

## *"The Valley of the Shadow of Death"*

### *Comfort in Grief*

#### Introduction:

1. Because of this passage, this psalm is often read during times of grief and death.
2. These are perhaps the darkest times man must face in this world.
3. Yet, he does not have to face them alone.
4. The Good Shepherd will continue to lead through the valley and into the sunlight beyond.

#### I. Care at the Grave

- A. Death is an appointment that all must keep (Heb. 9:27).
- B. Yet, we do not have to keep it alone...
  1. Note the change in David's language.
  2. Instead of speaking to the reader he is now talking to God.
  3. The Lord is the only One to see us safely through the valley (cf. Matt. 1:23; John 14:1-5).
- C. Never forget the care Jesus showed at the grave of Lazarus (John 11:35).

#### II. Comfort in Grief

- A. Grief is real (cf. 2 Sam. 1:17-27).
- B. Grief is a process of healing and recovery (cf. Job 2:13; Deut. 34:8).
- C. Grief is an individual experience.
- D. Yet, the Lord will lead us through – not around – the valley.
- E. The ABC's of Grief:
  1. Acknowledge it.
  2. Bear up under the burden.
  3. Communicate with loved ones.
  4. Do for others.
  5. Examine your faith.