

How To Do One2One

Principles & Best Practices

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One2OneGuide

 20 Sept 2026,
12:45pm - 3:00pm

 Every Nation Church Malaysia

Fee: **RM20** (inclusive of lunch and materials)



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EVERY NATION
CHURCH • MALAYSIA

RESTLESS

FINDING REST IN A RESTLESS WORLD



EVERY NATION
CHURCH · MALAYSIA

WEEK 1

RESTLESS SOUL

WHEN LIFE FEELS EMPTY

WEEK 2

RESTLESS HEART

WHEN DESIRES NEVER SATISFY

WEEK 3

RESTLESS MIND

WHEN THE MIND REFUSES TO BE STILL

WEEK 4

RESTLESS WILL

WHEN WE STRIVE TO CONTROL LIFE

RESTLESS SOUL

ECCLECIASTES 1:2

Vanity of vanities, says the Preacher,
vanity of vanities! All is vanity.

ECCLESIASTES 1:8

All things are full of weariness;
a man cannot utter it

ECCLESIASTES 1:14

I have seen everything that is done under the sun,
and behold, all is vanity and a striving after wind.



PREACHER

WHO IS HE?

PREACHER

KING SOLOMON

Immense Wisdom
& Immense Wealth

1 KINGS 10:23

Thus King Solomon excelled all the
kings of the earth in riches and in wisdom.

IMMENSE WISDOM

1 KINGS 4:29-34

- Wisdom and breadth of mind “like the sand on the seashore”.
- Surpassed all the sons of the East and all Egypt, even renowned sages.
- Spoke 3,000 proverbs (meshalim) and 1,005 songs.
- Encyclopedic nature-wisdom: trees (cedar to hyssop), beasts, birds, creeping things, and fish.
- People from all nations and kings came to hear him.

IMMENSE WEALTH

1 KINGS 10:14-27

- Annual gold income: 666 talents (RM12.2 billion)
- Extra revenue from traders, kings, governors
- Ophir expedition: 420 talents of gold
- Queen of Sheba's gift: 120 talents of gold + spices + gems
- Ivory throne overlaid with gold; six steps, twelve lions
- All drinking vessels in gold; silver "counted as nothing"
- 1,400 chariots; 12,000 horsemen

1 KINGS 11:3

- 700 wives of royal rank + 300 concubines

The restlessness of the preacher resulted in...

ECCLESIASTES
2:11

“So I considered all **my activities** which my hands had done and the labor which I had exerted, and behold **all was futility and striving after wind**, and there was no benefit under the sun.”

ECCLESIASTES
2:17

“So I hated life, for **the work** which had been done under the sun was unhappy to me; because **everything is futility and striving after wind.**”

ECCLESIASTES
2:22-23

“For what does a person get in **all his labor and in his striving** with which he labors under the sun? Because **all his days his activity is painful and irritating**; even at night his mind does not rest. This too is **futility.**”

RESTLESS - THE ABSENCE OF REST

Biblical Accounts

1. Cain - a fugitive and a wanderer on the earth **GENESIS 4:12,14**
2. Why are you cast down, O my soul, and why are you in **turmoil** within me? **PSALM 42:5, 11; 43:5**
3. He is a double-minded man, **unstable** in all his ways **JAMES 1:8**

ECCLESIASTES 2:25

For who can eat and who can have
enjoyment without Him?

