


Coming to Grips with Grief: Encouragement in Ecclesiastes

Ecclesiastes 7.10
October 11, 2009 pm

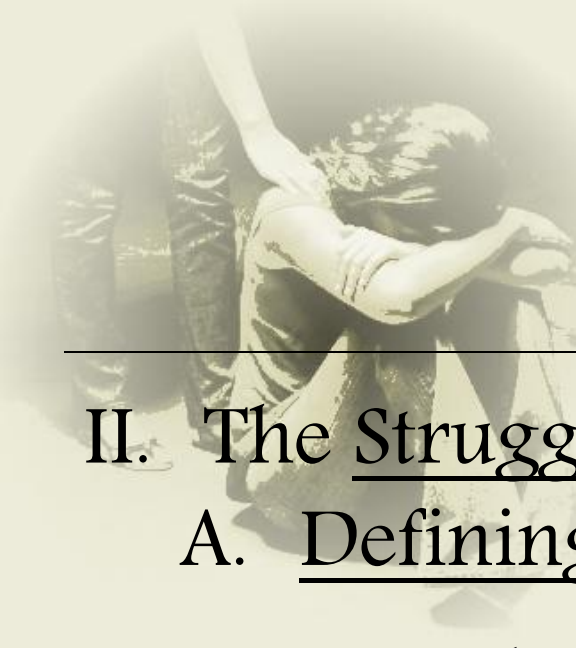
Dr. J.T. Cromer
Holly Ridge Baptist Church



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

I. The Setting Acknowledging our Grief 1.1,2



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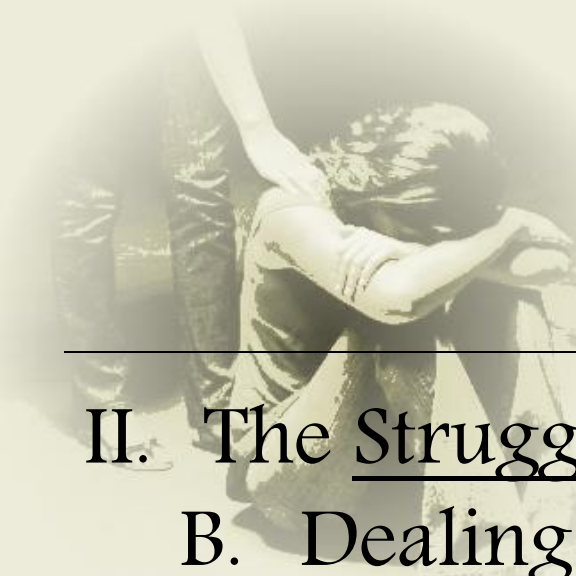
II. The Struggle Accepting our Grief 1.3–12.8

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.





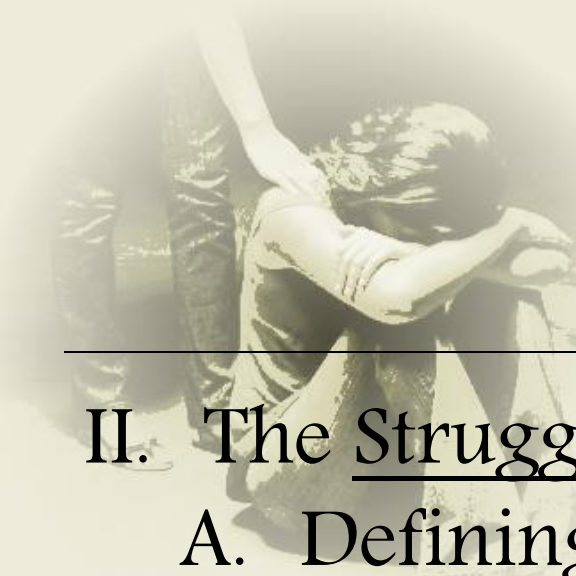
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A. Defining Grief

