

ECCLIESIASTES 9:10

WHATEVER YOUR HAND FINDS TO
DO, DO IT WITH YOUR MIGHT;
FOR THERE IS NO WORK OR
DEVICE OR KNOWLEDGE OR
WISDOM IN THE GRAVE WHERE
YOU ARE GOING.

DAILY BIBLE VERSES AND PRAYER THOUGHTS:

MONDAY - VERSES: Job 1:10; Psalm 127:1; Proverbs 20:11; 21:8

PRAYER THOUGHT: Ask God to help you find the things that he wants you to do with your life and ask for the strength and courage to do them. Ask Him to bless you in those areas.

TUESDAY - VERSES: Psalm 90:10; Proverbs 14:23; Ecclesiastes

2:24; 5:18-19 PRAYER THOUGHT: Thank God for all the abilities you have and the work you are able to do. Even if you can't do all the things you used to be able to do, be thankful for what you have.

WEDNESDAY - VERSES: Nehemiah 2:16-18; 4:11, 15-21

PRAYER THOUGHT: Thank God for giving you the strength to make it through the difficult days in the past. Ask Him to continue to help you through the work that you still have ahead of you.

THURSDAY - VERSES: Nehemiah 4:6; 6:2-3,8-9; Ecclesiastes 3:13

PRAYER THOUGHT: Pray that you will have the attitude toward work that God wants you to have. Ask Him to help you have a mind to work at the right things, and not to be discouraged.

FRIDAY - VERSES: Job 34:10-11; Psalm 62:12; Hebrews 4:11

PRAYER THOUGHT: Thank God for the reward He has promised to those who work for Him. Pray that you will be a faithful worker until death to receive your reward for good, and not the reward of the wicked.

SATURDAY - VERSES: Nehemiah 3:5; John 6:27; 1 Corinthians

15:58; 2 Corinthians 5:9-10 PRAYER THOUGHT: Ask God to help you avoid being lazy in His kingdom while being active in other areas of your life.

ASSIGNMENTS

1. At least daily read this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Look for ways you can practice enthusiasm each day.
4. Pray for God's help in being more enthusiastic.
5. At the close of day write down the ways you practiced being more enthusiastic.
6. Plan to tell the class, next week, an example of how you or someone else practiced enthusiasm and what happened, or tell how you should have been enthusiastic but were not during the week.

SPIRITUAL HEALTH REGIMEN WEEK 2

DO IT WITH YOUR MIGHT

SCRIPTURE - ECCLESIASTES 9: 10 - Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going.

COMMENT - Since the time is coming when we cannot work either by reason of health or of death then we need to zealously do the things that we should be doing now.

SONG - WORK FOR THE NIGHT IS COMING

1. Work, for the night is coming, Work thro' the morning hours; Work while the dew is sparkling, Work 'mid springing flow'rs; Work when the day grows brighter, Work in the glowing sun; Work, for the night is coming, When man's work is done.

2. Work for the night is coming, Work through the sunny noon; Fill brightest hours with labor; Rest comes sure and soon; Give every flying minute Something to keep in store; Work, for the night is coming, When man works no more.

3. Work for the night is coming, under the sunset skies; while their bright tints are glowing, Work for daylight flies; Work till the last beam fadeth, fadeth to shine no more; Work while the night is dark'ning, When man's work is o'er.

THOUGHTS

The dictionary is the only place where success comes before work. The biggest mistake you can make is to believe that you are working for someone else.

Things may come to those who wait, but only the things left by those who hustle.

Success is a journey, not a destination.

Even if you're on the right track, you'll get run over if you just sit there.

The old plumber was admonishing his young helper, who was always taking coffee breaks. "When I was an apprentice," he said, "we used to lay the first two lengths of pipe then the boss would turn on the water and we'd have to stay ahead of it."

The man who goes down swinging is very admirable; but the man to watch out for is the one who gets back up swinging.

