



Bible Teaching Resources

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The Mid-life Crisis

“Experience from the Heart of Ecclesiastes”

STUDY NUMBER ONE – IS THAT ALL THERE IS? FOUNDATION FOR MID-LIFE
– [ECCLESIASTES 1:1-18](#)

NOTES

QUESTIONS:

1. Read [Ecclesiastes 1:1-18](#) and in your own words pull out the main thought of this passage.

2. Go through the eighteen verses and underline the word “meaningless” and the phrases “under the sun” and “a chasing after the wind.” This will help to understand what the author is trying to express.

3. What is the key question that is asked in [verse 3](#)?

4. How does Solomon describe life in [verses 4-7](#)?

5. What one word in verse 8 is a contributing factor in the mid-life crisis?

6. Why doesn't Solomon see his own life as making a vital contribution, according to verses 9-11?

7. What are some of Solomon's conclusions, according to verses 12-14?

8. Summarize Solomon's reflections in verses 16-18.

9. Which verse in the study has meant the most to you?

10. What lesson have you learned from this study?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Everything is meaningless without Him.

LESSON #2: A man receives no gain for his labor when it is for selfish ends.

LESSON #3: There is nothing new under the sun but coming to know the Son makes us a new creation in Christ Jesus. "Old things are passed away; behold, all things are become new." We look forward with great anticipation to a new heaven and a new earth.

LESSON #4: Though man does not remember us, God never forgets. "For we must all appear before the judgment seat of Christ that everyone may receive the things done in his body according to that he hath done, whether it be good or bad" (2 Corinthians 5:10).

LESSON #5: Life is one gigantic frustration filled with futility without a relationship to Jesus Christ.

ADDITIONAL NOTES:

**STUDY NUMBER TWO – THE SUCCESS SYNDROME: WORK –WINE – WOMEN
– [ECCLESIASTES 2:1-26](#)**

NOTES

QUESTIONS:

1. Read [Ecclesiastes 2:1-26](#) and in your own words pull out the main thought of this passage.

2. How is Solomon proceeding to test his heart, according to [verse 1](#)?

3. Outline the great projects of Solomon in [verses 4-8](#).

4. What are the results of all of his effort, according to [verse 11](#)?

5. What are his verdicts about wisdom and folly, as stated in [verse 15](#)?

6. Why does he hate life and all things, according to verses 17-19?

7. What does a man get for all the toil and anxious striving, according to verse 23?

8. How does God fit into the picture, according to verses 24-26?

9. Which verse in the study has meant the most to you?

10. What lesson have you learned from this study?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: The pursuit of pleasure will only leave you thirsty.

LESSON #2: Cheering oneself with wine and folly will end in futility.

LESSON #3: There is no real purpose in becoming a workaholic.

LESSON #4: There is no satisfaction in possessions and pleasures.

LESSON #5: There is a frustration of leaving everything you have acquired to others who will not appreciate it.

LESSON #6: A man can only find satisfaction in his work when he is doing it for the glory of God.

LESSON #7: A man shows what he is by what he does with what he has.

ADDITIONAL NOTES:

STUDY NUMBER THREE – WHATEVER WILL BE, WILL BE!
– ECCLESIASTES 3:1-22

NOTES

QUESTIONS:

1. Read Ecclesiastes 3:1-22 and in your own words pull out the main thought of this passage.

2. Outline the fourteen contrasts in verses 2-8.

3. What has God done, according to verse 11, and what is the significance of it?

4. What does Solomon know, according to verses 12-14?

5. What is God going to do, according to verse 15?

6. What else did Solomon see, according to verse 16?

7. Summarize the thoughts of Solomon's heart in verses 17-21.

8. What did Solomon see in verse 22?

9. Which verse in the study has meant the most to you?

10. What lesson have you learned from this study?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: There is a time for everything and a season for every activity.

LESSON #2: A man in mid-life is often found rebelling against the decrees of God's eternal purpose.

LESSON #3: God sees the total picture and is working everything in accordance with His eternal purpose.

LESSON #4: Cooperating with God's plan brings joy and fulfillment.

LESSON #5: God will bring to judgment both the righteous and the wicked.

LESSON #6: Suffering reveals the selfish, stubborn, or submissive heart.

ADDITIONAL NOTES:

**STUDY NUMBER FOUR – CAUGHT IN THE CORPORATE SQUEEZE: A MAN LOOKS
UP – [ECCLESIASTES 4:1-5:7](#) NOTES**

QUESTIONS:

1. Read [Ecclesiastes 4:1-5:7](#) and in your own words pull out the main thought of this passage.

2. What is Solomon considering, according to [verse 1](#)?

3. What else did he see, according to [verse 4](#)?

4. What does Solomon speak about in [verse 8](#)?

5. What is the meaning of [verses 9-12](#)?

6. What is Solomon describing in [verses 13-16](#)?

7. What warnings does Solomon give in [chapter 5:1-7](#)?

8. Find and state his summary, according to [verse 7](#).

9. Which verse in the study has meant the most to you?

10. What lesson have you learned from this study?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Oppression of others is a fact of life where there is competition.

LESSON #2: God hears and comforts the oppressed.

LESSON #3: Two or three together are better than being alone.

LESSON #4: Accepting the counsel and advice of others is a wise path to follow.

LESSON #5: Do not be overly zealous in your religious endeavors while under stress.

