**Observation**

Everything we worry about, work for, and chase after in this life is ultimately meaningless. Our nice clothes, dream homes, retirement accounts, and career achievements are like vapor - here today and gone tomorrow. Yet in this seeming nihilism lies a profound truth: the only thing that truly lasts is your soul. The wisdom of Ecclesiastes reminds us to shift our perspective from temporary concerns to what has eternal significance.

**Scripture**

"Meaningless! Meaningless!" says the Teacher. "Utterly meaningless! Everything is meaningless. What do people gain from all their labors at which they toil under the sun? Generations come and generations go, but the earth remains forever." - Ecclesiastes 1:2-4

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." - Matthew 6:33-34

**Reflection**

1. What areas of your life do you spend the most time worrying about, and how might these concerns look from an eternal perspective?
2. Consider your great-grandparents - do you know what kept them up at night or what they worried about? How does this reality impact how you view your own daily concerns?
3. How is it with your soul today? Not just "how are you doing," but what is the true condition of your inner spiritual life?
4. What parts of your soul (habits, attitudes, beliefs) might not be aligned with God's kingdom and righteousness?

**Application**

The book of Ecclesiastes teaches us that "the only thing that truly matters in life is the condition of your soul, and the impact you have on others' souls." Your soul is sticky - it picks up on everything around it. This week, be intentional about monitoring what your soul is absorbing.

Take time each day to ask yourself, "How is it with my soul?" rather than just rushing through life focused on temporary concerns. Consider what parts of your character need refinement so that more of you will translate into eternity.

Remember that while many things in life are "meaningless" on their own, they gain eternal significance when they impact the state of your soul or the souls of others. This perspective transforms even mundane activities into potentially eternal investments.

**Prayer**

Heavenly Father, forgive me for the times I've focused on what is temporary rather than eternal. Help me to see my life through the wisdom of Ecclesiastes - to recognize what is merely vapor and what truly lasts. Examine my soul, Lord, and show me the areas that need Your refinement. Guide me to invest my time, energy, and heart in what matters for eternity. May I seek first Your kingdom and righteousness, trusting that everything else will fall into place. Help me to become the person You created me to be, with a soul that reflects Your goodness and love. In Jesus' name, Amen.