


# Coming to Grips with Grief: Encouragement in Ecclesiastes

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Ecclesiastes 3.16  
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Three Parts of the Book of Ecclesiastes  
And Their Contributions  
to Coming to Grips with Grief

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I. The Setting Acknowledging our Grief 1.1,2

The beauty of Ecclesiastes is that it helps us to acknowledge and *express the pervasive and inescapable sorrow due to the transitory nature of our present existence.*





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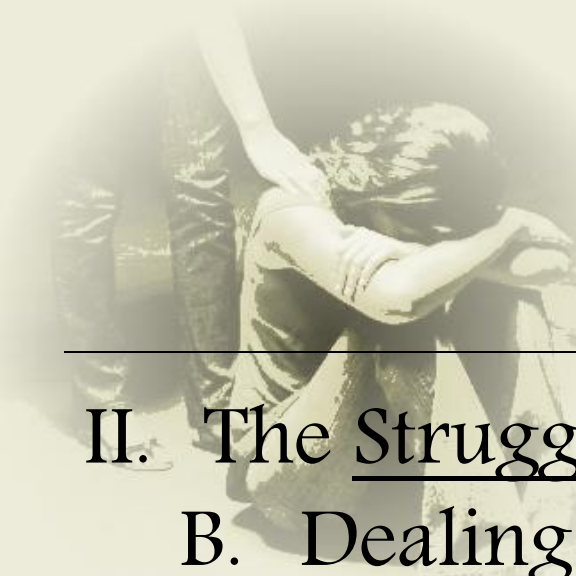
II. The Struggle Accepting our Grief 1.3–12.8

A. Defining Grief

1. Characteristics

Grief is your heart's natural response to unwanted loss; an enduring sorrow caused by the loss or impending loss of anyone or anything that has strong emotional value to us (Hunt).





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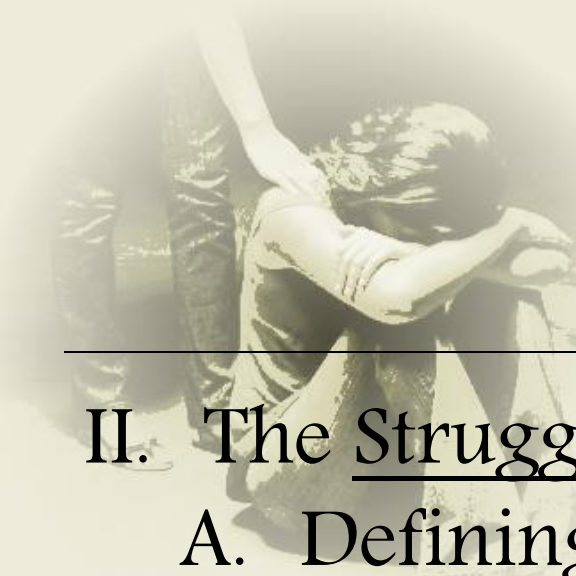
II. The Struggle 1.3–12.8

A. Defining Grief

2. Causes

a. general

Grief had a beginning (Genesis 3.16–19).  
Sin is the ultimate source of our anguish and  
ache.



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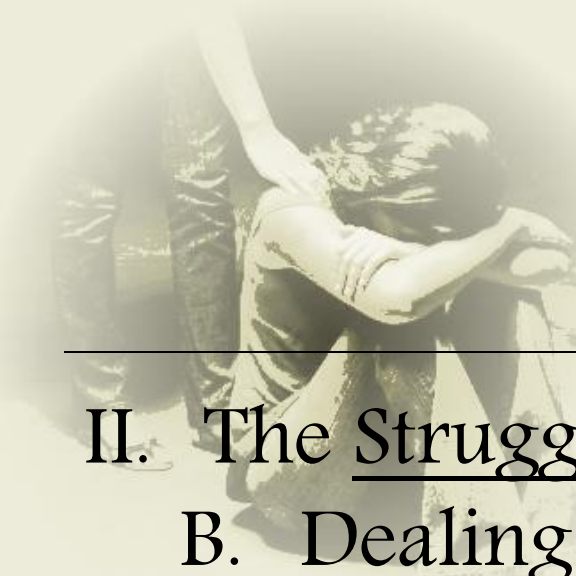
II. The Struggle 1.3–12.8

A. Defining Grief

2. Causes

b. specific

1. Injustice (3.16, 7.15)
2. Aging (12.1)
3. Physical death (12.7)
4. Lack of understanding (11.5)

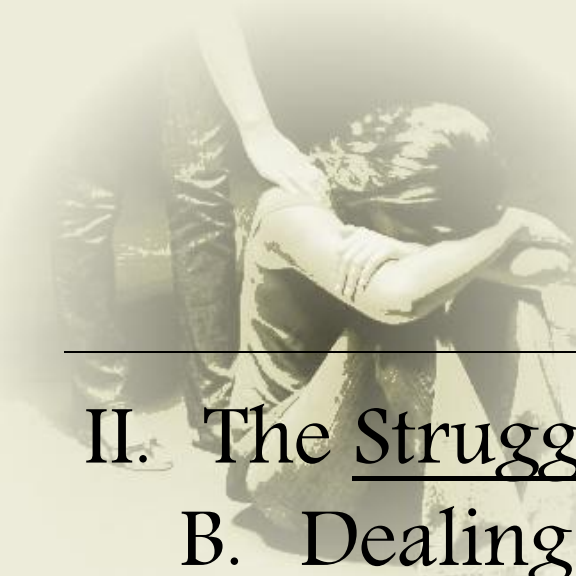


## Three Parts of the Book of Ecclesiastes And Their Contributions to Coming to Grips with Grief

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Here are several from my own experience and observation:

5. Lack of communication
6. Weak relationships/betrayal
7. Wayward spouse or child
8. Divorce
9. Infertility
10. Empty nest



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Here are several from my own experience and observation:

11. Job loss

12. Sickness

13. Loss of pet

14. Loss of dreams