



Unraveled and Rewoven Ecclesiastes 3:1-8 NRSV

INTRODUCTION

Much of what we believe about ourselves was stitched by other hands: our families, the world around us, the hard seasons, and our own fear. We learn to hold up the front of the embroidery and hide the back. Many of us carry a sentence that starts with “I am good enough if...” and we work hard to keep earning it. But when we meet Jesus, He doesn’t throw the whole picture away. He begins pulling threads. It isn’t painless, and it often takes longer than we want, but He is putting us back together the way He made us to be from the beginning. We were called good before we did a single thing, and we are loved because of who made us and what Jesus has done.

SCRIPTURE

Ecclesiastes 3:1-8 (read it aloud together before you begin)

DISCUSSION

- What part of the message or the Ecclesiastes passage stood out to you most?
- The message began with both sides of an embroidery piece, the clean front and the tangled back. Which side of your life are you more comfortable showing other people, and why?

GOING DEEPER

- The message named several “good enough if...” statements: if I behave, if I’m helpful, if I look good on the outside, if I stay small, if I become who others need me to be. Which one sounds most familiar to you? Where do you think you picked it up?
- Ecclesiastes 3:7 says there is “a time to tear, and a time to mend.” Why do we tend to resist the tearing? What changes if we see it as something God does in us, and not only something that happens to us?
- Genesis 1 calls people “very good” before they’ve done anything. In Genesis 3, Adam and Eve hide. How does knowing you were called good first change the way you respond to shame?
- In the message, even telling the truth became a new “if.” Why is it so easy to turn good things, like obedience, honesty, serving, and being loved, into ways of earning our worth?

- The unraveling in the message happened slowly, one thread at a time, and Christian community was part of it. What makes it hard to be truly known by other people? What helps?

APPLICATION

- Which “good enough if...” is God inviting you to hand over? Write the truth that replaces it: “I am good enough because...”
- What is one specific step you can take this week to live out that truth? It could be telling a trusted friend about something you’ve been hiding, or reading your “because” statement aloud each morning.
- How can we be in prayer for you?