



The Exchange Discussion Questions “The Freedom of Boundaries”

1. What brings you meaning?
2. Can something be good, yet meaningless? What makes something have meaning?
3. Are there activities that are meaningless yet really important? Do they become meaningful because they're important?
4. Solomon starts Ecclesiastes by saying, “Meaningless! Meaningless! Utterly meaningless! Everything is meaningless” (Ecclesiastes 1:2) What do you think motivated him to feel this way? Was he right?
5. Is an existential crisis a first-world problem? Or is the search for meaning an universal desire?
6. Is there such a thing as objective meaning? (something that brings meaning to everyone, regardless of who you are?)
7. Solomon says, “What has been will be again, what has been done will be done again; there is nothing new under the sun” (Ecclesiastes 1:9). Does novelty bring meaning, while routine meaninglessness?
8. Sometimes an existential crisis is the result of feeling like a statistic in the books, a speck in the universe, or a face in the crowd. Is individualism the answer to meaninglessness? (standing out, being different) Is it possible to find meaning while living a pretty “ordinary” life?
9. 11 September was “R U Ok?” Day - a campaign to inspire all people to ask, “Are you ok?” and listen and connect with each other. “It all comes down to regular, face-to-face, meaningful conversations about life” (ruok.org.au). Were you able to connect with others through this campaign this week? What does it mean to have genuine connection?
10. How can we foster genuine connections and meaningful exchange in our church community?
11. A famous passage in Ecclesiastes is the “Time” passage (Ecclesiastes 3:1-8). What is the relationship between “time” and meaning? Read and discuss.
12. “He who always hopes for the best becomes old, and he who is always prepared for the worst grows old early, but he who believes preserves an eternal youth” (Kierkegaard). Discuss.