

# “The Mourning Booth”

by  
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- What:** There is a season in everyone’s life of walking through the valley. Even though it is in our nature as human beings to want to fix things, sometimes all that is needed is our presence. (Themes: grief, sadness, comfort, care, depression, loneliness, pain, friendship, reaching out)
- Who:** 1 Actor
- When:** Present day
- Wear(props):** None
- Why:** Psalm 23; Ecclesiastes 3, Matthew 5:4
- How:** Take your time with this monologue. The mood of it is quiet, but be careful not to be monotone. You can add music that fits the mood of this piece and it will add to the performance. It is also possible to re-create the video by adding actors to act out the dialogue on stage. You can view the video at [www.skitguys.com](http://www.skitguys.com).
- Time:** Approximately 2-4 minutes

*Actor enters the stage and addresses the audience.*

**Actor:** Psalm 23 says, “Though I walk through the valley of the shadow of death, I will fear no evil.” The valley- it is a depression or an extended canyon that seems to go in one direction. It seems like it could go on forever. You see, we all seem to go through these valleys in our life. We may be entering the valley, we may be in the middle of the valley, or we’re about to leave the valley.

And the valley... it can come in all different shapes and forms. It can be the loss of a friendship, the metaphorical death of a dream or missed opportunity. It can even be the literal death of someone that we love. Basically, it is something that ceases to exist in our lives as we now know it. Ecclesiastes says there is a time for everything. There is a time to laugh...and there’s a time to cry. It’s that mourning season. It is that season of pain.

Everyone hurts at some point. We all feel the pain of experiencing the valley of the shadow of death. When we are in the midst of pain, it feels like it goes on forever. There is no relief in sight. I’m not talking about having a bad day or even a big inconvenience. I’m talking about those seasons when the pain hurts in our bones... in our gut... down to the very core of who we are.

So where do we go when we mourn? Where do we go with those thoughts of pain and those wounds? Jesus said, “For those that are mourning, do just that... mourn. But he also gave a promise that there will be comfort. So for those people who are in the valley with no end in sight, they must be comforted. And we want to help. We want to be there for people. But in reality, there are no words that we can say for someone who is sitting in their mourning booth.

We try to tell jokes. We think that laughter should lighten the mood. It doesn’t always seem to work. If laughter is the best medicine, why does it seem to sting when we’re in the valley? And others try to offer perspective. We really don’t know what to say so we try to offer some counsel. We’ll say stuff like, “All things