Somebody said that it couldn't be done,
 But he with a chuckle replied
 That maybe it couldn't, but he would be one
 Who wouldn't say so 'till he tried.
 So he buckled right in with the trace of grin
 On his face. If he worried, he hid it.
 He started to sing as he tackled the thing
 That couldn't be done, and he did it.
 Somebody scoffed: "Oh, you'll never do that;
 At least no one ever has done it;"
 But he took off his coat and took off his hat
 And the first thing he knew he'd begun it.
 With the lift of his chin and a bit of a grin,
 Without any doubting or quiddit,
 He started to sing as he tackled the thing
 That couldn't be done, and he did it.
 There are thousands to tell you it cannot be done,
 There are thousands to prophesy failure;
 There are thousands to point out to you, one by one,
 The dangers that wait to assail you.
 But just buckle right in with a bit of a grin,
 Then take off your coat and go to it;
 Just start in to sing as you tackle the thing
 That "cannot be done," and you'll do it. - Edgar A. Guest



Two frogs fell into a can of cream - or so I've heard it told
 The sides of the can were shiny and steep, The cream was deep & cold,
 "Oh, what's the use?" said No. 1, "tis fate -- no help's around ~
 Good-bye, my friend! Good-bye, sad world!" And weeping still, he
 drowned.
 But No. 2 of sterner stuff, dog paddled in surprise,
 The while he wiped his creamy face and dried his creamy eyes.
 'Til swim awhile, at least," he said or so it has been said -
 "It wouldn't really help the world if one more frog was dead.
 An hour or two he kicked and swam - not once he stopped to mutter,
 But kicked and swam, and swam and kicked, then hopped out, via
 butter.

WHAT YOUR _____ FINDS TO DO,
 DO IT WITH YOUR _____

INTRODUCTION

- A. Eccl 9:10
- B. Prayer Poem
- C. Zeal and Knowledge Go Together - Romans 10:1-3
- D. Failure to Recognize Our Own Laziness - Proverbs 26:13-16

I. LIFE IS _____

- A. Like a _____ - Job 14:1-2
- B. Like a _____ - James 4: 14
- C. Night Is Coming - John ____:4-5
- D. Death Is Coming - Ecclesiastes 9:_____

II. SINCE LIFE IS SHORT I NEED TO BE BUSY _____

- A. Judged by Our Works - 1 _____ 1:17
- B. Don't Wait, Do It Now - John ____:34-36
- C. Lord's Work Never in Vain - 1 Corinthians 15:_____
- D. Learn From the _____ - Proverbs 6:6-11
- E. _____ Is Destructive - Proverbs 18:9; 24:30-34;
 Ecclesiastes 10:18

III. IF _____ DOESN'T COME WILL I BE SORRY I...

- A. Didn't Spend More Time with Those I Love and Less Time
 Working - Ecclesiastes 4:_____
- B. Didn't Reach out to More with the Gospel - Luke ____:27-28
- C. Didn't Live More for _____ and Less for _____ -
 2 Corinthians 5:15
- D. Didn't Lay up More _____ in Heaven and less on Earth -
 Matthew 6:19-21

CONCLUSION

- A. Revelation 22:12
- B. James 4: 17
- C. I Can Sleep When the Wind Blows - Eccl. 5:12
- D. Dead Weight

WHAT YOUR HAND FINDS TO DO, DO IT WITH YOUR MIGHT

INTRODUCTION

- A. Eccl 9:10
- B. Prayer Poem
- C. Zeal and Knowledge Go Together - Romans 10:1-3
- D. Failure to Recognize Our Own Laziness - Proverbs 26:13-16

I. LIFE IS SHORT

- A. Like a Flower - Job 14:1-2
- B. Like a Vapor - James 4: 14
- C. Night Is Coming - John 9:4-5
- D. Death Is Coming - Ecclesiastes 9:10

II. SINCE LIFE IS SHORT I NEED TO BE BUSY WORKING

- A. Judged by Our Works - 1 Peter 1:17
- B. Don't Wait, Do It Now - John 4:34-36
- C. Lord's Work Never in Vain - 1 Corinthians 15:58
- D. Learn From the Ant - Proverbs 6:6-11
- E. Laziness Is Destructive - Proverbs 18:9; 24:30-34;
Ecclesiastes 10:18

III. IF TOMORROW DOESN'T COME WILL I BE SORRY I...

- A. Didn't Spend More Time with Those I Love and Less Time Working - Ecclesiastes 4:8
- B. Didn't Reach out to More with the Gospel - Luke 16:27-28
- C. Didn't Live More for Christ and Less for Self -
2 Corinthians 5:15
- D. Didn't Lay up More Treasure in Heaven and less on Earth -
Matthew 6:19-21

CONCLUSION

- A. Revelation 22:12
- B. James 4: 17
- C. I Can Sleep When the Wind Blows - Eccl. 5:12
- D. Dead Weight

WHAT YOUR HAND FINDS TO DO, DO IT WITH YOUR MIGHT

SCRIPTURE - (Eccl 9:10) Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you are going.

