



The Treadmill

Ecclesiastes 4:4-12

The treadmill runs on

- **Competition/Envy**
- **Greed**
- _____

The treadmill steals

- **rest**
- **relationship**
- _____

Hit the stop button believing

- **There is nothing left to prove.**

GETTING STARTED: What was something (past or present) you have done that initially you enjoyed but it soon became a toilsome trip on a “treadmill”?

DIGGING DEEPER: There are several words for “work” in the Bible. The one most often used in Ecclesiastes is translated trouble, toil, sorrow, miserable, pain, and grievous. How does this help you understand what Solomon is saying in verses 4:4-12 (see also Eccles 1:1-3, 2:10-11, 17)? In verses 4:4-12, Solomon gives at least a partial analysis of why we make things into a job. What do you learn from his analysis? Do you agree with Solomon’s analysis? Why or why not? How do you see the reality of these things in the world around you? What does Hebrews say about the reason God’s people can enter into rest (Heb 4:1-11, 7:23-27, 10:11-12)?

LIVING IT OUT: Think again about the thing that becomes a trip on the treadmill in your life. Why did it become this? How did it steal rest from your life? How did it hinder relationships? What other negative impacts did you experience? Has this happened to you with Christmas? How? In what way will you hit the stop button this week to move toward rest (consider taking something out of your schedule, or scaling back on something)? Take this extra time and energy to stop and hear God saying to you, “there is nothing left to prove”, as you meditate on one of these verses (Isa 53:4-6; John 19:30; Col 2:13-15; Gal 2:16; Heb 2:14-15; Titus 3:4-8)



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