

THE PERSONAL TRAINER

by Karla Burkitt

GENRE: Comedy

SYNOPSIS: Based on Ephesians 5:28-29 where husbands are told to love and take care of their wives as they do their own bodies, and wives are reminded to submit to and support their husbands, this sketch shows what can happen when we take today's self-help world too seriously. Paul has gone so overboard that he has his own personal trainer living in his head. This sketch will have the audience laughing and at the same time saying, "Wow. I don't do that, do I?"

TIME: Under 5 minutes

CAST BREAKDOWN: 3

TOPIC: Marriage

SCRIPTURE REFERENCE: Ephesians 5:28-29

CHURCH YEAR SEASON: Any

SUGGESTED USE: Worship service, Bible Study for engaged couples or married couples

CHARACTERS:

Paul ~ A husband, intent on being the best he can be

Emily ~ Paul's wife; supportive but lonely

Trainer ~ The voices of the media and other experts on marital relationships; all in Paul's head

PROPS: 1) Table with two chairs 2) Breakfast items including coffee and a plate of donuts 3) Jacket or sweatshirt 4) Weights 5) Snapshot 6) Clipboard, whistle and stopwatch for Trainer

COSTUMES: Emily is dressed in casual clothes; Paul wears exercise clothes, including a jacket or sweatshirt; Trainer wears trendy workout clothes

SOUND: Three wireless mikes

LIGHTING: General stage

SETTING: Paul and Emily's kitchen

Drama Ministry

service@DramaMinistry.com
www.DramaMinistry.com
ISSN 1084-5917

Drama Ministry is a division of
Belden Worship Resources
www.beldenworshipresources.com

Publisher: **Regi Stone**

Executive Editor: **Kimberlee Crisafulli** / Assistant Editor: **Scott Crain**

Copyright ©2011 by Drama Ministry. Material is intended for use by the subscriber in the subscriber's local church. With the exception of scripts, no issue may be reproduced by any means. As a subscriber, you may make as many copies of scripts as needed in your church only. You may perform the sketch as often as you wish at no additional cost. Scripts and performance rights are not transferable between churches and cannot be resold. You may not use the sketch for any commercial or fundraising purpose, and usage rights do not extend to video, radio, television or film.

THE PERSONAL TRAINER *by Karla Burkitt*

EMILY ENTERS and begins setting the table for a nice breakfast. PAUL ENTERS, running with his personal TRAINER right on his heels. He starts stretching, takes off his jacket/sweatshirt and tosses it on the chair or floor. He works out all through the scene with free-weights and doing calisthenics.

PAUL: Hi, honey. *(He gives her a peck between reps.)*

EMILY: Morning. How was your run?

PAUL: Good—that hill at the end of the road isn't slowing me down as much as it used to, and my knee is feeling better.

EMILY: Good. *(Pause)* Hey, PAUL, I have a special treat for breakfast this morning. I went out and got some donuts from the little bakery on the corner.

PAUL: Donuts! What's the occasion? *(Reaches for a donut. As he starts to take a bite, TRAINER blows his whistle, causing PAUL to jump and drop his donut.)*

TRAINER: Donuts! Absolutely not! Those things are soaked in partially hydrogenated oils. What's she trying to do, send you into cardiac arrest at 37?

EMILY: No occasion ... I just thought we could have breakfast together and talk for a few minutes. The kids get out of school next week, so forget drinking a whole cup of hot coffee until September.

TRAINER: That'd better be decaf.

EMILY: Here's your fresh juice and bee-pollen elixir.

PAUL: That stuff seems to be working, huh? I haven't been nailed with the allergies this year. Yeah, I've really noticed it with the kids. Overall, the family tissue consumption is down 63 percent over last year. So, what about breakfast?

TRAINER: All right. Pollen elixir: check. Personal quiet time: check. Warm-up and three-mile run: check. Ten minutes with free-weights, then hit the showers. That will give you three minutes for dental hygiene and five for the shave and Rogaine treatment sequence.

PAUL: I have to head for work in 49 minutes.

EMILY: That gives us a little time. *(She collects the things he has left lying around the room.)* I'll go and get the shower started. *(She EXITS.)*