

Qoheleth's Advice

The writer known as Qoheleth sees life as a big mystery, with a lot that he does not understand from God's plan. His advice is realistic: essentially, be thankful for what is good and trust in God even when you don't understand.

Write down five challenging events that you or someone you know has experienced. Describe how you or the person affected by these challenging or unpredictable events responded to them.

Choose one of the events and consider whether the response to it was appropriate and helpful, or whether it may have been harmful to you (or the person in the example you selected) or to others, either in the short term or in the long term.