2. Causes

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



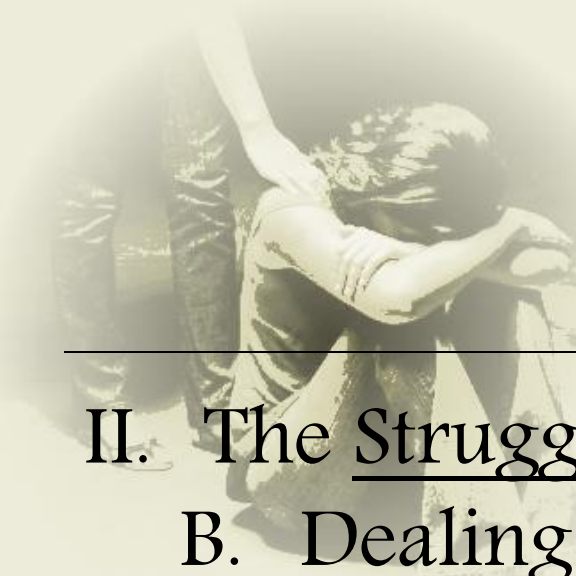
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B. Dealing with Grief

1. Problematic ways

a. Abiding in it



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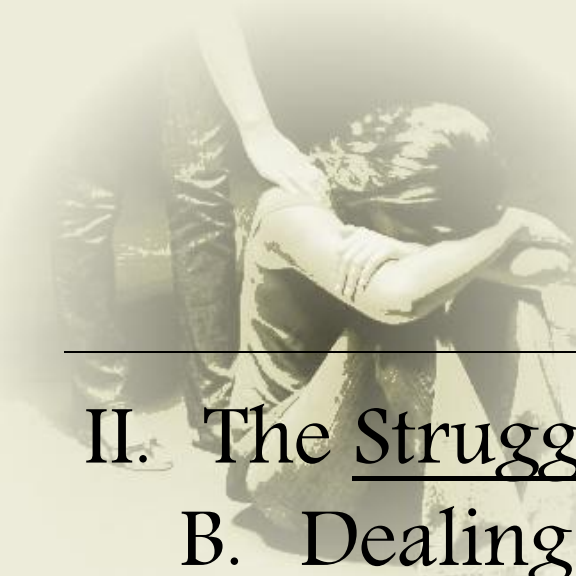
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B. Dealing with Grief

1. Problematic ways

b. Avoiding it

1) The general mindset



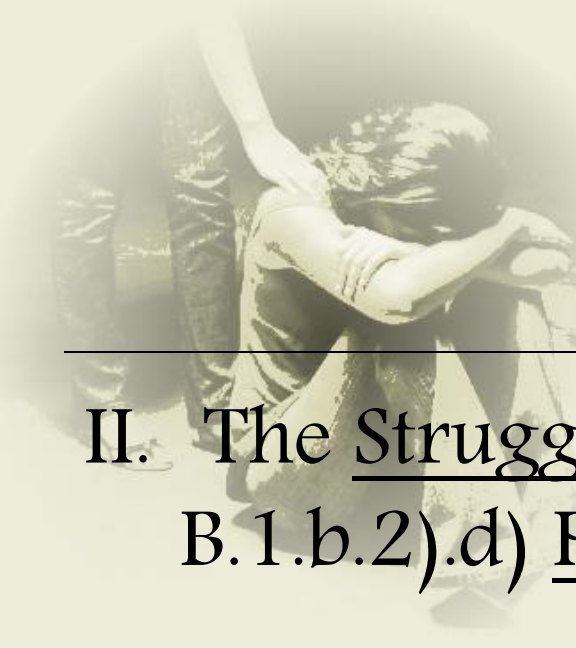
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B.1.b

1) The general mindset

We may repress our grief due lack of awareness, lack of willingness, or misconceptions.



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B.1.b


2) The specific means

a) Accumulation

b) Resignation

c) Religion


d) Preoccupations



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B.1.b.2).d) Preoccupations

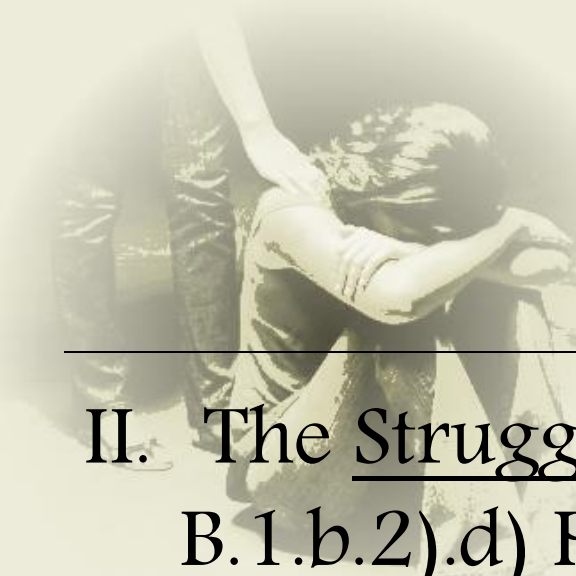
Preoccupations are activities and interests we use to try to evade thinking about and feeling the abiding grief over the vanity of life.



