

Soul Thirst

By Doug Irving & Gary Randolph



Theme and Purpose

The writer of Hebrews speaks of "Sabbath rest" as a spiritual reality that transcends a once-a-week observance. In our hectic twenty-first century culture, rest may be the one thing we have least and need most. Sacred rest, holy rest, resting in the arms of Christ is what our soul thirsts for. We fill up our work week with labor and our evenings and weekends with busyness.

While the Orthodox Jewish Sabbath seems legalistic and anachronistic to modern Christians, we could learn a thing or two from it. In *Mudhouse Sabbath*, Lauren Winner writes of it, "Do not create a casserole or a Valentine card or a symphony or a pot of coffee. Do not create anything at all, for one of the things the Sabbath reprises is God's rest after He finished creating." And then quoting Moishe Konigsberg she adds, "When we cease interfering in the world we are acknowledging that it is God's world."

What a beautiful, peaceful, liberating thing it is to realize that for a day the world and God and even our own lives and careers can get along just fine without our striving.

Cast list	Kimmy - a woman in her 30s or 40s dressed in exercise apparel Lori - a woman in her 30s or 40s dressed in exercise apparel
Approximate Running Time	3 minutes
Scene Description	A public gym
Prop List	One or more pieces of exercise equipment, folding chair, water bottle, towel
Other Production Notes	In preparing this for a ladies gala, we opted to video tape this at a local gym so that we didn't have to bring exercise equipment into a crowded room.
Related Scriptures	Genesis 2:2; Psalm 23:1-3; Psalm 42:1-2; Matthew 11:28-29; Hebrews 4:9
Song Suggestions	As The Deer, Breathe, Slow Down (Chuck Girard)

(Kimmy is working with step aerobics.)

KIMMY

Okay. Thirty more reps of this... and then the free weights... and then the bike. I'm so thirsty.

(takes a drink from water bottle)

Ah. That's better - a little.

(takes another drink)

Ah. Even better.

Where is Lori! "I'll just be a minute," she said. She ducks out on me just as we're entering the gym. And it was her idea to work out!

Come on, girl! Gotta keep it up. Good for the heart! Exercise. Exercise.

(countenance falls - then through gritted teeth)

Oh, I how hate exercise! Why do I force myself to do this? Scott says it's good for my heart, but I know he's more concerned about my thighs. The big jerk!

(Kimmy notices something out an imaginary window out in the audience.)

There's Lori. I can just barely see her when I'm up on the step.

(through the end of this paragraph and the next Kimmy strains to look out the window with each step up)

What's she doing out there? She's smelling those flowers. She's smelling the flowers while I'm in here knocking myself out.

We didn't come here to smell flowers. We came here to get in shape - to restore our bodies.

Thirsty again.

(pants)

Need another drink.

(takes a bigger drink from water bottle spilling the water on herself)

Ah, that's good. I think I need another drink.

(takes another drink, wipes her mouth on her sleeve, and throws the bottle down.)

Whoo!

Now where did Lori go? I don't see her. There she is. Now she's sitting down on that park bench! She's petting a puppy!

She's wasting her Sunday afternoon. We were going to get in a workout. I don't have all day. I have to do laundry and wash dishes and look at my e-mail from work. And I need to squeeze in a quiet time. Oh, and I need to read a chapter of that book for small group.

(Kimmy takes a break. Kimmy wipes her face in a towel while Lori enters.)

KIMMY

(leaning over with her hand on her thighs, breathing heavily while giving the line)

Lori! Hope you don't mind I started without you? Did you have a nice time outside?

LORI

(still in her own world)

Oh, Kimmy, I had such a great time outside. What a beautiful day! Sometimes you just have to stop and smell the roses - literally! I feel so relaxed now. Now I'm ready for an extreme workout. Are you with me?

(Kimmy groans and collapses in the folding chair.)

Fade to black

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