


Coming to Grips with Grief: Encouragement in Ecclesiastes

Ecclesiastes 12.1
October 25, 2009 pm

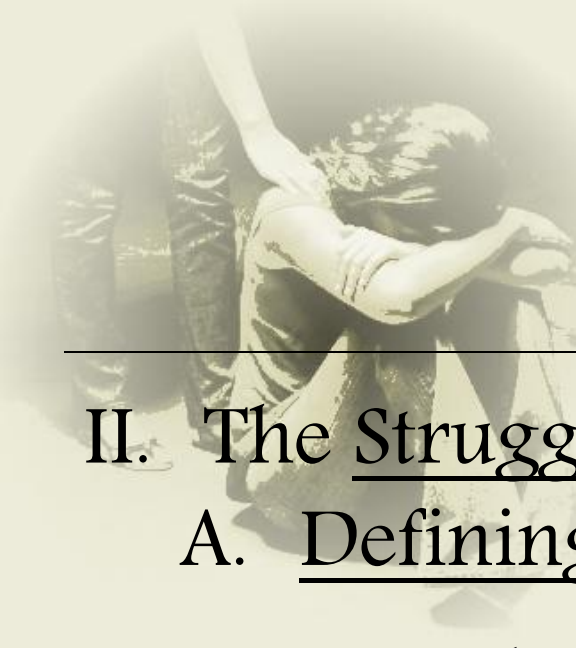
Dr. J.T. Cromer
Holly Ridge Baptist Church



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



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

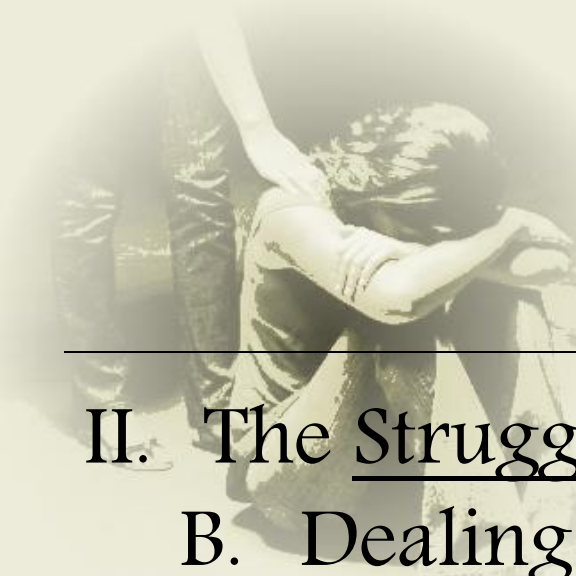
II. The Struggle Accepting our Grief 1.3–12.8

A. Defining Grief

B. Dealing with Grief

1. Problematic ways of dealing with it
2. Productive ways for dealing with it





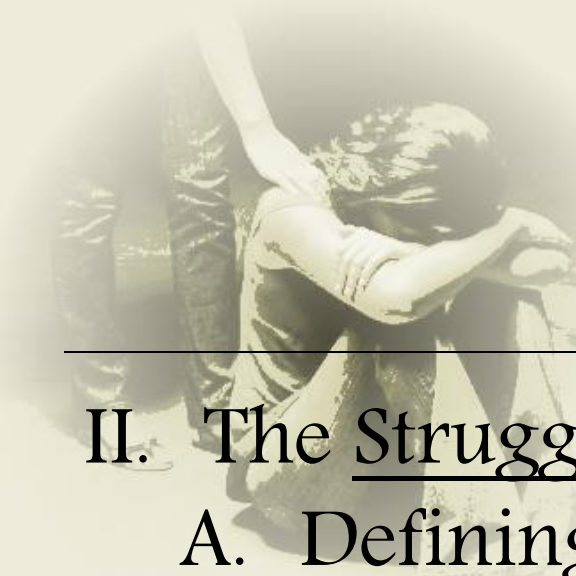
Three Parts of the Book of Ecclesiastes
And Their Contributions
to Coming to Grips with Grief

II. The Struggle Accepting our Grief 1.3–12.8

B. Dealing with Grief

2. Productive ways for dealing with it

There is grace for our grieving, but we must actively appropriate it.



