

This week addresses a tension we all feel but rarely name—the pull toward extremes. This week focuses on Rule #7: Avoid Extremes. In Ecclesiastes 7:15–18, Solomon gives us a surprising warning – not to live in extremes. Solomon observes something unsettling: sometimes the righteous suffer, and the wicked seem to prosper. His conclusion is surprising: “*Do not be over-righteous...and do not be over-wicked.*” That almost catches you off guard. What does it mean? To start with, he’s not lowering the standard; he’s warning against distorted living. He’s merely pointing out that both legalism (control through rules) and careless living (anything goes) can pull us away from a healthy, God-centered life, or what I call “staying on the path...and out of the ditch.”

QUESTIONS

Read SCRIPTURE: Ecclesiastes 7:15-18; Proverbs 4:25-27; 1 Corinthians 10:31-33; Galatians 5:13

1. WHERE IN YOUR LIFE DO YOU TEND TO GO TO EXTREMES – WORK, REST, RELATIONSHIPS, OR EXPECTATIONS?
2. MOST PEOPLE DON’T RUIN THEIR LIVES WITH ONE BIG DECISION—BUT WITH SMALL EXTREMES OVER TIME.
3. WHAT DO YOU THINK SOLOMON MEANS BY “OVER-RIGHTEOUS” AND “OVER-WICKED”? (How do those show up in real life?)
4. WHICH EXTREME DO YOU TEND TO DRIFT TOWARD MORE...CONTROL (LEGALISM) OR CARELESSNESS (ANYTHING GOES)? WHY?
5. HOW CAN LIVING AT THE EXTREMES, EITHER LEGALISM OR CARELESSNESS, ACTUALLY PUSH PEOPLE AWAY FROM GOD? (Have you seen or experienced this?)
6. HOW CAN “FREEDOM” BECOME AN EXCUSE FOR UNHEALTHY OR HARMFUL CHOICES?
7. WHAT WOULD A BALANCED, GOD-HONORING LIFE LOOK LIKE IN ONE SPECIFIC AREA OF YOUR LIFE THIS WEEK?

NEXT STEPS / CHALLENGE: HONOR GOD IN EVERYTHING AND STAY ON THE PATH.

DAILY BIBLE READINGS AND PRAYER TIME

Read the following scriptures this week:

Day 1 – Ecclesiastes 7:15-18, Wisdom avoids extremes by staying grounded in the fear of God.

Day 2 – Proverbs 4:23-27, Stay on the path—don’t drift to the right or left.

Day 3 – Proverbs 11:1, God values balance and integrity, not distortion.

Day 4 – Galatians 5:13, Freedom is not license—it’s an opportunity to serve.

Day 5 – 1 Corinthians 10:31-32, Every part of life can be lived for God’s glory.

Day 6 – Micah 6:8, Walk humbly—avoid extremes through humility.

Day 7 – James 1:19–22, Slow down reactions—extremes often come from impulse.

