


Coming to Grips with Grief: Encouragement in Ecclesiastes

Ecclesiastes 4.1-3
September 27, 2009 pm

Dr. J.T. Cromer
Holly Ridge Baptist Church






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

I. The Setting Acknowledging our Grief 1.1,2

Life is impermanent and fleeting. Like a vapor, there is brevity and therefore, frustration and grief. The beauty of Ecclesiastes is that it helps us to acknowledge and express poetically the pervasive and inescapable sorrow due to the transitory nature of our present existence.




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

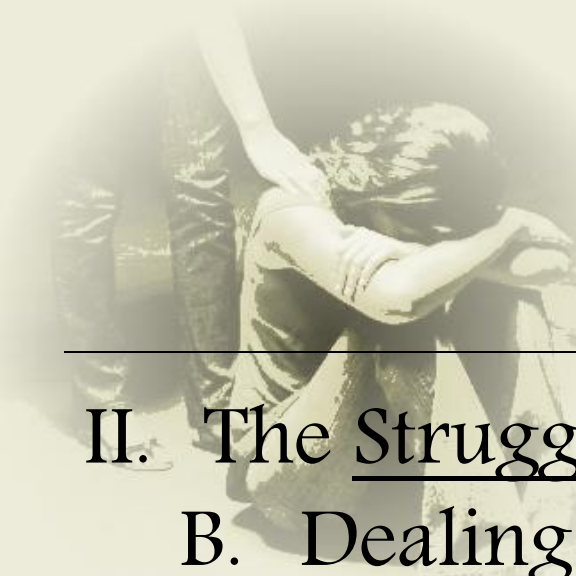
II. The Struggle Accepting our Grief 1.3–12.8

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).





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

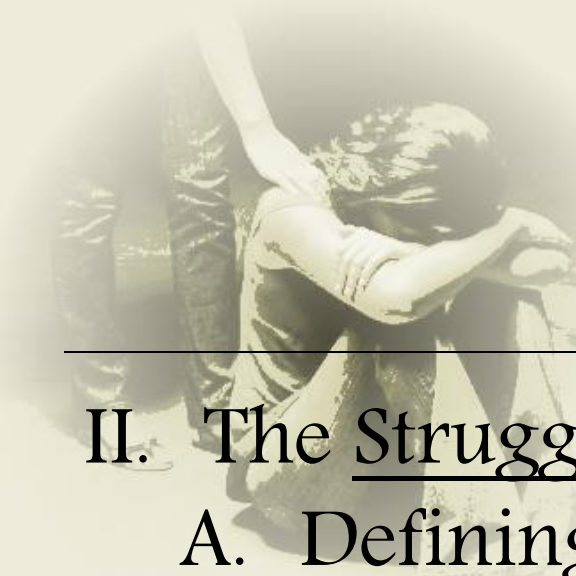
II. The Struggle Accepting our Grief 1.3–12.8

A. Defining Grief

2. Causes

a. general

Grief had a beginning. Sin and the curse brought the vanity of life and the grief.



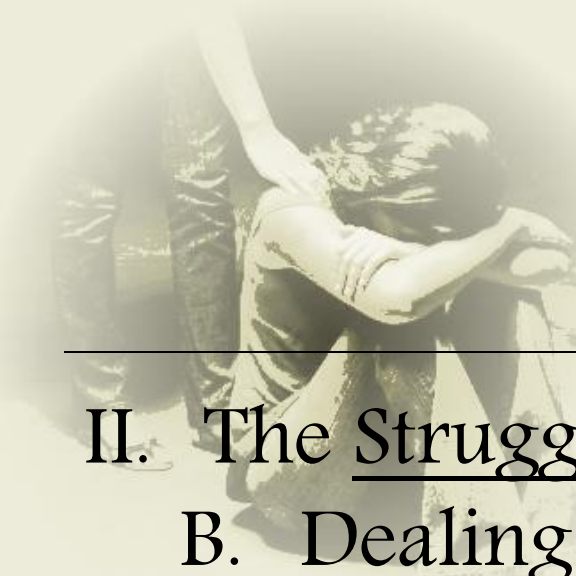
Three Parts of the Book of Ecclesiastes
And Their Contributions
to Coming to Grips with Grief

II. The Struggle Accepting our Grief 1.3–12.8

A. Defining Grief

2. Causes

b. specific



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

II. The Struggle Accepting our Grief 1.3–12.8

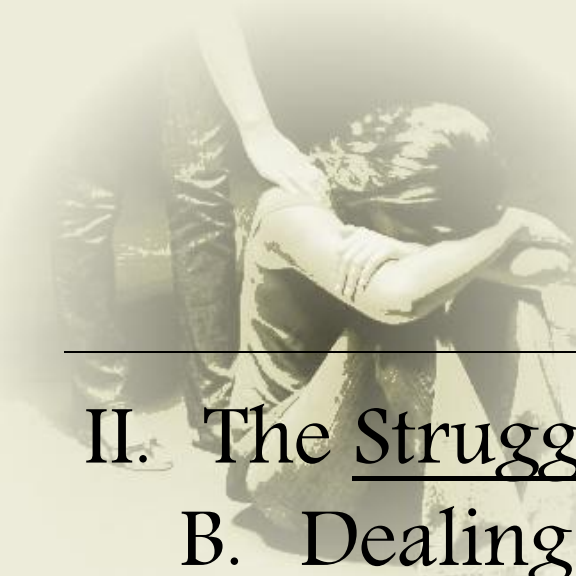
B. Dealing with Grief

1. Problematic ways

a. Abiding in it

This is failing to move through it.

This is waving the white flag in despair.



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

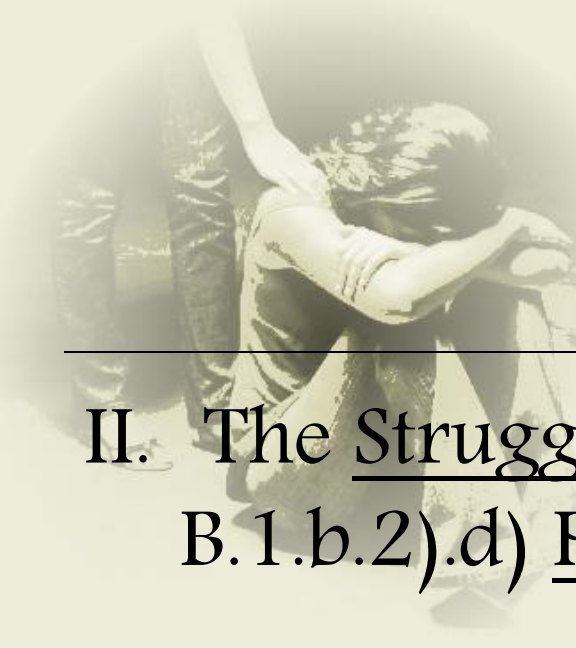
II. The Struggle Accepting our Grief 1.3–12.8

B. Dealing with Grief

1. Problematic ways

a. Abiding in it

This is resisting personal responsibility and exercising a proper response to actively work through the grief.



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


II. The Struggle Accepting our Grief 1.3–12.8

B. Dealing with Grief

1. Problematic ways

b. Avoiding it

We may refuse to acknowledge or accept the loss or pain we feel.



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

b. Avoiding it

Repressed grief is a deep sense of personal loss over which a person has good reason to grieve and needs to, but does not. A person with repressed grief exhibits some unhealthy lifestyle patterns and does not know why.