


Coming to Grips with Grief: Encouragement in Ecclesiastes

Ecclesiastes 5.7

October 18, 2009 pm

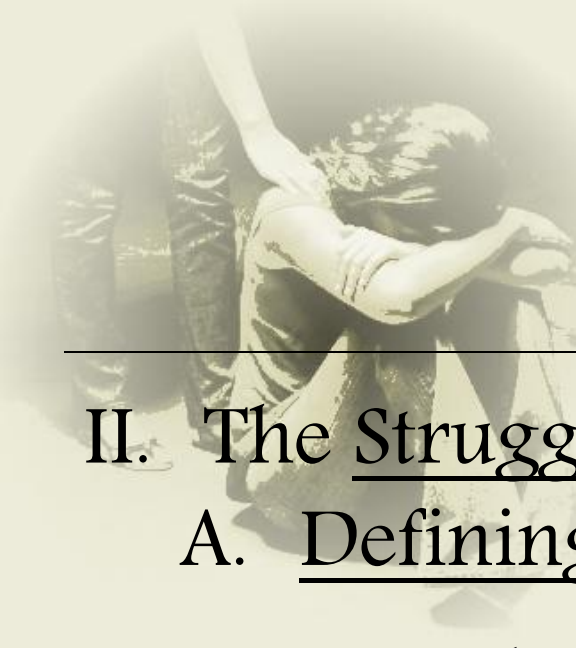
Dr. J.T. Cromer
Holly Ridge Baptist Church



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 their shoulder in a supportive gesture. The background is dark and blurry, suggesting an indoor setting.

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

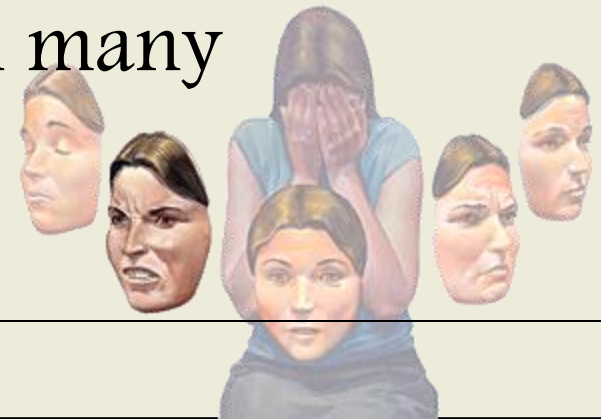
I. The Setting Acknowledging our Grief 1.1,2

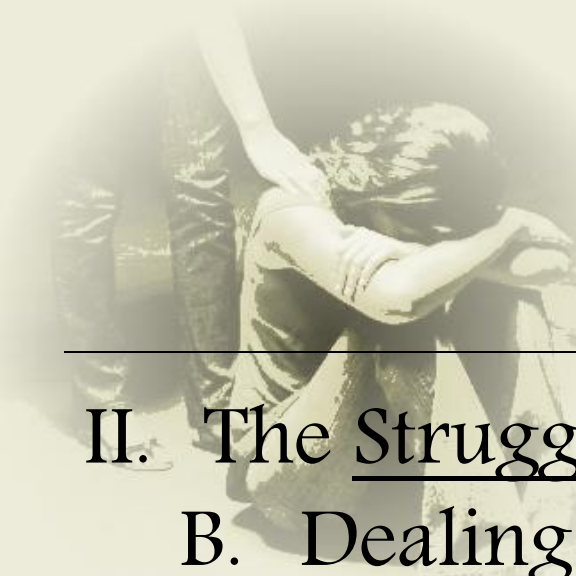


Three Parts of the Book of Ecclesiastes
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II. The Struggle Accepting our Grief 1.3–12.8
A. Defining Grief

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.





