
Use these questions and resources during your study time or with your group.

RECAP: Life is short and precious; we must embrace the moments given to us, noticing the beauty in the mundane, and finding the extraordinary in the ordinary.

MAIN POINTS

- Seize life
- It's hard
- Each day is God's gift

GETTING STARTED

- What's one small thing you've been enjoying lately—something that helps you slow down or notice the good stuff?

SCRIPTURE

- [Ecclesiastes 9:7-10; Psalm 90:12](#)

DISCUSSION QUESTIONS

- Solomon urges us to 'seize life' and relish the moments we're given—because time won't wait. When you think about your own 'dash'—the life you're living between your birth and your death—what does it look like to *truly live* and not just exist? Are there any moments, opportunities, or relationships in your life right now that you feel God is inviting you to seize?
- Solomon doesn't sugarcoat it—life is hard. And sometimes, we carry pain from the past that keeps us stuck. When you think about the idea of 'numbering your days' and living with intentionality, what would it look like for you to move forward, even in the middle of hardship? Is there something you need to let go of—or something God might be inviting you to redeem—so you can make the most of the time you've been given?
- Solomon says each day is a gift from God—and the movie reminds us there's gold in even the most ordinary moments if we learn to notice. What's something in your life right now that you've maybe been overlooking, but could be a hidden gift if you saw it differently? And how might your day look different if you approached it like it was a second chance to really live it well?

APPLICATION

- Where in your life do you need to be more intentional—with your time, your relationships, or your mindset?
- What's one small change you can make this week to help you live more present and grateful for the day in front of you?

RESOURCES

- "All men die, but **very few men truly live!**" - William Wallace, (Braveheart)
- "Time is what we want **most**, but what we use **worst**." - William Penn
- "I wish it need not have happened in my time,... "So do I," says Gandalf, "and so do all who live to see such times. But that is not for them to decide. **All we have to decide is what to do with the time that is given us.**" - Frodo to Gandalf (The Lord of the Rings)
- Coldplay "[Gold in Them Hills](#)" Lyrics
- "Patience asks us to live the moment to the fullest, to be completely present to the moment, to taste the here and now, **to be where we are**. When we are impatient, we try to get away from where we are. We behave as if the real thing will happen tomorrow, later, and somewhere else. Let's be patient and trust that the treasure we look for is hidden in the ground on which we stand." - Henri Nouwen
- "IF I COULD LIVE TODAY **OVER AGAIN...**" - Donald Miller