

# MEANINGLESS?

## Unmasking the Myths that Make us Miserable

Have you ever gotten something you always wanted? Maybe you chased it for years, working, praying, and paying for it, and once you finally had it, you felt empty and unfulfilled. And so you kept going, chasing, and thinking, "If I only had a little bit more, then I'll be satisfied." But what if that's a lie? What if the things we're all chasing were never meant to satisfy us? For six weeks we'll learn some hard lessons from the book of *Ecclesiastes*. Written by King Solomon, *Ecclesiastes* is a cautionary tale about what happens when you get everything you ever wanted and it's still not enough. With this series, we'll expose life's darkest lies by holding them up to the light of God's truth.

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### May 17, 2026 - Myth #6: "Follow Your Heart"

**What is one of the most memorable pieces of advice you have ever received? ( good or bad)**

**When people say "Follow Your Heart" what do you think they actually mean?**

## TWO LIES AND A TRUTH

### **First Lie - Deny Yourself Nothing**

**Ecclesiastes 11:9** - "You who are young, be happy while you are young, and let your heart give you joy in the days of your youth. *Follow the ways of your heart* and whatever your eyes see, but know that for all these things God will bring you into judgement."

The Bible has a lot to say about the heart. A couple examples are Jeremiah 17:9 "The heart is deceitful above all things and beyond cure. Who can understand it?", and Jesus in Mark 7:21 "For from within, out of the heart of man, come evil thoughts..." **How do these statements change your interpretation of Solomon's take in Ecclesiastes?**

In Psalm 51 David was at rock bottom because of his pursuit of pleasure. He denied himself nothing, and it cost him and everything. In response he cried out "Create in me a clean heart, O God..." **What does it mean for God to transform your heart?**

### **Second Lie - Joy Will Fade, So Enjoy Life Now**

**Ecclesiastes 12:1** - "Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say, "I find no pleasure in them"

**Summarize Solomon's perspective here. What does he say about joy and pleasure?**

**Why is it flawed logic to think that I will be obedient to God or prioritize Him not now, but later?**

As Christians our joy doesn't disappear with age. If we are pursuing Christ - it deepens. **How have you experienced deepening joy, or how have you witnessed it in other believers?**

## **The Truth - Follow God and Bring Your Heart**

**Ecclesiastes 12:13** - "Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind."

**Summarize Solomon's conclusion. How is this the wisest and most profound statement in all of Ecclesiastes?**

Proverbs 3:5-6 says "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths." **What does Solomon say about following your heart in this passage?**

**How does this truth lead to more joy, fulfillment, and purpose than "follow your heart"?**

"You have made us for yourself, O Lord, and our heart is restless until it rests in you"  
- Augustine

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## **UP NEXT: A Series Where YOU Pick the Questions!**



Next weekend (May 24) we'll kickoff a series called **FAQ: Confronting Controversial Questions About Christianity** - and YOU get to pick the questions each week! Scan the QR code to the left or visit **thestory.church/vote** to cast your vote for which question we'll tackle first! Each week, we'll have a new pool of questions to select from - and the winning question becomes the next sermon topic.