1. How to Avoid a Cynical Life

Ecclesiastes 1–2

Perspective =
How you see and what you think about someone or something

"We do not see things as they are,
we see things as we are."

"If you can change the way you look at things,
the things you look at will change."

"To change ourselves effectively,
we first had to change our perceptions."
—Stephen R. Covey

Ecclesiastes 1:1-9

"Cynicism is the general distrust of other people or a lack of hope for good in life as a whole. At its worst, it becomes jaded negativity, skepticism, contempt or even scorn."

- Where did I come from?
- Why am I here?
- Where am I going?

"Most men eddy (swirl) about—here and there—eat and drink, chatter and love and hate, gather and squander, are raised aloft, are hurl'd in the dust, striving, blindly, achieving—nothing, then die."
—Matthew Arnold's, Rugby Chapel

"The world will lament you for an hour and then forget you forever." —Mark Twain

"Life is like an onion—you peel it off one layer at a time, and sometimes you weep." —Carl Sandburg

"The basic fact about human experience is not that it is a tragedy, but that it is a bore. It is not that it so predominantly painful, but lacking sense." —H.L. Menken

"Life is a dirty trick. A short journey from nothingness to nothingness." —Ernest Hemingway

"Cynicism is heartless living…cynicism begins not because you don't care, but because you do care. It starts because you poured your heart into something and got little or no return. Or maybe you got something in return but it was the opposite of what you expected or desired…Cynics are made, not born; you make you a cynic." —Carey Nieuwhof

Notes:

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- **Wisdom** _____

Ecclesiastes 1:8

- **Wine** _____

Ecclesiastes 2:1-3

Proverbs 20:1, 23, 29-30

- **Work** _____

Ecclesiastes 2:4, 18-22

- **Women** _____

Ecclesiastes 2:7-8, 10-11

- **Wealth** _____

Ecclesiastes 2:9-11

Ecclesiastes 2:17

"They grew up being told they can be anything they want to be but they don't know what they want to be. They are unhappy but without cause. They are more connected to people through the Internet and social media but never more lonely. They want to be accepted but feel alienated. Never have we had so much and never have we had so little." —David Meyers

Ecclesiastes 2:24-26

"Cynical people are rarely ____curious____**.**
____curious____ **people are rarely cynical."**

"If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world." —*C.S. Lewis*

Remember also your Creator
in the days of your youth,
before the evil days come and the
years draw near of which you will say,
"I have no pleasure in them."

—Ecclesiastes 12:1