

The Search for Satisfaction Discussion Questions

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Ecclesiastes 2:1-17

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1. What “ism” do you say best describes the way you live your life? Why?
2. Have you ever found yourself in the “dopamine loop?” If so, what got you in the loop and how did you escape it?
3. Why does pleasure leave us craving for more?
4. Would you say that you fell into sin or that you made a decision to sin? Explain your answer.
5. Why is sin fun? How do you feel after the initial pleasure wears off? Why do we feel that way?
6. How does experiencing hyper-pleasures leave normal pleasures feeling boring? What eventually happens if you experience hyper-pleasures long enough? What do we want after that?
7. Did Solomon find satisfaction in projects? Why not? What projects have you done to find pleasure or satisfaction in?
8. How much wealth did Solomon have? Did this make him happy? Do your possessions satisfy you or do you always want more or something else? Why?
9. What did Solomon gain by becoming the greatest most popular person? Would your friends or co-workers say that you are self-centered or self-indulgent? Why or why not?
10. Solomon did a lot, but it all left him feeling empty. How do you feel about your performance? Do you feel like you are not performing well? Do you feel like you are performing well, but it isn't enough? Etc. Why do we feel this way?
11. Why is it better to live a godly life than one of folly?
12. What conclusion did Solomon come up with after all his experiments?
13. What is the only thing that will bring satisfaction to our lives and give us meaning?