



ECCLESIASTES

Adjust & Enjoy: Filling the Empty Spaces of Life

Life can be so incredibly "daily." The realities of work and pain can undo us, and though we think personal pursuits will truly satisfy, they rarely do. Instead, they can leave us disillusioned. However, there *is* One who satisfies.

Open up the ancient book of Ecclesiastes and discover truths that will liberate modern women from unattainable expectations of earthly life.

This wisdom book will guide us to adjust our mindsets and recover true meaning, meaning that honors God and inspires contentment in the rhythm of ordinary life.

Redirect My Pursuits: Unrealistic expectations of life and relationships leave us unsatisfied and empty. Many of us struggle silently, as believers rarely express disillusionment. Our human nature turns toward consumerism or addiction to escape the monotony, but Jesus invites us to come to Him, instead.

- In boredom, insecurity or deep pain, what do I need from Jesus?
- What do I want to gain from the action or relationships I pursue? Do I expect it to fill a hole meant for Jesus?
- How can I invite God into the center of this pursuit?

Accept My Brokenness: Questions about suffering and sin often leave us weary and despaired and not healed and whole. When we finally accept that our world and humanity are broken, we can understand Jesus' work to reclaim us. We are free to adjust our mindset from the despair of what is, to the hope of what can be with Jesus.

- How hard is it to admit I am broken? Why?
- In my brokenness, my despair, my desire to escape, I will cry and lament about it with Jesus.
- Ask Him to help you integrate His love and your faith into your pain.

Recover True Significance: Each of us share a deep longing for purpose in our ordinary lives. We each want to be known and validated. Rather than defaulting to proving your worth to others, allow the ache to direct you to authentic and satisfying communion with your God.

- What myths about gaining significance or validation from others do I believe?
- How can I learn to interpret the deepest groaning of my heart and begin to gain Christ?
- What myths have I believed about rest, ministry, work?

Be Who You Are in this Moment/Season: We discover satisfaction in this life when we are realistic about its limitations and then grow in our dependence upon God to both fill and direct us.

- What myths have I accepted that inhibit me from enjoying my "ordinary" life?
- How can I enjoy the limitations of life under the sun while honoring God each day?
- What needs to change in my daily pursuits to gain Christ?

Certified Life, Youth, Family, and Special Needs Parent Coach

Bonnie Christensen teaches young couples, women's conferences, and support groups. She worked in full-time youth ministry, and presently serves as a pre-marital coach and Bible teacher.

Bonnie holds a degree in Biblical Studies and Christian

Education, and an M.A. in Marriage and Family Ministries from Biola

University's Talbot School of Theology. She is a Colson Fellow, trained in worldview and cultural apologetics. Bonnie passionately addresses these quickly changing cultural times, speaking Truth into them, and equipping the Church to zealously follow the call of Christ.

bonnie.christensen04@gmail.com blog: bonniejchristensen.com



ADJUST & ENJOY: FILLING THE EMPTY SPACES
Ancient Wisdom for the Modern Woman

WHAT'S THE USE? (Everything is futile) Ecclesiastes 1:1-11
--Disillusioned—

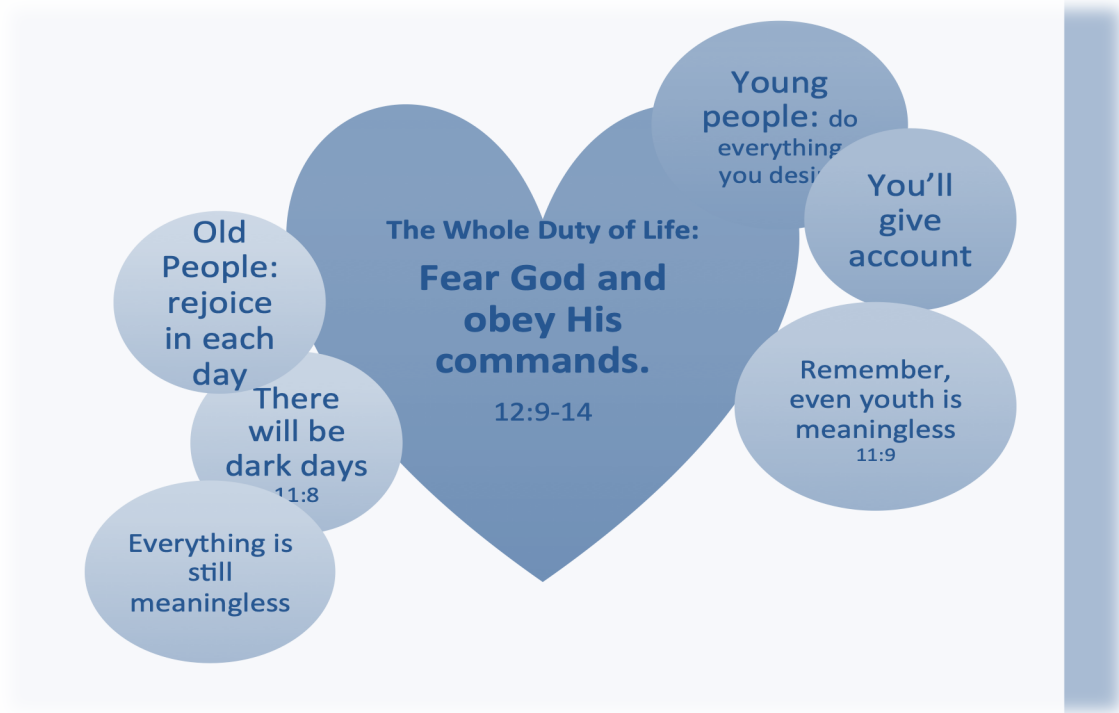
EMPTY PURSUITS (The extent of futility) Ecclesiastes 1:12-6:12
--Monotony—

Hebel = _____ 40x!

ADJUST YOUR PERSPECTIVE: Joy in the Ordinary
- -Rescued from futility - Ecclesiastes 7:1-ch 12

- **Redirect my pursuits**
- **Accept my brokenness**
- **Recover true significance, embrace True Gain**
- **Enjoy who you are: in the presence of God,**

And your pursuit of God



Ecclesiastes 1:8 Everything is wearisome beyond description. No matter how much we see, we are never satisfied. No matter how much we hear, we are not content.

Ecclesiastes 1:13-14 I devoted myself to search for understanding and to explore by wisdom everything being done under heaven. I soon discovered that God has dealt a tragic existence to the human race. I observed everything going on under the sun, and really, it is all meaningless-like chasing the wind.

Ecclesiastes 2:22-23 So what do people get in this life for all their hard work and anxiety? Their days of labor are filled with pain and grief; even at night their minds cannot rest. It is all meaningless.

Ecclesiastes 11:7-8 Light is sweet; how pleasant to see a new day dawning. When people live to be very old, let them rejoice in every day of life. But let them also remember there will be many dark days. Everything still to come is meaningless.

Ecclesiastes 11:9-10 Young people it's wonderful to be young! Enjoy every minute of it. Do everything you want to do; take it all in. But remember that you must give an account to God for everything you do. So refuse to worry, and keep your body healthy. But remember that youth, with a whole life before you, is meaningless.

Ecclesiastes 12:13 That's the whole story. Here now is my final conclusion: Fear God and obey His commands, for this is everyone's duty.



Keep growing in love with God, adjust your perspective of life and act wisely - - Enjoy your days while you are able!