

FRUSTRATION - CAUSE & CURE Ecclesiastes

Ecclesiastes was written by King Solomon who was given wisdom by God, beyond any other man alive at that time. But in the later years of his life he became very cynical of life itself. He sought to find satisfaction in physical things and discovered that life was very frustrating and empty. Many people come to this same conclusion. Life can indeed be very frustrating. Even though Solomon had been given wisdom by God, we know that he did not always use that wisdom properly. Eventually, he began to disobey the commandments of God.

Deut. 7:14, 16a, 17; “When thou art come unto the land which the Lord thy God giveth thee, and shalt possess it, and shalt dwell therein, and shalt say, I will set a king over me, like as all the nations that are about me:.....He shall not multiply horses to himself, nor cause the people to return to Egypt, to the end that he should multiply horses:.....Neither shall he multiply wives to himself, that his heart turn not away: neither shall he greatly multiply to himself silver and gold.”

We soon see that Solomon did every one of these things. He went down into Egypt and got horses and the ruins of those stables are still present today. He took unto himself many wives. His wealth in gold and silver far exceeded that of any king after him. Through his career as king of Israel, he put the emphasis of his life on physical things, and at the end of his life he was a very cynical, sad and empty man.

Ecc. 1:1-3; “The words of the Preacher, the son of David, king in Jerusalem. Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity. What profit hath a man of all his labor under the sun?”

From these verses we learn that everything in the physical realm leaves you empty and frustrated. He came to the conclusion that there was “...no profit to all of a man's labor under the sun.” “Profit” mean that which is left over after all expenses has been accounted for. When you come to the end of your life, what are you going to have to show for it?

Now, we all experience frustration to some degree or another. There are many different things that can cause frustration. But man's frustration basically arises from the fact that he is trying to find satisfaction in physical things. The whole purpose of Ecclesiastes is to show that man can never find satisfaction in physical things. And man's endeavor to do so leads him into frustration.

Solomon's wealth and position as King enabled him to seek satisfaction in everything that the physical world could provide and he came to the conclusion that man cannot find satisfaction in the physical realm. In chapter 2 of Ecclesiastes test everything that can be found in the physical realm to see if there might be found some satisfaction in anything under the sun. He turns, first of all to physical works and projects.

He went about building beautiful gardens and water conduits to water those gardens. Some of those gardens still stands today This man was a tremendous builder. He built all of these things. Then, as he looks out over all of his works, he says, “**What are they? They are empty, they are frustrating, they don't satisfy me.**” Then he turns to intellectual pursuits - to know, to accumulate knowledge, in science and physics and laws of nature, to understand everything in the physical world “**under the sun.**” Again, it left him empty and frustrated.

Now, why is the physical realm so frustrating? Why is it that you cannot find the satisfaction that you are looking for? They reason is because any joy that you find in the physical world is not lasting. How long does that moment of pleasure last? It is good for a thrill but then it is over, then that old frustration begins to settle back in and so you need to find something else to satisfy.

A person places his who life in building a beautiful body. Age and time catches up to you and that beauty begins to fade. A person gives his life toward intellectual pursuit - to know, to understand, So, he puts all of his energy into study to gain knowledge and wisdom. But before you know it senility sets in. You have given your entire life to a single a project, you build a beautiful monument to yourself, but the next generation plows it down.

What is the answer to this dilemma? Must I live my hole life in emptiness? Is there no place of satisfaction or fulfillment? There certainly is not in just the physical realm. But there is a place of satisfaction in the spiritual realm. Paul tells us in **Eph. 1:3** “...God hath blessed us with all spiritual blessings (where? “Under the Sun”? No.) **in heavenly places in Christ.**” In order to experience true satisfaction in the spiritual realm, you must be born again. God created man a three-fold being: He consist of Body - Soul - Spirit. The real YOU is not physical - the real you is not physical but spiritual. By birth, you enter into the physical realm. Each of us is living either in a natural realm or in a spiritual realm... The great distinction between the saved and the unsaved is the **natural realm** and the **spiritual realm**

In the natural realm you have the **Body needs uppermost.** Therefore it would be something like this: **BODY -- SOUL -- SPIRIT.** With the body needs uppermost - The Mind, and Conscience and Soul is ruled over by the body needs. Jesus said, “**this is the way the heathen live, but seek you first the kingdom of God....**” In other words, don't put your body needs first.....

