


# Coming to Grips with Grief: Encouragement in Ecclesiastes

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Ecclesiastes 5.10-17  
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A person is shown in a dark, distressed state, hunched over with their head buried in their arms. Another person's hand is visible, resting on the person's shoulder, suggesting support or comfort. The background is dark and blurry, emphasizing the person's state of grief.

# 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



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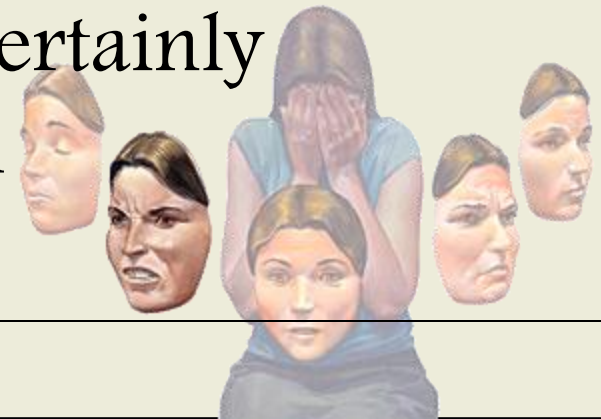
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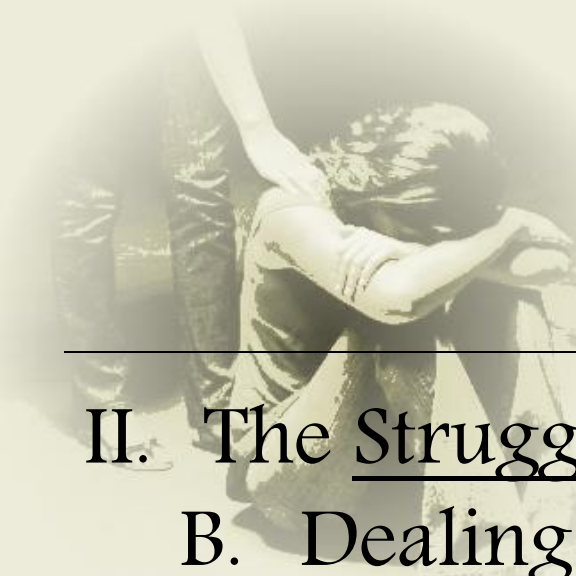
## II. The Struggle Accepting our Grief 1.3–12.8

### A. Defining Grief

#### 1. Characteristics

Grief is our heart's natural response to loss or impending loss of anyone or anything of value to us. It can be acute, but it is certainly abiding, manifesting itself with many symptoms.





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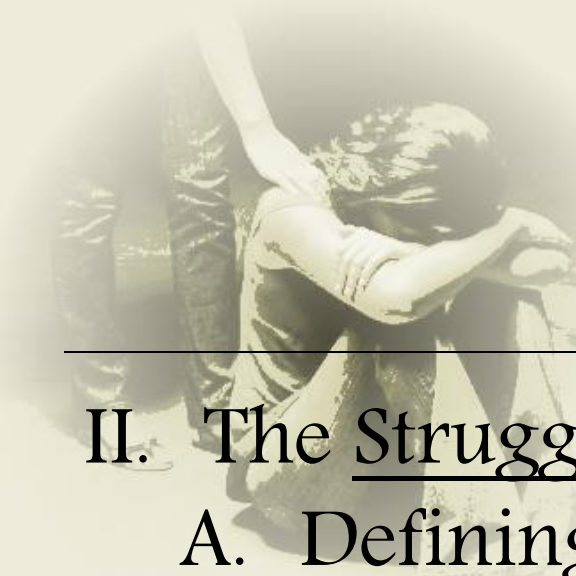
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II. The Struggle Accepting our Grief 1.3–12.8

A. Defining Grief

2. Causes

Grief had a beginning with the sin of man and the subsequent curse on all of creation.



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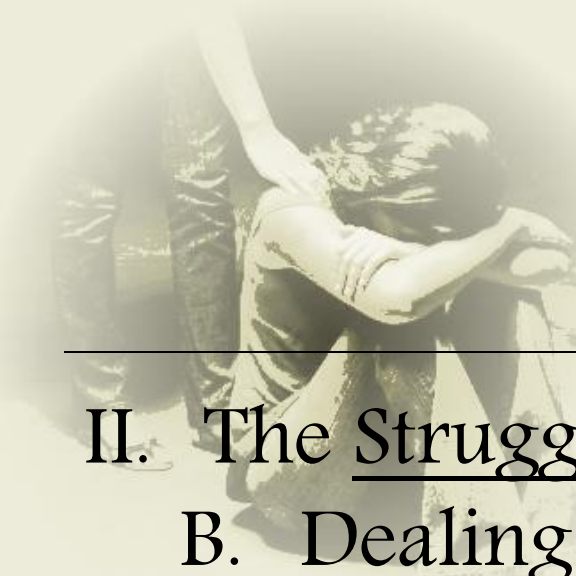
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II. The Struggle Accepting our Grief 1.3–12.8

B. Dealing with Grief

1. Problematic ways

a. Abiding in it



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II. The Struggle Accepting our Grief 1.3–12.8

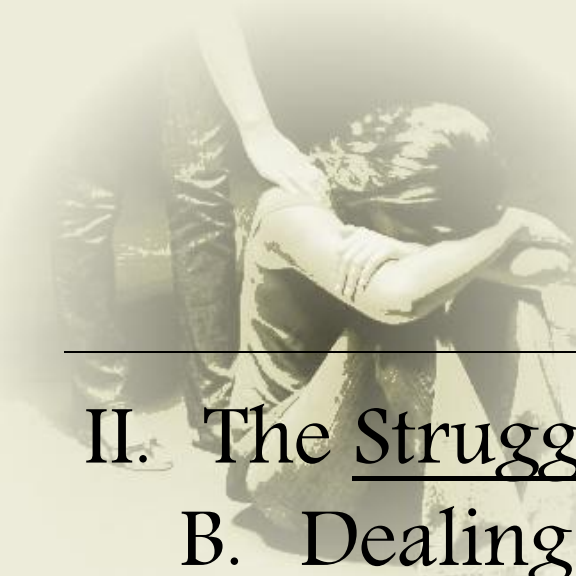
B. Dealing with Grief

1. Problematic ways

b. Avoiding it

1) The general mindset

This is refusing to acknowledge or accept the loss or pain we feel.



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II. The Struggle Accepting our Grief 1.3–12.8

B. Dealing with Grief

1. Problematic ways


b. Avoiding it

2) The specific means

a) Accumulation

b) Resignation

c) Religion



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Accumulation, resignation, and even religion  
do not stop the clock or remove the grief!