

Stop Long Enough to Notice and Enjoy

As another school year comes to a close, many educators are already shifting their attention toward what comes next. Before jumping into summer or rushing into new projects, take a few quiet moments to reflect on some passages from Ecclesiastes. There is a simple invitation tucked inside these verses, one that is easy to overlook in a world that constantly pushes us toward more. As you read, ask the Lord to help you not only understand His words intellectually but to truly receive them.

[Read Ecclesiastes 3:12](#) in at least three different translations.

Solomon was more than qualified to speak about the meaning of life. After all, He experienced everything life had to offer. He concluded there was nothing better than to do two specific things. ***What were they?***

Depending on your Bible translation, you may have read the phrases “rejoice and do good” or “be happy and enjoy.” While those wordings sound slightly different, there is an important connection worth noticing. The word “good” is the same word used in the creation story when God looked at all He had made and declared it “good” ([Genesis 1](#)). Consider that for a moment. God, our Creator, paused long enough to observe what He had done and delight in it. He stopped. He noticed. He celebrated. Shouldn’t we do the same? Take some time to reflect on this past school year. ***What are a few things you and God accomplished together?*** Write them down. Pause long enough to notice them. Then simply stop and enjoy.

[Read Ecclesiastes 3:13](#).

What does Solomon recommend we take pleasure in or enjoy?

Why do you think Solomon connects enjoyment with God’s gifts rather than simply personal achievement?

It is interesting that Solomon does not point us toward bigger accomplishments, greater success, or endless striving. Instead, he reminds us to enjoy the simple gifts God has already placed in front of us—the fruit of our labor, daily life, and even the ability to enjoy them in the first place. Perhaps part of spiritual maturity is learning not only how to work faithfully but also how to stop long enough to recognize and receive the goodness of God within our everyday lives.

[Read Ecclesiastes 3:11](#).

Before Solomon reaches these conclusions, he reminds us that we will always long for something more. ***What has God planted within the human heart?***

While appropriate pleasures are gifts from God and we are meant to experience joy in life, nothing in this world can fully satisfy us apart from Him. There will always be a longing deep within us that only God can fill. In the meantime, we are still invited to receive and enjoy the gifts He has graciously placed in front of us. Open them. Notice them. Enjoy them.

Lord, thank You for carrying us through another school year. Help us to pause long enough to recognize Your goodness, enjoy the gifts You have placed in front of us, and rest in Your presence. Teach us how to slow down, receive joy with gratitude, and remember that our deepest satisfaction will always be found in You alone. Amen.

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