Physical needs begin ruling from birth. This is very evident as you watch a baby as they expresse themselves through their body needs. Homeostasis is the physical drives or body appetites that is present in all of us. Psychologists have sought to classify them from the greatest to the least. – sexual drive, hunger, thirst, etc..... Any man who is living solely to satisfy his biological need, is a man who is living a frustrating life because it is just one monotonous cycle. You eat but you just get hungry again.

There is a verse here in Ecclesiastes that says that all of a man's labor goes to his stomach. You work so hard just to feed yourself, and you are always hungry, so you have to keep working. What a monotony, And the man who lives with the body needs uppermost, is living a frustrating, empty life.

Now, there is another realm called the supernatural realm. This is the life where the Spirit is uppermost. Therefore it would be something like this: **SPIRIT -- SOUL -- BODY**.

This is what it means to be "Born Again" Jesus said; **John 3:6, 7**; "That which is born of the flesh is flesh, (*body needs uppermost*) that which is born of the Spirit is spirit. Marvel not when I say, you must be born again." You now have the potential of living a supernatural life. The soul (*mind and conscience*) and body appetites become subject to the Spirit.

A major cause of frustration is trying to find satisfaction in the physical realm. The bible tells us in **Rom. 8:6**; "The mind of the flesh (*body needs uppermost*) is death, (*empty, unfulfilled*) But the mind of the spirit, (*spirit uppermost*) is peace." (*joy, fulfillment*). Now, the things that I do, are not just going to pass away, They are not temporal, they will last forever. I Cor. 15:58; "...know ye not that your labor is not in vain..."

Matt. 6:20 "...don't lay up for yourselves treasures upon earth where moths and rust can corrupt and thieves can break through and still, but lay up for yourselves treasures in heaven."

One day, Jesus said to this woman, in this little discourse about "living water" **John 4:10-13**; "Woman, if you knew the gift of God, and who it was that was talking to you, you would have asked him for a drink and he would have given you living water." *She answered Him saying*: "...this well is deep and you don't have anything to draw with, just where are you going to get this living water?" *Then Jesus said to her*: "If you drink of this water (*referring to the water she was drawing out of the well*) you will thirst again."

I. I think that it would be great for you to type up on separate little stickers that little phrase, "**Drink of this water and you will thirst again**" - And then put those little stickers over every earthly desire; a new sports car - a new home -- a good job; none of these things will not satisfy your deeper longing, You will thirst again.

God has created within each of us an emptiness, and He has made man subject unto emptiness or vanity. And this emptiness is actually a spiritual emptiness. It cannot be filled in physical or psychic experiences. So you find that the physical things cannot bring a satisfaction to you - WHY? Because you are trying to satisfy a spiritual need with a physical experience and it cannot be done.

Man today is trying so desperately to fill this void with physical experiences and he is coming up empty every time. You can see it on their faces as they go through life trying to find the answer. There is only one way, the supernatural life - born again - the spirit uppermost. That life is rich, full, rewarding life. Never, never does that man say, "**vanity, vanity, all is vanity**" who has committed his life to Jesus Christ.

For that life now has meaning, Every activity has purpose. For I live not for time but for eternity. I look not at the things which are seen because they are temporal. I look now to the things which are not seen because the eternal. And thus I live in God's eternal, timeless dimension. And everything takes on new meaning and new purpose. And life is rich and satisfying.

If you have been living a frustrated life, I have sought to lay out the cause and cure for that frustration. Simply except the Lord as your personal savior and begin living that supernatural life.