**Life without God is a cycle of
“chasing after the wind”.**

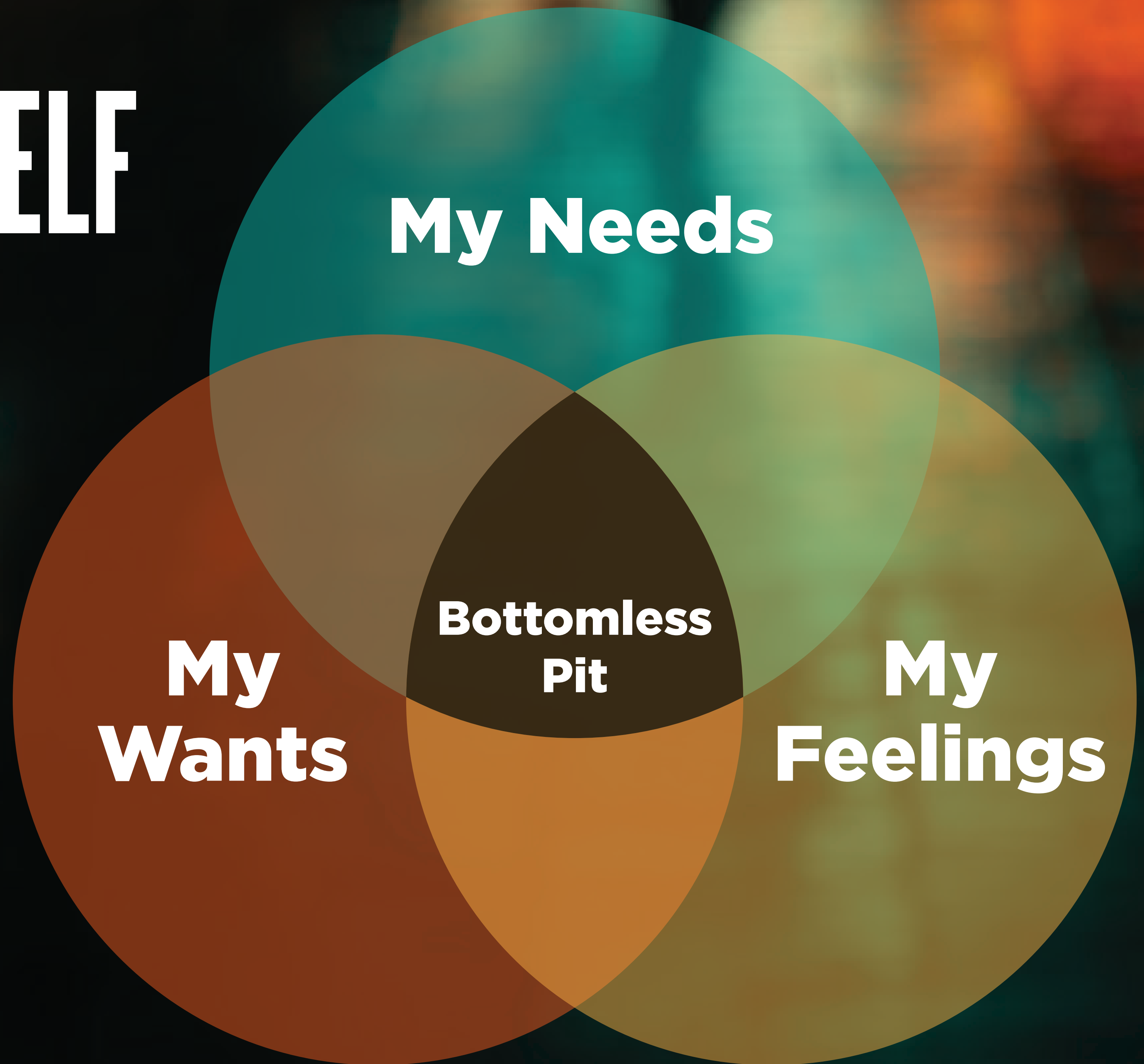
- King Solomon

LIFE WITHOUT GOD

In the last two hundred years a huge literature, both scholarly and popular, has developed around understanding this new Holy Trinity of Needs, Wants, and Feelings that make up the sovereign self.

Eugene H. Peterson, *Eat This Book: A Conversation in the Art of Spiritual Reading* (Grand Rapids, MI: Eerdmans, 2006), 54.

SOVEREIGN SELF



ECCLESIASTES 2:25

For who can eat and who can have enjoyment without Him?

**Who is this God
of King Solomon??**

The God of the preacher is...

EXODUS 34:6

The Lord passed before him (Moses) and **proclaimed**,
“The Lord, the Lord, a God merciful and gracious, slow to
anger, and abounding in steadfast love and faithfulness,
keeping steadfast love for thousands...”

ISAIAH 54:5

For your Maker is your husband,
the Lord of hosts is his name;
and the Holy One of Israel is your Redeemer,
the God of the whole earth he is called.

God Rules Sovereignly

ECCLESIASTES 3:9-14

What gain has the worker from his toil? I have seen the business that God has given to the children of man to be busy with. He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that **he cannot find out what God has done from the beginning to the end.** I perceived that there is nothing better for them than to be joyful and to do good as long as they live; also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man. I perceived that **whatever God does endures forever; nothing can be added to it, nor anything taken from it. God has done it, so that people fear before him.**

In His Sovereignty

HE ASSIGNS THE WORK

ECCLESIASTES 3:10

“...the business that God has given to the children of man to be busy with.”

His answer for restlessness over the purpose of life

In His Sovereignty

**HE MAKES EACH THING
BEAUTIFUL IN ITS TIME**

ECCLESIASTES 3:11A

“He has made
everything
beautiful in
its time.”

His answer for restlessness over the timing of matters

In His Sovereignty

**HE SETS ETERNITY
IN OUR HEART**

ECCLESIASTES 3:11B

“He has put
eternity into
man’s heart.”

**His answer for restlessness over a
longing that nothing on earth can fill**

In His Sovereignty

HE GIVES LIFE AS HIS GIFT

ECCLESIASTES 3:12-13 “to be joyful and to do good...eat and drink and take pleasure in all his toil—this is God’s gift to man.”

**His answer for restlessness over the
ordinariness of daily life**

REST IN HIS SOVEREIGNTY

MATTHEW 11:28-29

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.