

STUCK: I'm Bored and Have No Sense of Purpose in Life

困局：我生活苦悶並缺乏人生目標

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A. What Should I Do?

我應該怎麼辦？

The Journey of King Solomon 所羅門王的旅程...

"I said to myself, 'Come now, I will test you with pleasure to find out what is good.' But that also proved to be meaningless. 'Laughter.' I said, 'is madness. And what does pleasure accomplish? I tried cheering myself with wine, and embracing folly – my mind still guiding me with wisdom. I wanted to see what was good for people to do under the heavens during the few days of their lives." (Ecclesiastes 2:1-3)

我心裏說：「來吧，我以喜樂試試你，你好享福！」誰知，這也是虛空。我指嬉笑說：「這是狂妄。」論喜樂說：「有何功效呢？」我心裏察究，如何用酒使我肉體舒暢，我心卻仍以智慧引導我；又如何持住愚昧，等我看明世人，在天下一生當行何事為美。(傳道書 2:1-3)

"I undertook great projects: I built houses for myself and planted vineyards. I made gardens and parks and planted all kinds of fruit trees in them. I made reservoirs to water groves of flourishing trees. I bought male and female slaves and had other slaves who were born in my house. I also owned more herds and flocks than anyone in Jerusalem before me. I amassed silver and gold for myself, and the treasure of kings and provinces. I acquired male and female singers, and a harem as well – the delights of a man's heart. I became greater by far than anyone in Jerusalem before me. In all this my wisdom stayed with me. I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my labor, and this was the reward for all my toil." (Ecclesiastes 2:4-10)

我為自己動大工程，建造房屋，栽種葡萄園，修造園圃，在其中栽種各樣果木樹；挖造水池，用以澆灌嫩小的樹木。我買了僕婢，也有生在家中的僕婢；又有許多牛群羊群，勝過以前在耶路撒冷眾人所有的。我又為自己積蓄金銀和君王的財寶，並各省的財寶；又得唱歌的男女和世人所喜愛的物，並許多的妃嬪。這樣，我就日見昌盛，勝過以前在耶路撒冷的眾人。我的智慧仍然存留。凡我眼所求的，我沒有留下不給它的；我心所樂的，我沒有禁止不享受的；因我的心為我一切所勞碌的快樂，這就是我從勞碌中所得的分。(傳道書 2:4-10)

"Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun."
(Ecclesiastes 2:11)

後來，我察看我手所經營的一切事和我勞碌所成的功。誰知都是虛空，都是捕風；在日光之下毫無益處。(傳道書 2:11)

1. Realize that looking to the world around you, does not fill the emptiness within you.

明白到注視圍繞你的世界，並不能填補你內心的空虛。

- a. A full schedule has no lasting impact on an empty heart.

一個填滿的時間表對一顆空虛的心沒有持久的影響。

The Journey of Every Follower of Jesus 每一個耶穌的跟隨者的旅程...

"If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him." (John 14:23)

「人若愛我，就必遵守我的道；我父也必愛他，並且我們要到他那裏去，與他同住。
(約翰福音 14:23)

"Don't you know that you yourselves are God's temple and that God's Spirit lives in you?"
(1 Corinthians 3:16)

豈不知你們是神的殿，神的靈住在你們裏頭嗎？(哥林多前書 3:16)

"His divine power has given us everything we need for life and godliness through our knowledge of him..." (2 Peter 1:3)

神的神能已將一切關乎生命和虔敬的事賜給我們，皆因我們認識那用自己榮耀和美德召我們的主。(彼得後書 1:3)

2. As a follower of Jesus Christ, look to the God above you, Who dwells within you.

作為耶穌基督的跟隨者，仰望那住在你裡面的神。

- a. If you are not a follower of Jesus, interaction looks like inviting Him into your life.
如果你不是耶穌的跟隨者，互動就好像邀請祂進入你的生命中。

- b. If you already are a follower of Jesus, interaction looks like reconnecting with Him in your life!
如果你已經是耶穌的跟隨者，互動就如在你的生命中與祂重新聯繫。

Today's Big Idea 今日主旨 ...

When you focus your heart God-ward, He will move your life forward.

當你心專注向準神時，祂會推動你的生活向前。

Discussion Questions 問題討論:

1. Share a story when you were bored in life or with God.
分享一個當你對生活或對神感到無聊時的故事。
2. What are some ways we pursue what Solomon did?
我們用哪些方式追求所羅門所做的事？
3. What is one practical way to jumpstart your interaction with God?
那一個實用方法可以快速地開始與神互動？
4. What is something that gives you purpose?
什麼東西能給你目標？
5. What energizes you as a person?
是什麼讓你充滿活力？