INTRODUCTION

A. I knelt to pray when day was done, And prayed, "Lord, bless everyone;
Lift from each heart the pain, And let the sick be well again."
And then I woke again one day, And carelessly went on my way;
The whole day long I did not try, To wipe a tear from any eye.
I did not try to share the load, Of any brother on the road;
I did not even go to see, The sick man just next door to me.
Yet once again when day was done, I prayed, "Lord, bless everyone.
But as I prayed to my ear, Came a voice that whispered dear,
'Pause, hypocrite, before you pray; Whom have you tried to bless today?

God's sweetest blessings always go, By hands that serve Him here below."

And then I hid my face and cried, "Forgive me Lord, for I have lied;
Let me but live another day, And I will live the way I pray.

B. ZEAL WITHOUT KNOWLEDGE OR KNOWLEDGE WITHOUT ZEAL -(Rom 10:1-3) Brethren, my heart's desire and prayer to God for Israel is that they may be saved. (2) For I bear them witness that they have a zeal for God. but not according to knowledge. (3) For they being ignorant of God's righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness of God.

C. SOMETIMES WE FAIL TO RECOGNIZE OUR OWN LAZINESS - (Prov 26: 13-16) The lazy man says, "There is a lion in the road! A fierce lion is in the streets!" (14) As a door turns on its hinges, So does the lazy man on his bed. (15)The lazy man buries his hand in the bowl; It wearies him to bring it back to his mouth. (16) The lazy man is wiser in his own eyes Than seven men who can answer sensibly.

I. LIFE IS SHORT

A. LIKE A FLOWER - (Job 14:1-2) "Man who is born of woman Is of few days and full of trouble. (2) He comes forth like a flower and

fades away; He flees like a shadow and does not continue.

B. LIKE A VAPOR - (James 4: 14) whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away.

C. NIGHT IS COMING - (John 9:4-5) "I must work the works of Him who sent Me while it is day; the night is coming when no one can work. (5) "As long as I am in the world, I am the light of the world.

D. DEATH IS COMING - (Eccl 9: 10) Whatever your hand finds to do, do it with your might; for there is no work or device or knowledge or wisdom in the grave where you your are going.

II. SINCE LIFE IS SHORT I NEED TO BE BUSY WORKING

A. JUDGED BY OUR WORKS - (1 Pet 1:17) And If you call on the Father, who without partiality judges according to each one's work, conduct yourselves throughout the time of your stay here in fear;

B. DON'T WAIT, DO IT NOW - (John 4:34-36) Jesus said to them, "My food is to do the will of Him who sent Me, and to finish His work. (35) "Do you not say, There are still four months and then comes the harvest? Behold, I say to you, lift up your eyes and look at the fields, for they are already white for harvest! (36) "And he who reaps receives wages, and gathers fruit for eternal life, that both he who sows and he who reaps may rejoice together.

C. WORK FOR THE LORD IS NEVER IN VAIN - (1 Cor 15:58) Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

D. LEARN FROM THE ANT - (Prov 6:6-11) Go to the ant, you sluggard! Consider her ways and be wise, (7) Which, having no captain, overseer or ruler, (8) Provides her supplies in the summer, And gathers her food in the harvest. (9) How long will you slumber, o sluggard? When will you rise from your sleeps (10) A little sleep, a little slumber, A little folding of the hands to sleep; (11) So shall your poverty come on you like a prowler, And your need like an armed man.

E. LAZINESS IS DESTRUCTIVE

1. DESTROYS - (Prov 18:9) He who is slothful in his work Is a brother to him who is a great destroyer.

2. DECAYS -(Eccl 10:18) Because of laziness the building decays, And through idleness of hands the house leaks.

3. DEVASTATES - (Prov 24:30-34) I went by the field of the lazy man, And by the vineyard of the man devoid of understanding; (31) And there it was, all overgrown with thorns, Its surface was covered with nettles; Its stonewall was broken down. (32) When I saw it, I considered it well; I looked on it and received instruction. (33) A little sleep, a little slumber, A little folding of the hands to rest; (34) So shall your poverty come like a prowler, And your need like an armed man.

