


# Coming to Grips with Grief: Encouragement in Ecclesiastes

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Ecclesiastes 12.10  
November 01, 2009 pm

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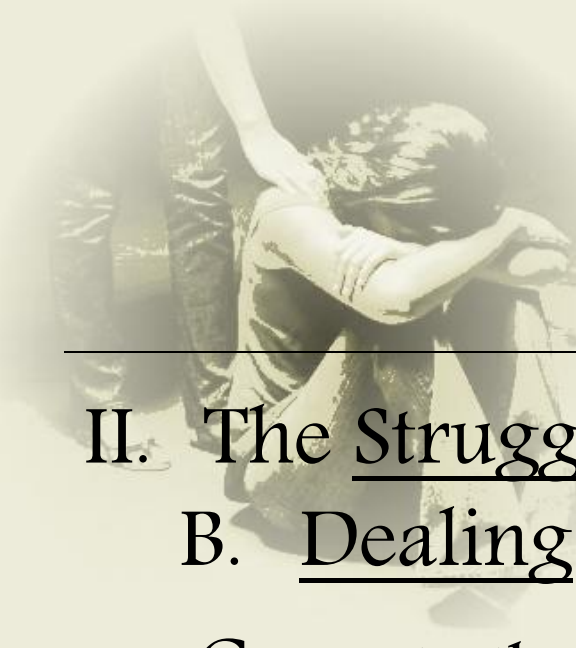
Three Parts of the Book of Ecclesiastes  
And Their Contributions  
to Coming to Grips with Grief

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II. The Struggle Accepting our Grief 1.3–12.8

B. Dealing with Grief

COMFORT



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


B. Dealing with Grief

Come to the God of all comfort.

Open your heart to the Lord regarding your grief.

Meditate on the truth.

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


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- The importance of it

The truth is to inform us, to reveal what is real.

The truth is God's revelation about Himself, about how things really are, and what will be.

Only He has the knowledge to know it and the goodness to reveal it.


A person in a dark, distressed state, possibly in grief, is being supported by another person. The scene is dimly lit, emphasizing the emotional weight of the moment.

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

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- The importance of it

The truth is to transform us.

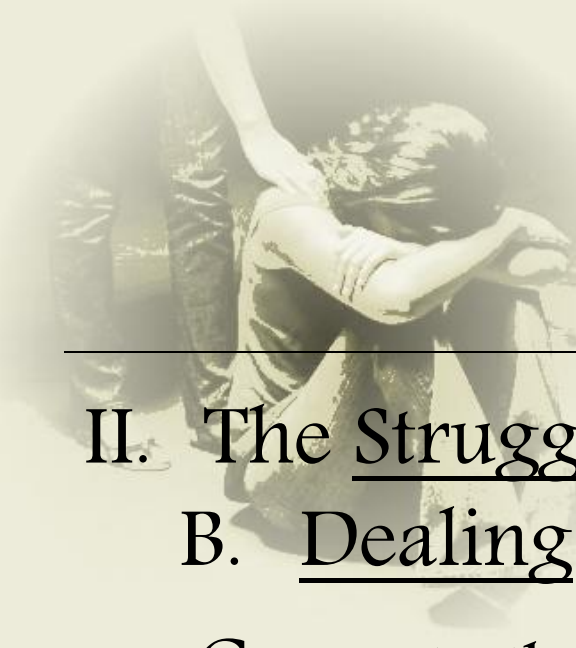


## Three Parts of the Book of Ecclesiastes And Their Contributions to Coming to Grips with Grief

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### ■ The insight of it

1. All of creation is under the curse of sin and the resulting grief.
2. Those who know the Lord grieve, but not as others who have no hope.
3. All of creation will be purged from the curse of death.



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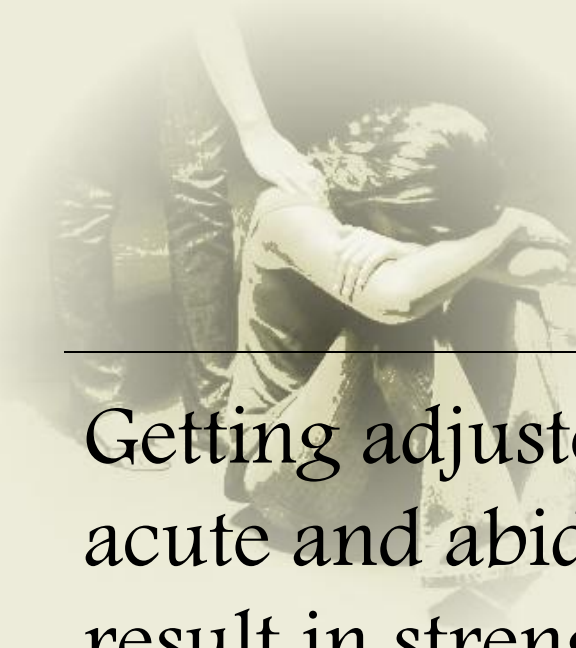
Come to the God of all comfort.

Open your heart to the Lord regarding your grief.

Meditate on the truth.

Focus on the blessings.

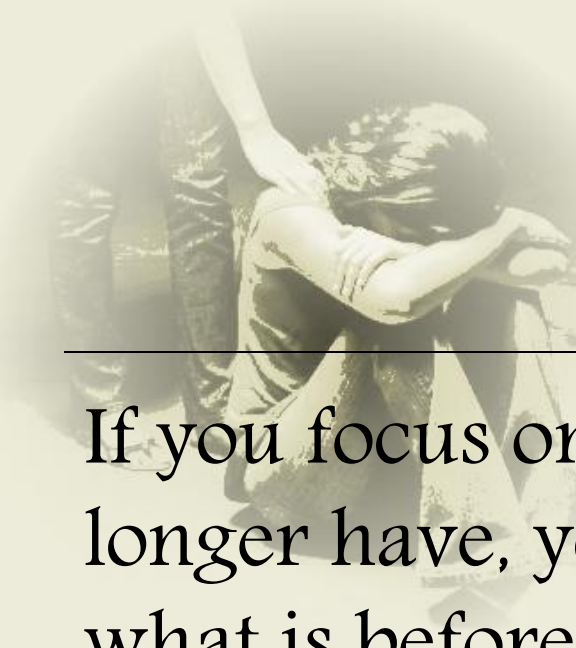
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Getting adjusted and advancing on with both acute and abiding grief is a process that will result in strength, stability, and significance in the present rather than seeking it in the past or just waiting for it to come in the future, if we take the truth we learn in God's word and focus on what the Lord is doing now!



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If you focus on what you don't have or no longer have, you will end up missing or losing what is before you now!