

GROUP DISCUSSION

Questions for facilitating dynamic discussion

Human Flourishing
Week 2: Life Satisfaction
Ecclesiastes 2:24-26

February 21, 2026
Jeff Griffin

Top universities say they've finally discovered the six keys to a deeply satisfying life. Amazingly, King Solomon beat them to it by 3,000 years! As we major in the wisdom of well-being, we turn our focus this week to the topic of finding satisfaction in life.

Kicking It Off:

If you were going to start a YouTube channel, what would it be about?

Discussion:

1. How would you rate your current satisfaction with life on a scale of 1 to 10?
2. Read Ecclesiastes 2:24-26. What does Solomon describe as the basics of life – what we can do no better than? Do you agree? Disagree?
3. Ever since the snake asked Eve the deceptive question “Did God really say you couldn’t eat from any fruit from the trees in the garden?” mankind has mistakenly considered God a killjoy. As Jeff illustrated in his sermon, that couldn’t be further from the truth. Read Matthew 7:9-11. How does this help you look to bring God into your eating, work, and mundane parts of life?

So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him. ~ Matthew 7:11

4. Reread verse 25. Did Solomon really mean that the ungodly can’t eat or enjoy life because they don’t have God? What is he getting at about eating and enjoyment *with God*? [Hint: what is the topic of this week’s sermon?]
5. Jeff offered us four ways to add God to the equation for enjoyment in life. What are they? Which of these do you practice regularly? Which do you want to work on incorporating more?
6. Adding God to our enjoyment of the basics of life yields greater life satisfaction. But did you catch what else Solomon says will happen as a result in verse 26? What do you think of this “feedback loop” of enjoyment and blessing?

Wrapping Up:

Satisfaction is foundational to well-being. And it’s also a by-product of a life centered on God. Pray that your group would take to heart the invitation to savor food, drink, and work in ways that acknowledge the role God plays in even the smallest aspects of life.

“To the person who pleases him, God gives wisdom, knowledge and happiness...” ~Ecclesiastes. 2:26a (NIV)