III. IF TOMORROW DOESN'T COME WILL I BE SORRY I...

A. DIDN'T SPEND MORE TIME WITH THOSE I LOVE AND LESS TIME WORKING - Eccl 4:8 There is one alone, without companion; He has neither son nor brother. Yet there is no end to all his labors, Nor is his eye satisfied with riches. But he never asks, "For whom do I toil and deprive myself of good?" This also is vanity and a grave misfortune.

B. DIDN'T REACH OUT TO MORE WITH THE GOSPEL - Luke 16:27-28 'Then he said, 'I beg you therefore, father, that you would send him to my father's house, (28)'for I have five brothers, that he may testify to them, lest they also come to this place of torment.' WHO WOULD YOU WANT TO WARN ABOUT HELL OR ENCOURAGE ABOUT HEAVEN.

C. DIDN'T LIVE MORE FOR CHRIST AND LESS FOR SELF - (2 Cor 5:15) and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again.

D. DIDN'T LAY UP MORE TREASURE IN HEAVEN AND LESS ON EARTH

1. (Mat 6:19-21) "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; (20) "but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. (21) "For where your treasure is, there your heart will be also.

2. STORY OF MAN IN HEAVEN AND SHACK - A man died and went to Heaven. As Peter was showing him to his place they walked past fabulous and magnificent mansions. The man wondered if one of them belonged to him, but Peter assured him they

had a ways to go. As they went the mansions became less fantastic and eventually became just fancy houses. As they continued the houses became smaller and more plain. He kept hoping they would get to his soon because these were not much better than the one he had lived in on Earth. Well, they eventually passed worse and worse looking houses and got to some pitiful little shacks. Peter pointed to one of the worst ones and indicated that it belonged to the man. The man was upset and wanted to know why they had passed all of those beautiful mansions and he was stuck with this useless thing that was not much better than a cardboard box. Peter explained that they could only build with the supplies people sent.

CONCLUSION

A. (Rev 22:12) "And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work.

B. (James 4: 17) Therefore, to him who knows to do good and does not do it, to him it is sin

C. "I CAN SLEEP WHEN THE WIND BLOWS" - The story is told of the farmer who was looking to hire a hand. One who came wanting the job explained that the farmer should hire him because he could sleep when the wind blew. The farmer didn't fully understand the significance of that statement until after hiring the man a storm came up late one night. The farmer hearing the wind roar and the thunder crash got out of bed and went running out to see what needed to be done. He looked for the hand and found him sleeping. Waking him the farmer said, "There is a storm get up and get the barn secured and all the animals in it." He mentioned several other things that he was used to having to do when a storm came. The hand reminded him that he could sleep through the storm and explained the reason: because all of that work had already been done.

We need to do our work and then we can sleep better.

Ecclesiastes 5:12 The sleep of a labouring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep.

D. I've been a dead weight many years Around the church's neck;
I've let the others carry me And always pay the check.

I've had my name upon the rolls For years and years gone by;

I've criticized and grumbled too, Nothing could satisfy.

I've been a dead weight long enough Upon the church's back;

Beginning now, I'm going to take A wholly different track.
I'm going to pray and pay and work And carry loads instead;
And not have others carry me Like people do the dead.

There is an ancient tale from India about a young man who was seeking God. He went to a wise old sage for help. "How can I find God?" he asked the old man. The old man took him to a nearby river. Out they waded into the deep water. Soon the water was up just under their chins. Suddenly the old man seized the young man by the neck and pushed him under the water. He held the young man down until the young man was flailing the water in desperation. Another minute and he may well have drowned. Up out of the water the two of them came. The young man was coughing water from his lungs and still gasping for air. Reaching the bank he asked the man indignantly, 'What did that have to do with my finding God?'

The old man asked him quietly, 'While you were under the water, what did you want more than anything else?'

The young man thought for a minute and then answered, "I wanted air. I wanted air more than anything else?"

The old man replied, 'When you want God as much as you wanted air, you will find him.'