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B.1.b.2).d) Preoccupations

The problem with preoccupations is that they may keep us from grieving properly.



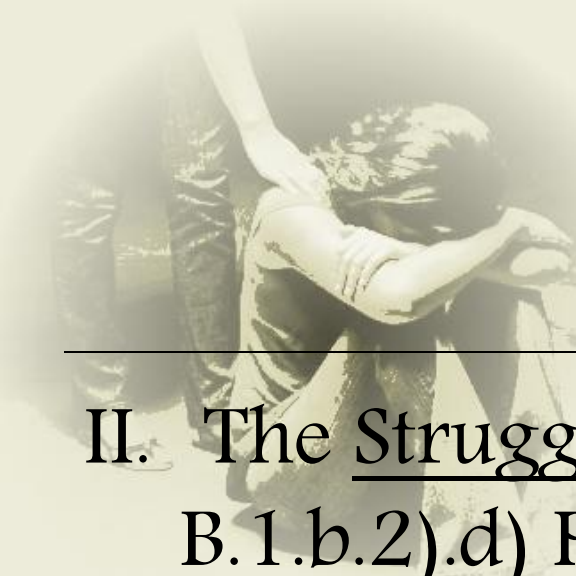
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B.1.b.2).d) Preoccupations

- i. those that are past oriented

Sentimentality



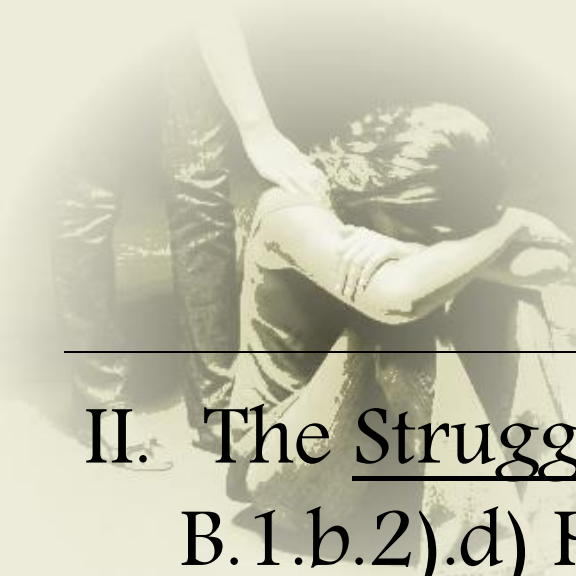
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B.1.b.2).d) Preoccupations

i. those that are past oriented

Looking back or reminiscing can be an escape to help us keep from thinking about the brevity of life, a diversion from thinking about the future, or an expression of a desire to rewind to a time prior to a particular loss or hurt.



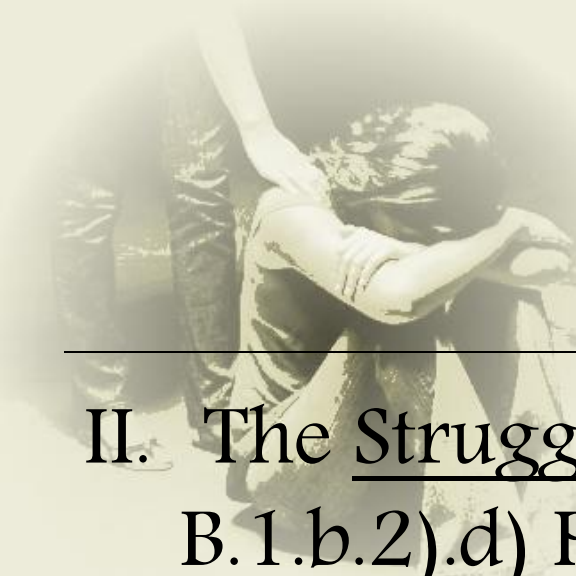
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Unforgiveness



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ii. those that are present oriented

Busyness

Money and Materialism

Health and Beauty

Nesting