
5. Do you personally struggle being happy or thankful? If so, what do you think is in the way?
6. How do you think we could come to a point where we "rejoice in the Lord always?"
7. How might you apply tonight's lesson to your life?