



Sermon Excerpts:

“Celebrating Resilience”

November 27, 2022

Ecclesiastes 3:12-13, *“So, I realized and concluded that all we can do is have a good time and get the most we can out of life while we are still alive. All of us should eat and drink and enjoy what we have worked for. It is God’s gift.”*

Outline of the Book of Ecclesiastes

- The Teacher relates his life experience from his search for meaning. (Ecclesiastes 1:1-2:26)
- The Teacher reflects on what he has learned about achievement, wealth, power, and other earthly pursuits. (Ecclesiastes 3:1-5:20)
- The Teacher gives practical advice on wisdom and obedience. (Ecclesiastes 6:1-8:17)
- The Teacher tells what he has concluded about destiny and God. (Ecclesiastes 9:1-12:14)
- *Find experiences that make you happy and focus on them*
- Challenge yourself, create the life you want get out of your comfort zone, upgrade, and invest in yourself.
- Don’t compare yourself with others.
- Prioritize your health and take care of your body.

- Surround yourself with your loved ones who appreciate you. Be intentional about your relationships and meet new people.
- Find reasons to smile and laugh.
- Record happy moments and travel more often.
- Let go of the past.
- Talk to someone.
- When possible, get away from people and places that irritate, pick, and sap life and add drama and trauma.

Psalms 16:11

- God, you make the path of life known to me.
- You will fill me with joy because there is a celebration in your presence.
- Beautiful things and pleasures are by your side forever.

As a community of faith, we will rise to help each other-more determined and resilient with each step forward with celebration.