ADDITIONAL NOTES:

**STUDY NUMBER FIVE – SNARED BY MATERIALISM: THE MORE AND MORE MONEY
MADNESS – [ECCLESIASTES 5:8-6:12](#) NOTES**

QUESTIONS:

1. Read [Ecclesiastes 5:8-6:12](#) and in your own words pull out the main thought of this passage.

2. State the frustration of love misplaced, according to verse 10. Please read 1 Timothy 6: 6-17 with this question.

3. What is the frustration of verse 12?

4. State the two extremes in verses 13-15 and the end result.

5. What is a gift of God, according to verse 19?

6. What else does Solomon see, according to chapter 6:1, 2?

7. State Solomon's frustration, according to verses 3-6.

8. Can you answer Solomon's two questions in verse 12?

9. Which verse in the study has meant the most to you?

10. What lesson have you learned from this study?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Oppression is a way of life where money is involved.

LESSON #2: It is the love of money that creates the problem.

LESSON #3: Wealth that is hoarded does harm to its owner.

LESSON #4: You cannot take your wealth with you to the next world.

LESSON #5: Wealth and possessions and the ability to enjoy them are a gift from God.

LESSON #6: God is the One who keeps us occupied with gladness of heart.

LESSON #7: God is the One who knows what is good for man and He also knows the days of our lives.

ADDITIONAL NOTES:

**STUDY NUMBER SIX – WISDOM FROM THE PITS; DIGGING OUT OF DEPRESSION;
THINKING THROUGH TRAUMA – [ECCLESIASTES 7:1-8:17](#)
NOTES**

QUESTIONS:

1. Read [Ecclesiastes 7:1-8:17](#) and in your own words pull out the main thought of this passage.

2. Why is it better to go to the “house of mourning” than to the “house of feasting, “according to [verses 2-4](#)?

3. What are we asked not to do in verse 10?

4. What are we asked to do in verses 13 & 14?

5. What will “the man who fears God” do, according to verse 18?

6. What did Solomon turn his mind to do in verse 25?

7. What did he find, according to verse 29?

8. What does Solomon commend as a result of all of his research, according to chapter 8:15?

9. Which verse in the study has meant the most to you?

10. What lesson have you learned from this study?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: At the bottom of all depression is unbelief. It is better to talk to self than have self talk to you.

LESSON #2: Patience is better than pride.

LESSON #3: Do not be quickly provoked in your spirit.

LESSON #4: Never say, "Where are the good old days?"

LESSON #5: The man who fears God will avoid all extremes.

LESSON #6: Do not pay attention to every word that people say.

LESSON #7: God has made man upright but men have gone in search of many schemes.

LESSON #8: Wisdom brightens a man's face and changes its hard appearance.

LESSON #9: A man's misery weighs heavily upon him.

LESSON #10: No one can comprehend what goes on under the sun.

ADDITIONAL NOTES:

STUDY NUMBER SEVEN – EAT, DRINK, AND BE MERRY: FOR TOMORROW WE DIE
– ECCLESIASTES 9:1-10:20 NOTES

QUESTIONS:

1. Read Ecclesiastes 9:1-10:20 and in your own words pull out the main thought of this passage.

2. Summarize Solomon's conclusions in chapter 9:1-3.

3. Find the three commands that are stated in verses 7-10.

4. What are Solomon's observations in verse 11?

5. What is Solomon's illustration of wisdom in verses 13-16?

6. What can calmness do, according to chapter 10:4?

7. State the verdict and the question in verse 14.

8. What are we asked not to do in verse 20?

9. Which verse in the study has meant the most to you?

10. What lesson have you learned from this study?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: The righteous and the wise and what they do are in God's hands.

LESSON #2: Eat your food with gladness, enjoy life with your wife, and what your hand finds to do, do it with all your might.

LESSON #3: No man knows when his hour will come, either of trial or death.

LESSON #4: The quiet words of the wise are to be heeded more than the shouts of the fool.

LESSON #5: A little folly spoils the whole life.

LESSON #6: Do not revile the authority that is over you.

ADDITIONAL NOTES:

**STUDY NUMBER EIGHT – GO FOR IT BECAUSE THE GRAVE IS COMING:
I’M GROWING OLDER! – [ECCLESIASTES 11:1-12:14](#)**

NOTES

QUESTIONS:

1. Read [Ecclesiastes 11:1-12:14](#) and in your own words pull out the main thought of this passage.

2. What are we commanded to do in [chapter 11:1](#)?

3. What is the key phrase in [verse 5](#)?

4. What are we told to do in verse 8?

5. What are the young men supposed to do, according to verse 9, and what is Solomon's warning?

6. Find the fifteen characteristics of old age in chapter 12:2-5.

7. How are the words of the wise described in verse 11?

8. State the conclusion of the matter in verses 13 & 14.

9. Which verse in the study has meant the most to you?

10. What lesson have you learned from this study?

LESSONS FROM THE PASSAGE:

What are some of the lessons we can learn from this particular study?

LESSON #1: Our giving will be met with our Lord's supply of our every need.

LESSON #2: Remember your Creator in the days of your youth.

LESSON #3: We are all going to continue to grow older.

LESSON #4: Each of us has an appointment with the grave unless the Lord comes before that time.

LESSON #5: To be absent from the body is to be present with the Lord.

LESSON #6: Fear God and keep His commandments.

LESSON #7: God will bring every deed into judgment.

ADDITIONAL NOTES:
