

RESTLESS

FINDING REST IN A RESTLESS WORLD



EVERY NATION
CHURCH · MALAYSIA

BOOK OF ECCLESIASTES

WISDOM BOOK

QOHELETH

(teacher)

KING SOLOMON

(son of David,
king of Jerusalem)

VANITY

(38 times)

THE TEACHER BRINGS THE WHOLE BOOK TO THIS CONCLUSION:

FEAR GOD AND KEEP HIS COMMANDMENTS



hgmd.la/BiblePlan

**ECCLESIASTES
IN 12 DAYS**

THIS SERIES

WEEK 1

RESTLESS SOUL

WEEK 2

RESTLESS HEART

WEEK 3

RESTLESS MIND

WEEK 4

RESTLESS WILL

**A RESTLESS MIND
TRIES TO CONTROL
WHAT BELONGS TO GOD**

ECCLESIASTES 8:16-17

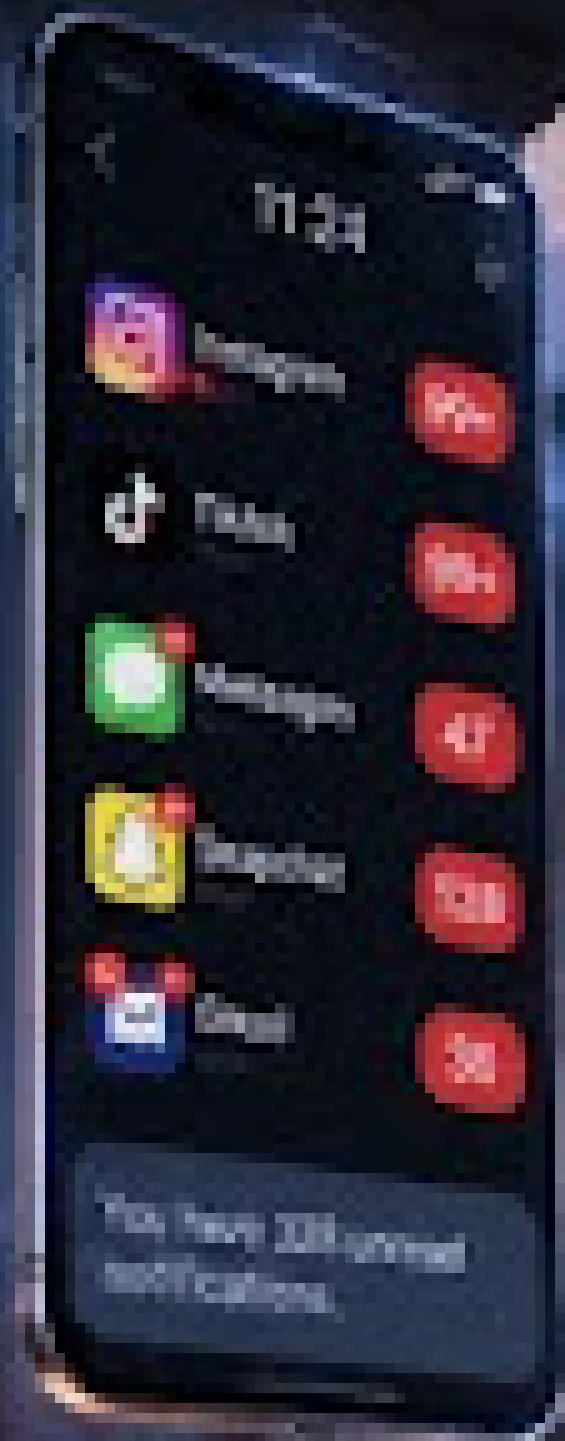
¹⁶ “When I applied my heart to know wisdom,
and to see the business that is done on earth,
how neither day nor night do one’s eyes see sleep,
¹⁷ then I saw all the work of God, **that man cannot find out**
the work that is done under the sun. However much man may
toil in seeking, he will not find it out. Even though a wise man
claims to know, **he cannot find it out.**”



The National Health and Morbidity Survey 2023 found that 38% of Malaysian adults were not getting enough sleep, defined as fewer than seven hours in any 24-hour period, with urban dwellers faring worse at 39% compared with their more rested rural counterparts at 32%.

A peer-reviewed study published in Nature and Science of Sleep, based on a cross-sectional survey of 11,356 working Malaysian adults, found that the mean daily sleep time was 6.49 hours and that more than half, specifically 54.7%, were sleeping less than the recommended seven hours a night.

ALWAYS ON.
NEVER ENOUGH.



Job Applications
Application Status Information

Resumes
Download Resumes

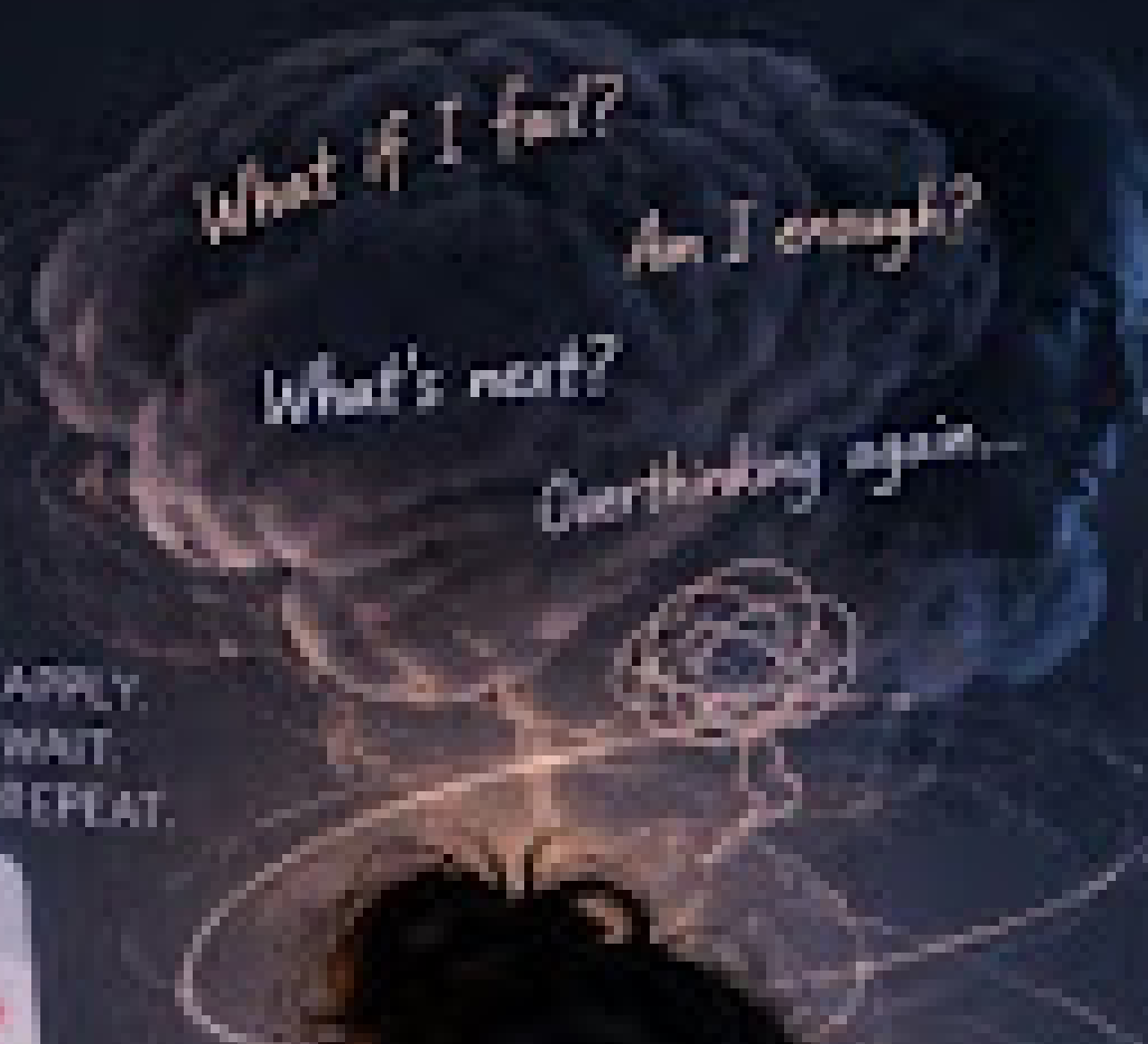
No Reply
Thank you for your interest

Bills

Item	Amount	Action
Rent	\$1,000	Overdue
Electricity	\$85.40	Overdue
Student Loan	\$200.00	Due soon
Credit Card	\$115.50	Overdue

ADULTING
HITS DIFFERENT.

APPLY.
WAIT.
REPEAT.



SAME PEOPLE.
DIFFERENT REALITIES.



TOO MUCH
TO PROCESS.

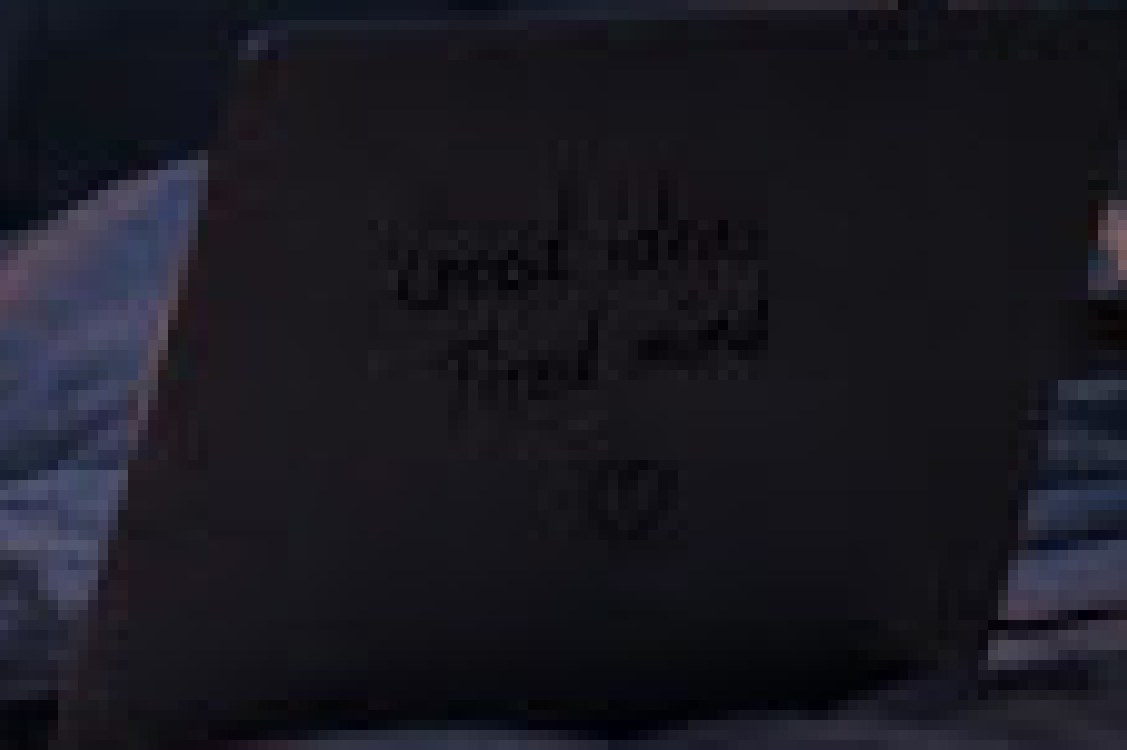


SO MANY VERSIONS
OF ME...
WHICH ONE IS REAL?

A BETTER ME
HIGHER INCOME
TRAVEL THE WORLD
FIND MY PURPOSE



STILL AWAKE



**WHEN WAS THE LAST TIME
YOUR MIND WAS TRULY AT REST?**

1

HUMAN WISDOM IS LIMITED

ECCLESIASTES 8:16-17 ¹⁶ “When I applied my heart to know wisdom,
and to see the business that is done on earth,
how neither day nor night do one’s eyes see sleep,
¹⁷ then I saw all the work of God, **that man cannot find out**
the work that is done under the sun. However much man may
toil in seeking, he will not find it out. Even though a wise man
claims to know, **he cannot find it out.**”

2

THE RESTLESS MIND OVERTHINKS AND OVERANALYZES

ECCLESIASTES 1:8

Everything is wearisome beyond description.
No matter how much we see, we are never satisfied.
No matter how much we hear, we are not content.

ECCLESIASTES 8:16-17

¹⁶ “When I applied my heart to know wisdom, and to see the business that is done on earth, how neither day nor night do one’s eyes see sleep, ¹⁷ then I saw all the work of God, that man cannot find out the work that is done under the sun.

“WHAT IF?”

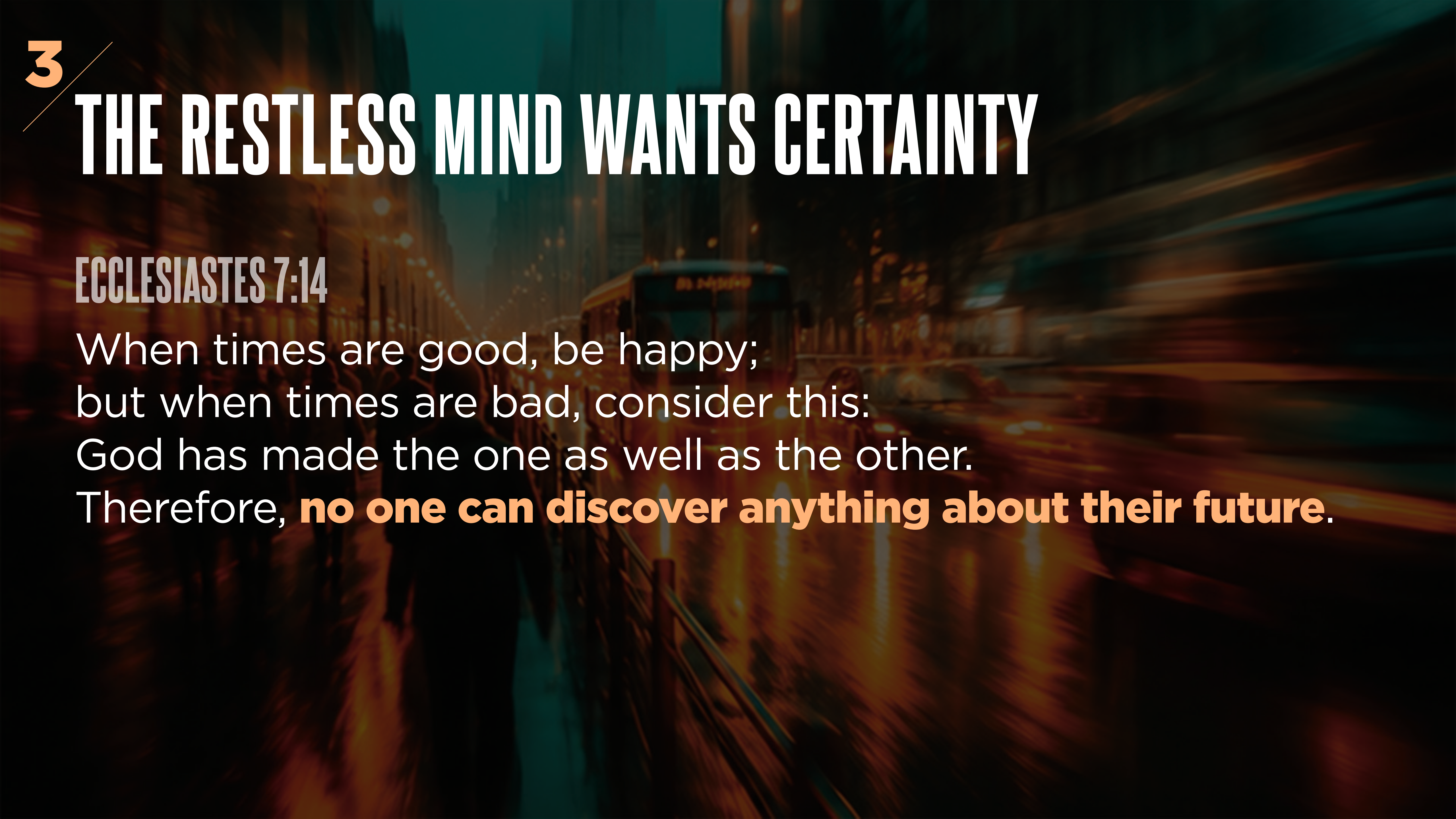
“BUT WHY?”

“HOW COME?”

**“WHY HASN'T GOD
ANSWERED YET?”**

Overthinking and overanalyzing
is a daily reminder:

***If I cannot fully control the
world inside my own mind,
how can I expect to control
the world outside of me?***

A blurred night city street with a bus and light trails.

3

THE RESTLESS MIND WANTS CERTAINTY

ECCLESIASTES 7:14

When times are good, be happy;
but when times are bad, consider this:
God has made the one as well as the other.
Therefore, **no one can discover anything about their future.**

RESTLESS MIND (20s, 30s, 40s, 50s, 60s, 70s, 80s)

20s
30s

THE ILLUSION OF THE PERFECT BLUEPRINT

If I take this job, where will I be in 5 years? Am I falling behind? Did I pick the wrong major? What if I never find a spouse? What if I can't find the job that I want? How can I buy a house? How can I travel to 20 countries before I turn 30?

30s
40s

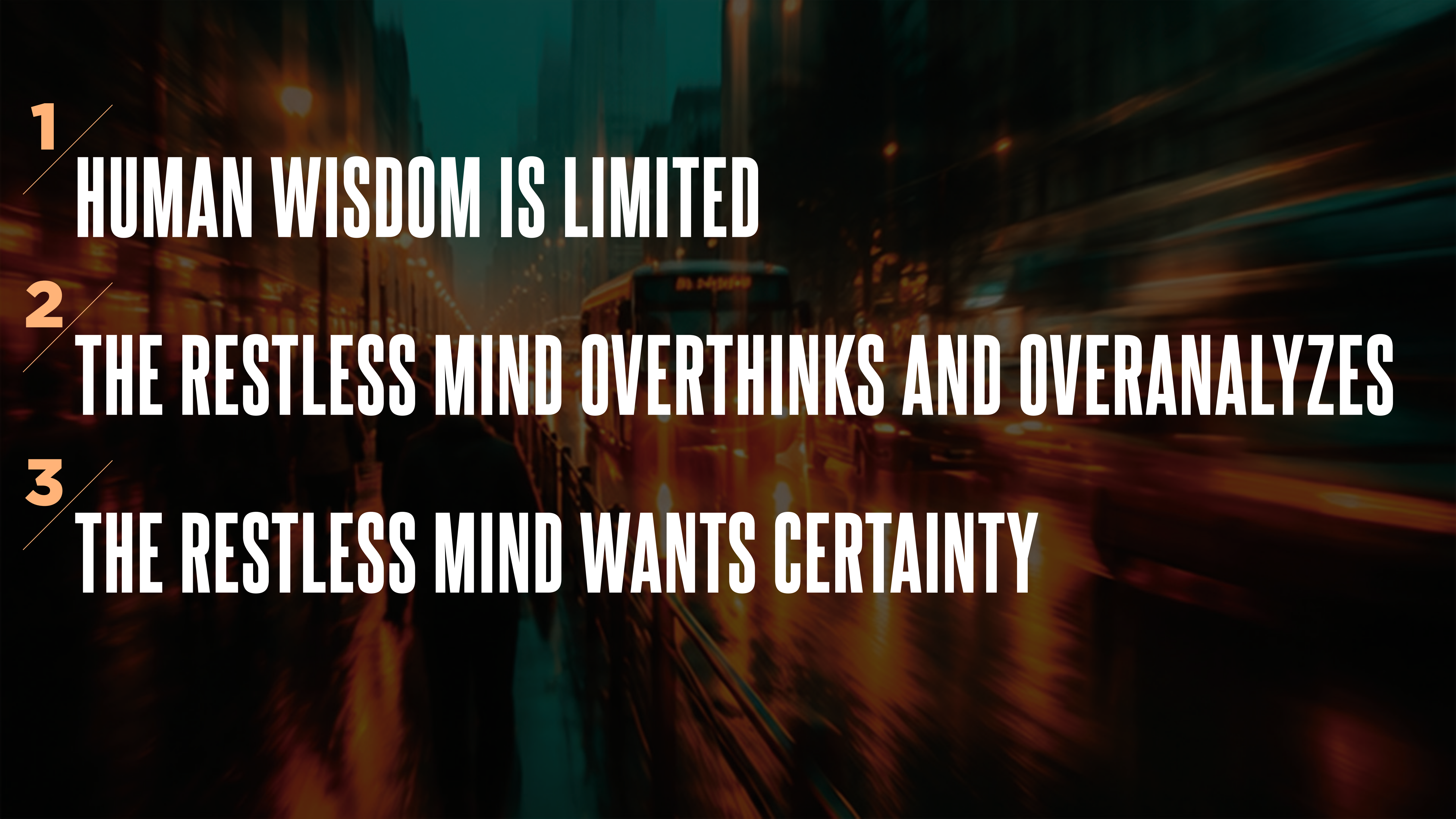
THE ILLUSION OF THE SAFE BUBBLE

Is my child eating enough veggies? Did I lose my temper too quickly today? Are they socializing enough? What if they get sick? Am I ruining their future? Are they mixing with bad influences? How far am I from financial freedom?

50s
60s
70s
80s

THE ILLUSION OF THE SECURE LEGACY

How will my business be in 20 to 30 years' time? Who will be my successor? Will my retirement savings survive inflation? Did I spend enough time with my family? How is my health holding up? What happens to everything I've built when I'm gone?

A blurred city street at night, featuring a bus and light trails from other vehicles, creating a sense of motion and urban environment.

1

HUMAN WISDOM IS LIMITED

2

THE RESTLESS MIND OVERTHINKS AND OVERANALYZES

3

THE RESTLESS MIND WANTS CERTAINTY

OUR MIND CAN FIND REST IN GOD:

1 HUMILITY

“...man cannot find out the work” v.17a

When we recognize that we cannot know everything, it is not defeat but liberation. When the mind finally admits, “I’m limited and that’s okay,” the pressure to overthink diminishes.

2 RECOGNIZE

“I saw all the work of God...” v.17

He saw, but he can’t explain God’s way, but then he acknowledged God’s work. When you stop dissecting everything, you start recognizing that God is actively at work.

3 ADMIT

“...even though a wise man claims to know, he cannot find it out” v.17

Admit, “I don’t know, but God knows.”

**WHEN WE ADMIT WE DO NOT HAVE ALL
THE ANSWERS, WE STOP PRETENDING,
ASSUMING, AND PERFORMING,
AND THEN WE ARE SET FREE.**

**A RESTLESS MIND TRIES TO
CONTROL WHAT BELONGS TO GOD.**

**A RESTFUL MIND TRUSTS THE GOD WHO
KNOWS AND CONTROLS WHAT WE CANNOT.**

CONTEXT OF JOHN 14

- Jesus tells His disciples He is going away and they cannot follow Him
- He will no longer be physically with them
- Promise of the Advocate - Holy Spirit
- Deep uncertainty and fear
- Hearts are troubled

JOHN 14:27

²⁷ “Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (NIV)

²⁷ “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid. (NLT)