

“Finding Peace (By Turning Off Your Phone)”

by
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What “Hey Google, define PEACE.” They do most things for us, but our phones don’t give us peace. When we power them down and take time to look up during the Christmas season, it’s incredible how much our outlook can change as distraction and busyness subside.

Themes: Christmas, Advent, Peace, Monologue, Reader’s Theatre, Phone, Smartphone, Facebook, Instagram, Humor, Twitter, Habits, Distraction, Social Media

Who Actor- male or female, mid-20’s-30’s

When Present

**Wear
(Props)** Phone
Candle
Lighter

Why Isaiah 26:3

How **If you are acting the monologue on stage**, be imaginative and use the space to re-enact the actor’s experience laying on the floor and watching the Christmas tree.

If you are reading for Zoom, read it with passion and emotion, and don’t be afraid to take your time. Look in at the audience or into the computer camera. Ensure all your notifications are turned off and emails are closed and have the PDF on screen near the camera.

If you read the script from the pulpit, be familiar enough with your lines so that your head isn’t down in the script the entire time. Look audience members in the eye. Take time to pause and breathe. Embrace the awe and mystery of the scripture.

Time Approximately 3 minutes

Actor enters and addresses the audience. He/she holds up a smartphone.

Actor: This is a phone. You may have seen one before.

It's your calendar and your calculator. It's your window into a thousand worlds.

A camera and notebook. A map and a search engine. A personal assistant and, well, let's be honest, a companion that you touch and interact with more than any other individual in your life.

It counts your steps and how many calories you've burned. It beeps to remind you to take your pills and to notify you when the package you ordered arrives at your door.

It times how long you boil your eggs in the morning and serves as your alarm clock to wake you up and drag your too-tired body out of bed.

You cast your morning workout video from it and listen to the morning podcast. It's in your hand and ear and in front of your eyes before your first coffee. And you've looked at it more than a dozen times before you crack open those hardboiled eggs and sprinkle them with pepper and salt. Or ketchup. Or hot sauce.

Where you go it goes.

You might text at traffic lights. Mean tweet from the bathroom. Comment between bites of your meal. Power walk while you loud talk on speakerphone or with the earbud's microphone pasted to your sweaty cheek.

It's got all the apps you'll ever need. To deliver your dinner. And your groceries. Hail a ride. Close the garage door. Set up a blind date. Look up a word. Book a hotel. Leave a review. Read a book. Binge watch almost anything. Subscribe and save.

And we haven't even mentioned Instagram or Facebook, where you can scroll and scroll for days. Where you can let yourself get lost in a labyrinth of funny memes, hilarious GIFs. And laugh at stupid comments from friends you haven't seen since high school.

Let your jaw drop at sensational news stories that, for some reason, even though you know better, you click and click and click again until your blood pressure is high and your blood sugar is low.

Before you know it, it's almost lunchtime and you shake out of your scroll-induced daze only to remember that this whole time you meant to open your Bible App to read the scripture of the day.

But your mother has texted you twice now, and she's started to use emoticons and—

This is *my* phone.

And it goes everywhere with me and I go everywhere with it.

I stand with it in lines at the bank or while I wait for the nurse to call my name.

I consult it while watching movies and eating dinner with family and friends.

While I walk the dog.

When I'm in meetings at work.

It's my connection to the world.

And yet it disconnects me from the world, from myself and from God.

Not always. But, if I'm honest, a lot.

It does most things for me, but it doesn't give me peace.

This is a phone and you're allowed to turn it off. Put it down. Leave it on its own.

Hold up the phone and reveal a picture of a candle on the screen. After a moment, power down the screen. Place the phone down. Pick up a candle and a candle lighter. Light the candle and then hold it up.

There's a difference.

When we stop. When we unplug. When we turn off our pixels and turn to the real light.

Let's take a moment together. To close our eyes. To take in a deep breath. Exhale.

When was the last time you felt true, deep, quiet peace?

God keeps in perfect peace anyone and everyone who fixes their mind on Him.

This Christmas let us turn our hearts and attention to Jesus, who came as the light into the world so that we may truly know peace.

Tune out the world a little more. Put down the phone. Tune in to God.

"Finding Peace (By Turning Off Your Phone)"

We light the candle of Advent today. As a way to announce that Jesus is our Prince of Peace.

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