

**Myth-Busting: Exposing the Myths that  
Make Us Miserable**  
*“Myths About Pleasure”*  
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**Myth #1: The \_\_\_\_\_ of life is to find pleasure.**

A life pursuit of physical pleasure will always be met with \_\_\_\_\_.

*Ecclesiastes 2:10-11 “Anything I wanted, I would take. I denied myself no pleasure. I even found great pleasure in hard work, a reward for all my labors.<sup>11</sup> But as I looked at everything I had worked so hard to accomplish, it was all so meaningless—like chasing the wind. There was nothing really worthwhile anywhere.” (NLT)*

**Myth #2: God is \_\_\_\_\_ to pleasure.**

Pleasure is a \_\_\_\_\_ from God.

The greatest pleasure is found in the \_\_\_\_\_ not the \_\_\_\_\_.

*Psalms 37:4 “Take delight in the Lord, and he will give you your heart’s desires.” (NLT)*

#### GOD’S PLAN FOR LASTING PLEASURE

Real pleasure comes from \_\_\_\_\_.

*Hebrews 11:24-26 “It was by faith that Moses, when he grew up, refused to be called the son of Pharaoh’s daughter.<sup>25</sup> He chose to share the oppression of God’s people instead of enjoying the fleeting pleasures of sin.<sup>26</sup> He thought it was better to suffer for the sake of Christ than to own the treasures of Egypt, for he was looking ahead to his great reward.” (NLT)*

Real pleasure is found in \_\_\_\_\_.

When we live according to how God has SHAPED us we experience \_\_\_\_\_ in us.

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**Discussion Questions:**

1. How important are pleasurable experiences to you? Have you ever pursued them, only to be faced with disappointment?
2. Read Ecclesiastes 2:4-11. How is the pursuit of pleasure like “chasing the wind”?
3. Compare and contrast the Creator with the created. Why is delighting more in the Creator as opposed to what He has created more important?
4. Read Psalm 16:11. Discuss the difference between worldly pleasure and Godly pleasure.
5. Have you experienced God’s pleasure in you? Describe how that was achieved and what it did for you and your heart.
6. Share with one another how God has SHAPED you? How have you felt God’s pleasure in living your life according to the way He has designed you?

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