



you're  
only  
young  
once

Solomon “tried it all” in his quest for excitement and contentment. He describes his search in Ecclesiastes chapter 1.

·pleasure ·sex ·substances

·entertainment ·risk **FUN**

·real estate ·business ·agriculture

·banking ·science **FORTUNE**

·slaves ·politics ·public works **FAME**



**DISAPPOINTMENTS**

1. Our **desires** are incessant and endless ... never satisfied or satiated (1:8)

2. People seldom learn from  
the mistakes of others ...  
tragedies repeated (1:9)

3. Our “shining moment” is little **noted** nor long **remembered**. *(1:11)*

I know that there is nothing better for men than to be happy and do good while they live. That a person may eat and drink and find satisfaction in all their work, this is the gift of God. *(3:12-13)*

No matter what kind of “work” you do, see it in terms of the GOOD it accomplishes. Your “product” improves someone’s life. Understanding this and appreciating this causes work to be fulfilling. In fact, this ability to find satisfaction in work is not a byproduct of work but a gift from God.



REJOICE in your YOUTH

Be excited about your own  
unique vision, the possibilities  
which you can see!

Use your **talent**, make a  
**contribution**, get **involved** in  
God's life ... now!

Do not let the anticipated responsibilities of adulthood cause **fear** and **anxiety!**

Refuse to mingle **only** with your own age group. **Fellowship** with old people. **Serve** old people.

- a) Appreciation of your own vitality!
- b) Learn invaluable lessons!

# REMEMBER your CREATOR

- ✓ Before the heartbreaks and troubles of older years **steal** enthusiasm
- ✓ Before your body **declines**
- ✓ Before death ends your **earthly opportunity** to serve and celebrate God



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