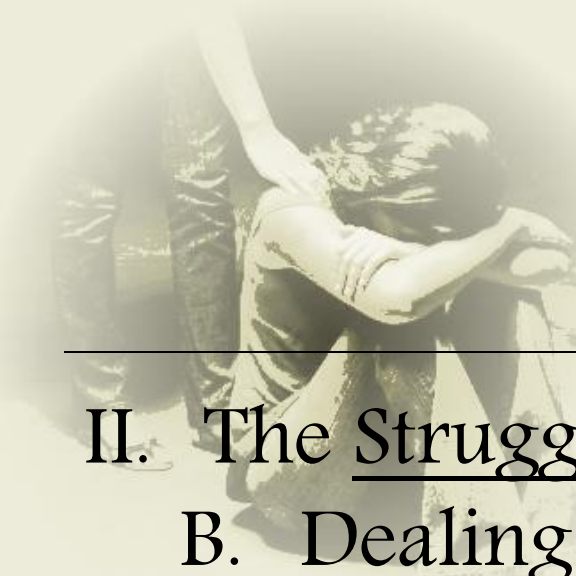
Three Parts of the Book of Ecclesiastes
And Their Contributions
to Coming to Grips with Grief

II. The Struggle Accepting our Grief 1.3–12.8

B. Dealing with Grief

2. Productive ways for dealing with it

We must appropriate the Lord's comfort until
He sees fit in His timing and way to bring the
cure

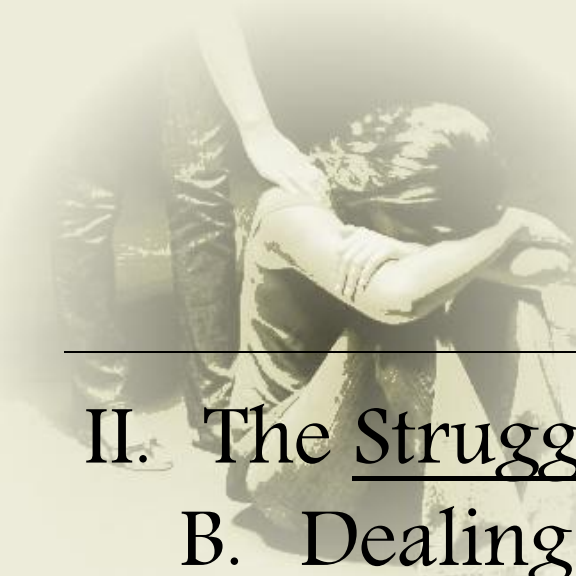


Three Parts of the Book of Ecclesiastes
And Their Contributions
to Coming to Grips with Grief

COMFORT

Come to the God of all comfort.

Coming to the Lord should not be something we do as a last resort, but as a first recourse.

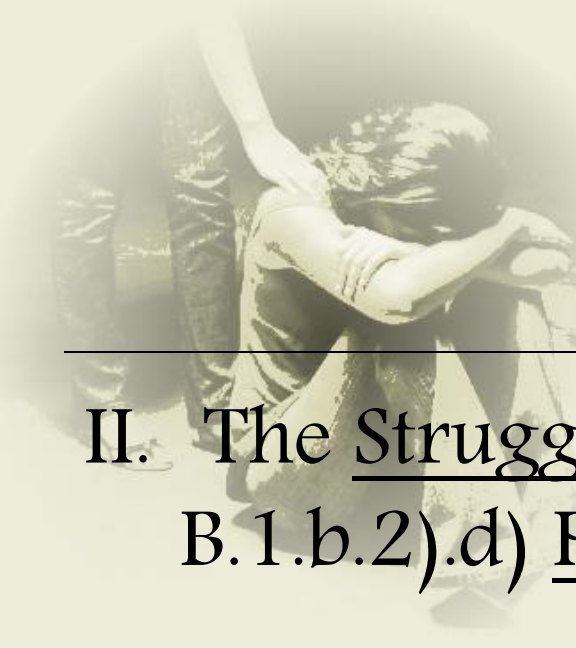


Three Parts of the Book of Ecclesiastes
And Their Contributions
to Coming to Grips with Grief

COMFORT

Open your heart to the Lord regarding your
grief.


Since the Lord is your comforter, don't try to
hide your grief from Him or yourself.



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

Awareness of grief prompts us to move toward the Lord and allow Him to work. Honesty and humility once we are there allows for real relationship, which is even more important than the healing.


It helps you to accept your past and that it will always be in your past.



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

While acknowledging our grief is critical, we must also continue to act according to truth as an exercise of faith.

1. Advancing through grief can be a long and difficult journey. Remain careful of unrealistic expectations.



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

2. These two first actions for appropriating God's comfort are dependent upon active worship and communion with the Lord. Focus on the greatness and goodness of God. Grief is great, but God is greater.