

LifeLine Productions

P.O. Box 9401 Santa Rosa, CA 95405

www.lifelinepro.com

Coping with Stress

Introduction

LifeLine Productions is dedicated to presenting the Gospel message and Biblical truths in an entertaining and thought-provoking form. We aim to plant seeds in the hearts of those who do not know Jesus Christ as Savior, and to challenge and encourage believers to a stronger walk with their Lord.

We are thankful to you for ordering this script. It is our prayer that your drama group, youth group or whatever type of group you have will be effective with this material and that God will use our collective work for His good. You are on the front-line; you have the opportunity through your performance to touch someone and lead them to Christ. May God bless your faithfulness in this task.

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Coping with Stress

Theme: Either a prelude to a talk on stress or just a very funny skit.

People: 2 (3 if you include the speaker.)

Props: A small medicine bottle.

Scene: Two speakers are invited to speak. It doesn't matter what they speak on, they never get to the subject.

Speaker: And now Darryl and Stanley would like to talk to you about Gum disease among the Aborigines, a major problem in today's society.

Darryl: Thank you (*whoever*). First off, I'd like to say that it is an honor to be here addressing all of you, wouldn't you agree Stanley? Stanley? (*Stanley looks clearly nervous.*)

Stanley: Uh, yeah, sure Darryl.

Darryl: Say Stanley, you look nervous; is everything okay?

Stanley: I just get a little nervous when I have to address a lot of people, that's all.

Darryl: A little stress huh, you ought to do what I do, Stanley.

Stanley: What's that?

Darryl: When it comes to stress, whether job stress, family stress or just the stress of talking in front of a large crowd, I find it beneficial if you just follow a few simple rules.

Stanley: Okay, okay, fine, what are they!

Darryl: Well, just simple things, deep breathing exercises, meditation, a balanced diet, eat lots of fiber to maintain regularity and keep a healthy balance between your work and family.

Stanley: And those things really help?

Darryl: Sure, well that and six Valium a day.

Stanley: Valium!?

Darryl: Sure! As a matter of fact it looks like you could use one now.

Stanley: Well, I don't think...

Darryl: Here, just take one.

Building a Church

Stanley: Okay, but only one.

(Darryl gives Stanley his bottle. Stanley opens the bottle while Darryl is talking. He tips the bottle but nothing comes out. He shakes the bottle to make sure the audience is aware that the bottle is empty.)

Darryl: And another thing, always try to keep a positive attitude because it doesn't matter how bad things get, things could be worse and if you remember that...

Stanley: Your bottle's empty.

Darryl: I'm sorry, what was that?

Stanley: Your bottle, it's empty.

Darryl: Your joking, right?

Stanley: No, no, it's definitely empty.

Darryl: That can't be! I just had my prescription filled last week! There's got to be some somewhere!! *(Darryl frantically searches his pockets.)*

Stanley: Hey! It's okay. You'll just get your prescription filled tomorrow.

Darryl: *(Still looking)* That's fine for tomorrow!! But what am I going to do for today!!?

Stanley: I don't know, try some deep breathing exercises, eat some fiber...

Darryl: WHAT ARE YOU? MY DOCTOR!! I'VE GOT PRESSURES TO MEET, MY LIFE IS PLAGUED WITH PROBLEMS!! I'VE GOT TO FIND SOME VALIUM!

Stanley: Have you tried the nursery? I hear they keep a healthy stock there.

Darryl: OH GOOD! GOOD! *(Darryl runs off stage)* YEAH! THEY'VE GOT TO HAVE SOME!!

Stanley: Actually I do feel a little better already. I guess we've taken enough of your time, so...(flags speaker to take over.)

End