

"Hevel, hevel, everything is utterly hevel."

Ecclesiastes 2:1-3

1 I said in my heart, "Come now, I will test you with pleasure; enjoy yourself." But see, this also was hevel. 2 I said of laughter, "It is mad," and of pleasure, "What use is it?" 3 I searched with my heart how to cheer my body with wine—my heart still guiding me with wisdom—and how to lay hold on folly, till I might see what was good for the children of man to do under heaven during the few days of their life.

Ecclesiastes 2:4-6

4 I made great works. I built houses and planted vineyards for myself. 5 I made myself gardens and parks, and planted in them all kinds of fruit trees. 6 I made myself pools from which to water the forest of growing trees.

Ecclesiastes 2:7-8

7 I bought male and female slaves, and had slaves who were born in my house. I had also great possessions of herds and flocks, more than any who had been before me in Jerusalem. 8 I also gathered for myself silver and gold and the treasure of kings and provinces. I got singers, both men and women, and many concubines, the delight of the sons of man.

Ecclesiastes 2:9-10

9 So I became great and surpassed all who were before me in Jerusalem. Also my wisdom remained with me. 10 And whatever my eyes desired I did not keep from them...

Ecclesiastes 2:10-11

10 ... I kept my heart from no pleasure, for my heart found pleasure in all my toil, and this was my reward for all my toil. 11 Then I considered all that my hands had done and the toil I had expended in doing it, and see, all was hevel and a striving after wind, and there was nothing to be gained under the sun.

Ecclesiastes 6:1-2

1 There is an evil that I have seen under the sun, and it lies heavy on mankind: 2 a man to whom God gives wealth, possessions, and honor, so that he lacks nothing of all that he desires, yet God does not give him power to enjoy them... This is *hevel*; it is a grievous evil."

This is a shocking truth—we can be blessed with good things and not able to actually enjoy them.

God alone gives us the power to enjoy life's good things. Without God's activity and His grace at work in our lives, enjoyment and satisfaction are beyond us.

Step 1: Find DELIGHT in a life with God.

"Delight yourself in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him, and he will act." (Psalm 37:4-5)

Step 2: Practice GRATITUDE.

Step 3: Choose CONTENTMENT.

Ecclesiastes 5:18-20

18 See, what I have seen to be good and fitting is to eat and drink and find enjoyment in all the toil with which one toils under the sun the few days of his life that God has given him, for this is his lot.

Ecclesiastes 5:19-20

19 Everyone also to whom God has given wealth and possessions and power to enjoy them, and to accept his lot and rejoice in his toil—this is the gift of God. 20 For he will not much remember the days of his life because God keeps him occupied with joy in his heart.

"I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me." (Philippians 4:11-13)

Step 4: Learn to SAVOR.