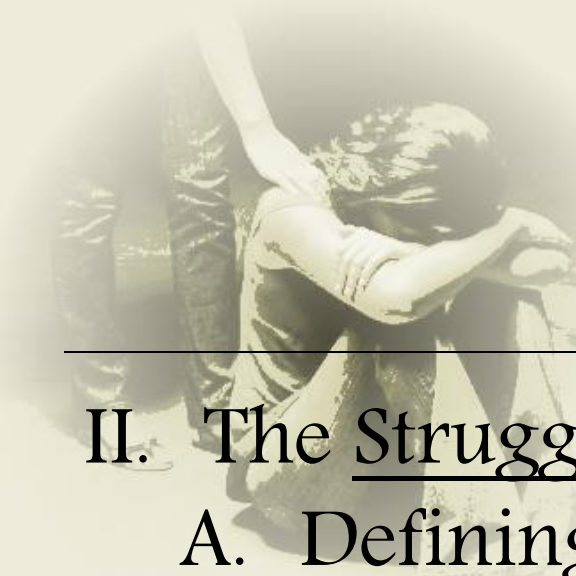
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B. Dealing with Grief

1. Problematic ways

a. Abiding in it



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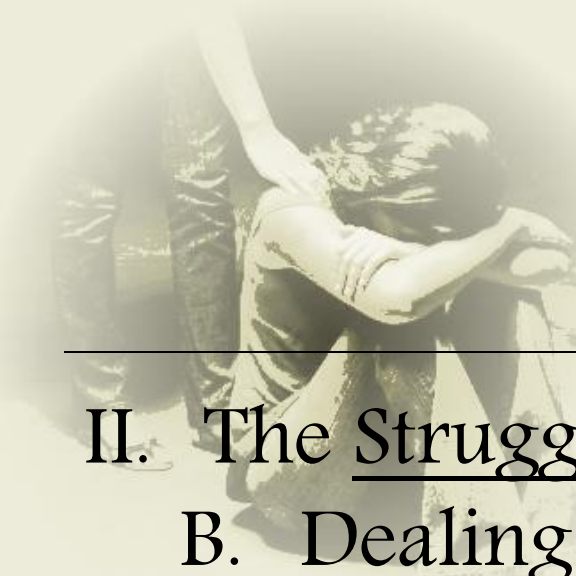
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B. Dealing with Grief

1. Problematic ways

b. Avoiding it

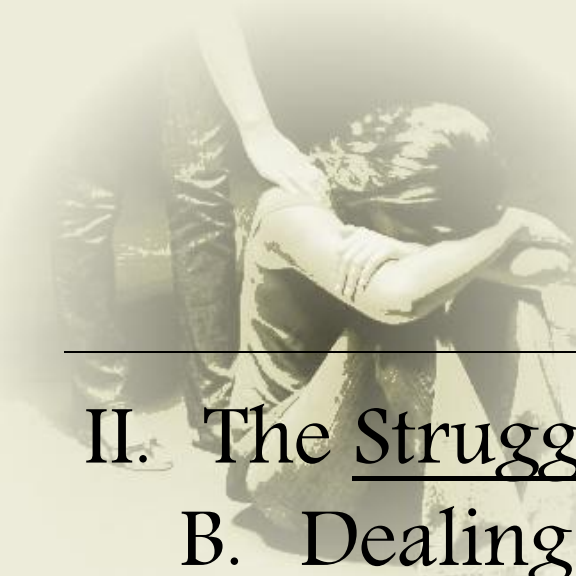
1) The general mindset



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II. The Struggle Accepting our Grief 1.3–12.8
B.1.b.1) The general mindset

