

"THE CUP OF LIFE"
Questions from the Sermon in The Path

What kind of coffee blend do you like? If not coffee, what is your favorite beverage?
What are the ingredients that make for a good cup of coffee to you?

How is the cup of coffee a metaphor for life? What is the unique blend of things that
you put into your life for a good life?

Read Ecclesiastes 2:1-11. What did Solomon pour into his life that he thought would
bring meaning? Does his life sound enviable? Why or why not? What kind of life blend
does Charlie Sheen pour into his life? Why would people want this kind of life? If not
then what are we pouring into our lives?

Read Ecclesiastes 2:24a. How does your work fit into your blend of life? Does it make
it more or less flavorful? If it creates bitterness to life, how can things change to make it
better?

Share any experiences in the class of how others have dealt with changing or improving
work situations to create a better (not bitter) blend of life?

Read Exodus 15:22-25. How might the cross of Jesus take the bitterness out of a
person's life?

Read Ecclesiastes 2:24-26. What is God's part in filling our life with what is good?
What changes might come in the ingredients in a good life if Christ is first?

What would you give up for Lent that might help your blend of life?