

Life's Big Stresses Call for One Big God

By Katy Sensmeier

Use this skit with the Bible study Life's Big Stresses Call for One Big God

Characters: Katy, Satan, teacher, student 1, student 2, friend 1, friend 2, friend 3, boyfriend, Dad, Mom, brother, sister, dog

Overview:

Wake up in the morning and put on the wrong glasses that Satan switched out.

Scenario 1: Mirror (self-loathing)

Scenario 2: School (work and friends)

Teacher

Students

Friends

Boyfriend

Scenario 3: Home (family)

Dad

Mom

Brother

Sister

Dog

Prayer-God switched glasses at night

Wake up in the morning and put on the correct glasses.

Scenario 1: Mirror (God's truth)

Scenario 2: School (work and friends)

Teacher

Students

Boyfriend

Scenario 3: Home (family)

Dad

Mom

Brother

Sister

Dog

Pray and Praise

While Katy sleeps, Satan sneaks into her room and switches her glasses with a pair of his glasses.

Katy wakes.

Katy: (Yawn & stretch)

Complain about everything- body, the day to come, what happened yesterday, worry about the future.

Get out of bed and go to mirror

Scenario 1: Mirror (self-loathing)

Katy: *Degrade self- pimples, eye lashes, eye color, height, weight, clothes, compare self to others, imagine bad things others think about her...struggles with hair uses lots of hairspray.*

Scenario 2: School (work and friends)- (teacher, 2 students, 3 friends & boyfriend)

Katy: *Go to class complaining and worrying about everything. The other students are already sitting because the tardy bell already rang.*

Teacher: Miss Katy, you are tardy. Please take out your assignment and turn it in like your classmates did 5 minutes ago.

Student 1: *(To her friend, but loud enough to overhear)* Yeah, it totally looks like she was still in bed 5 minutes ago.

Student 2: *(laughing)* She's the new poster girl for "Bedhead" products. Maybe I should ask her for her autograph?

Katy: *(To the students)* You wish!

Bell rings and students walk through the halls

Katy: *Complaining and worrying*

Friend 1: *(Encouraging)* Oh, wow, your hair looks so cool. What did you do to it?

Friend 2: *(Kind of ditzy)* What is that called again, "Beach hair"? Hey, wait a minute, we don't live near the beach. Did you go on vacation? You didn't tell us you were going on a beach vacation! How was it?

Friend 3: *(Looking at friend 2 in disbelief)* For real?! She's probably just having a good hair day. I love those days!

Boyfriend: *(Walks up, smiles, and talks to Katy)* Hey, so, let me know if you can hang out later after practice. Sorry, I have to get going...the team is going over plays at lunch.

Katy: *(Yelling)* My hair is a disaster, my boyfriend puts everything else before me, like that is a surprise, I am such a mess, and...I need a beach vacation!

Scenario 3: Home (family)

Me: *Negative talk all the way home*

Dad: *(Thoughtfully)* Katy, I'm glad you are home. What time is your practice tonight? I need you to take your brother to soccer at 4. Sorry, but we don't have any other options.

Mom: Oh, and after your practice tonight, can you pick up some milk, and some eggs, oh, and some pickles, not dill, but those sweet and spicy ones...aww...those are so good...oh, and maybe a snack or two for the games this weekend...*(still thinking about what to add to the list)*

Brother: Can I go a little early? My coach wants me to get some reps in.

Sister: *(Hesitant and nervous)* Okay, Katy, don't get mad, but you know that white shirt I borrowed and promised I wouldn't get anything on it...well, I didn't. But...I tried to surprise you by washing it and now it's clean, but it's also.....PINK.

Dog: Barks (Tries to gently jump up on Katy)

Katy: *Freaks out, yells at the dog, and tells everyone to leave her alone and that they don't even love her or care about her, they just use her!*

Katy: *Back in room...pray.*

While Katy prays, God switches Katy's classes with the correct ones.

Take 2: Wake up same day with the correct glasses.

Katy: *(Yawn & stretch)*

Thank God for the day, ask Him for His protection from the lies of the enemy, ask for strength to share His love with others and see self as He sees her.

Get out of bed and go to mirror

Scenario 1: Mirror (self-affirming)

Katy: *Notices a pimple (dots concealer on), imagines herself performing with the gifts she has like jumping higher, etc., love for clothes...notices hair is kind of crazy... so goes with it for a beach look...uses lots of hairspray.*

Scenario 2: School (work and friends)- (teacher, 2 students, 3 friends & boyfriend)

Katy: *Go to class with a smile and a confidence. The other students are already sitting because the tardy bell already rang.*

Teacher: Miss Katy, you are tardy. Please take out your assignment and turn it in like your classmates did 5 minutes ago.

Student 1: *(To her friend, but loud enough to overhear)* Yeah, it totally looks like she was still in bed 5 minutes ago.

Student 2: *(laughing)* She's the new poster girl for "Bedhead" products. Maybe I should ask her for her autograph?

Katy: *(To the students)* Oh, Yeah, I was going for the beach look...it's a thing.

Bell rings and students walk through the halls

Katy: *Smiling and confident*

Friend 1: *(Encouraging)* Oh, wow, your hair looks so cool. What did you do to it?

Friend 2: *(Kind of ditzy)* What is that called again, "Beach hair"? Hey, wait a minute, we don't live near the beach. Did you go on vacation? You didn't tell us you were going on a beach vacation! How was it?

Friend 3: *(Looking at friend 2 in disbelief)* For real?! She's probably just having a good hair day. I love those days!

Boyfriend: *(Walks up, smiles, and talks to Katy)* Hey, so, let me know if you can hang out later after practice. Sorry, I have to get going...the team is going over plays at lunch.

Katy: *(Engaging)* No problem. See you later. You guys are so awesome. Thanks for being such great friends!

Scenario 3: Home (family)

Katy: *Positive talk all the way home*

Dad: *(Thoughtfully)* Katy, I'm glad you are home. What time is your practice tonight? I need you to take your brother to soccer at 4. Sorry, but we don't have any other options.

Mom: Oh, and after your practice tonight, can you pick up some milk, and some eggs, oh, and some pickles, not dill, but those sweet and spicy ones...aww...those are so good...oh, and maybe a snack or two for the games this weekend...*(still thinking about what to add to the list)*

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Dog: Barks (Tries to gently jump up on Katy)

Katy: *Pets dog and problem solves...tells Dad, yes...ask mom to text her a list...tells brother to let her know when he is ready...and tells sister that her favorite color is pink...and if she could buy her a new white shirt sometime soon!*

Katy: *Back in room...pray.*