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

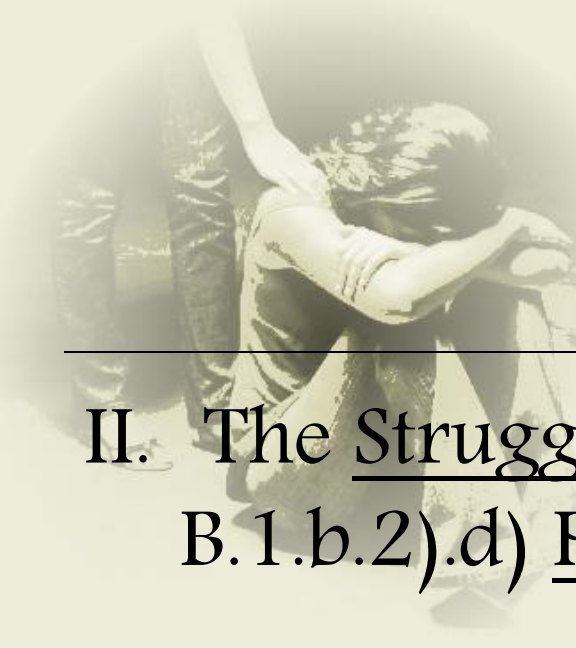


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B.1.b.2) The specific means


- 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

- i. those that are past oriented



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

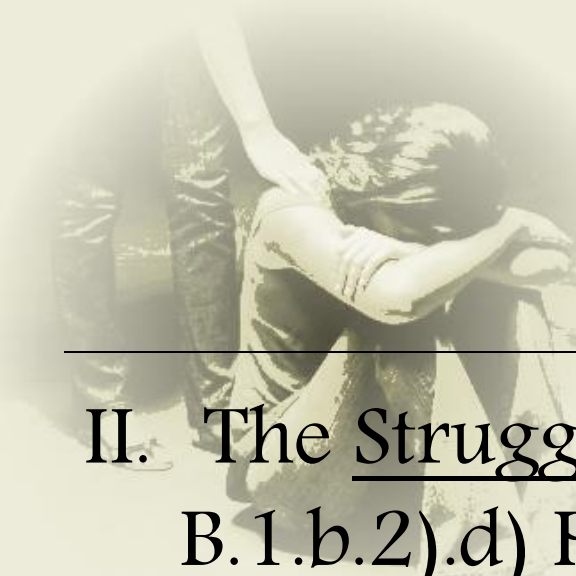
ii. those that are present oriented

Role playing

Adventure and adrenaline

Sports and competition

Hobbies and collections



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

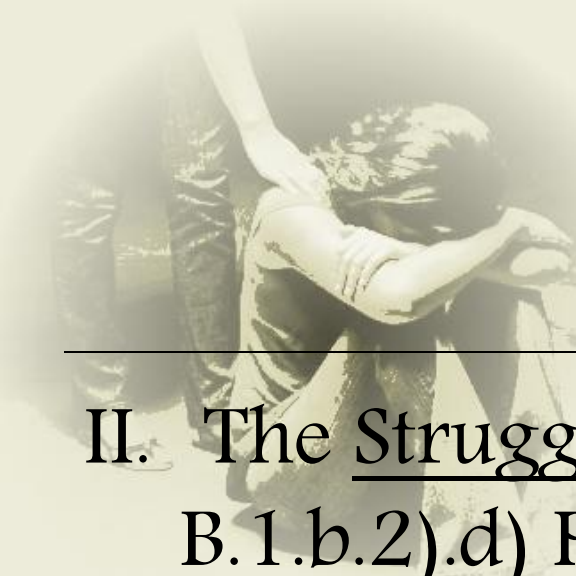
ii. those that are present oriented

Drama and crisis creation

Escapism and entertainment

Education and information

Detachment and divesture



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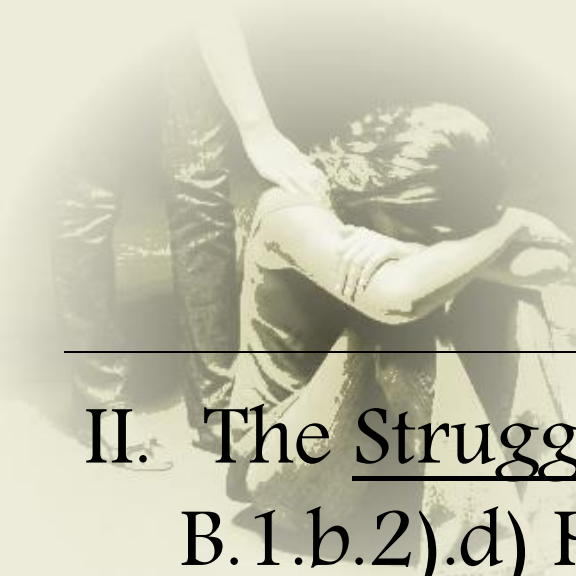
B.1.b.2).d) Preoccupations

ii. those that are present oriented

Children and family

Relationships and romance

Politics and religion



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

iii. those that are future oriented

Achievement and legacy building

Roaming and searching

Dreaming and planning