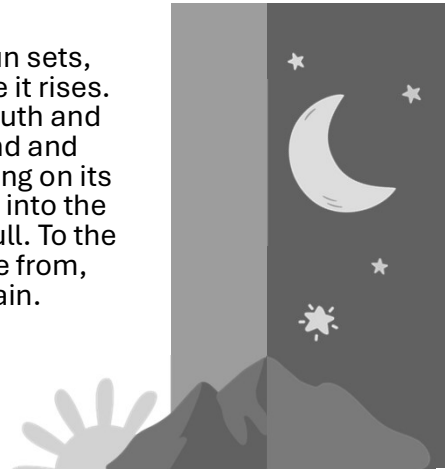




1

The sun rises and the sun sets, and hurries back to where it rises. The wind blows to the south and turns to the north; round and round it goes, ever returning on its course. All streams flow into the sea, yet the sea is never full. To the place the streams come from, there they return again.

Ecclesiastes 1:5-7 (NIV)



2

Discuss



- List the cycles you see daily, yearly, and randomly with the sun, the seasons, and the weather.
- What activities in your lives are tied to these cycles?
- Why do you think the author feels discouraged by the endlessness of the cycles?
- How do you see God at work in these cycles?
- How can you learn to worship and praise the Lord for His amazing creation because of these regular events in our lives?



3

Pray

- Thank God for the beauty of nature you see all around you.
- Ask God to help you see the wonder of His design of our world and the cycles that bring order to our lives.
- Pray that God will help you learn and grow stronger during those times when you struggle with the “down” times of the cycles of your life.
- Pray for people you know who are in a difficult cycle in their lives due to health, finances, or relationships.



4