Ecclesiastes 9:7–10 (ESV)

> *Ecclesiastes 9:7–10 (ESV)*
> *“Go, eat your bread with joy, and drink your wine with a merry heart, for God has already approved what you do.*
> *Let your garments be always white. Let not oil be lacking on your head.*
> *Enjoy life with the wife whom you love, all the days of your vain life that he has given you under the sun, because that is your portion in life and in your toil at which you toil under the sun.*
> *Whatever your hand finds to do, do it with your might, for there is no work or thought or knowledge or wisdom in Sheol, to which you are going.”*

The Book of Ecclesiastes, traditionally attributed to King Solomon, is one of the most philosophically rich books in the Old Testament. It reflects on the fleeting nature of life (“vanity of vanities” – *Ecclesiastes 1:2*) and the pursuit of meaning in a world that often seems unpredictable and unjust.

Ecclesiastes 9:7–10 urges us to enjoy life’s simple blessings not

from a place of indulgence or escapism, but from a position of godly contentment. The Preacher (Qoheleth) acknowledges that much in life is mysterious and out of our control, but there are things we can embrace joyfully, especially when we know our lives are aligned with God’s will.

1. God Has Already Approved Your Works

> *“...for God has already approved what you do.”*

This phrase points to the grace of God. The Preacher encourages believers to live freely and joyfully, knowing that God has accepted their lives and labor. This is echoed in the New Testament through justification by faith (Romans 5:1), where believers are made right with God, not by works, but by trusting in Christ. When you walk with God, your life is already pleasing to Him.

2. White Garments and Anointed Head

> *“Let your garments be always white. Let not oil be lacking on your head.”*

In biblical symbolism, white garments represent purity and joy (Revelation 3:5; Isaiah 1:18). Oil often signifies blessing, joy, and the presence of the Holy Spirit (Psalm 23:5; Isaiah 61:3). This verse reminds us to live in a state of spiritual readiness and celebration, marked by holiness and God’s anointing.

3. Enjoy Life with the One You Love

> *“Enjoy life with the wife whom you love…”*

Here, we see God’s design for marriage as a source of joy and companionship (Genesis 2:18, Proverbs 5:18-19). Life is short and sometimes difficult, so God’s gift of a loving spouse should be treasured and celebrated.

4. Do Your Best with What You Have Now

> *“Whatever your hand finds to do, do it with your might...”*

This is a call to diligence and purpose. Since life is temporary and death certain, we are encouraged to make the most of our time. The apostle Paul echoes this in Colossians 3:23 (ESV):

> *“Whatever you do, work heartily, as for the Lord and not for men.”*

Balancing Joy and Reverence

While Ecclesiastes calls us to enjoy life, it also warns against living without God. Life apart from God leads to vanity (Ecclesiastes 1:14), but life with God at the center brings meaningful joy (Ecclesiastes 12:13).

This is echoed in Ecclesiastes 8:15 (ESV):

> *“And I commend joy, for man has nothing better under the sun but to eat and drink and be joyful...”*

And Ecclesiastes 4:6 (ESV) reminds us of balance:

> *“Better is a handful of quietness than two hands full of toil and a striving after wind.”*

These passages teach contentment, gratitude, and a healthy detachment from worldly striving.

Live Wisely, Live Joyfully

God has given us life, love, and work as gifts. When we live in reverence of Him, we are free to enjoy these gifts fully with thankfulness, humility, and balance. Joy is not the opposite of holiness; it is often the fruit of walking closely with God (Galatians 5:22).

So let us eat with joy, love deeply, work faithfully, and live meaningfully all under the watchful care of our Creator.

Shalom.

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