



“Pleasure – Part Two”

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Southern Lakes Church
November 9, 2025

Ecclesiastes 2:1-11:

- The Book of Ecclesiastes was written by King Solomon. It addresses what happens when we leave God out of the equation. It leads to _____ (emptiness, futility, and a wasted life.)

Exodus 20:3 “have no other gods before Me.”

- An Idol is _____ that replaces God’s rightful place as #1 in our lives.
- **The problem with idols** is that we try to fill our hearts with other things than God. (Ezek. 14:1-3)

Pleasurable things we often turn into false gods...

1. **Food and Drink:** Do we eat to live, or live to eat?
2. **Alcohol and Drugs:** Do they control you, or do you control them?
3. **Sex:** Sex is great the way God intended, but when we get it wrong it leads to pain, not pleasure.

4. _____:

- Examples:
- God isn’t against them... I Cor. 9:24-27
- Are _____ your _____?
- Romans 12:2 “And do not be conformed to this world...”

5. _____:

- Biblical principles to help guide us:
 - o Covetousness (Lk. 12:15)
 - o Greed (I Tim. 6:10)
 - o Stewardship (I Cor. 4:2)
 - o Control (I Cor. 6:12)

- _____ is now everywhere!
- Ask yourself... (1) Does this honor God? (2) What do I really want? (3) Am I becoming addicted?

6. _____ and Leisure:

- Hobbies:
- _____:
- Screen Time:
- What is Dopamine and how does it work?

Four Steps to Freedom:

1. _____ Them.
2. _____ of Them. (Ezek. 14:4-6)
3. _____ Them.
4. _____ Them.
 - (1) Renew your mind.
 - (2) Have a daily God Time.
 - (3) Change the _____. (Phil. 4:8)
 - o Quote Scripture
 - o Focused Prayer
 - o Sing/Worship

***“You will show me the path of life; In Your presence is fullness of joy;
At Your right hand are pleasures evermore.” Psalm 16:11***

NEXT STEPS?