

“Grace and Truth: Personal Trainers”

by
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What Jesus is described as being “full of grace and truth,” but as humans, we often find that difficult to live out. This humorous skit shows what it might look like for Grace and Truth to be personal trainers in a gym and can be used as a lead-in to discussions on how grace and truth should never be separated from each other.

Themes: Grace, Truth, Compassion, Love, Cooperation

Who Grace
Truth

When Present

Costumes and Props Gym-type clothing suitable for a professional trainer
None required. However, a whistle hung around Truth’s neck is a nice addition.

Why John 1:14 and 17

How This is a simple script to perform as there are no necessary props and the actors/actresses simply stand center stage and look out toward the audience, as if it is a gym. The actors/actresses should be strong enough to help the audience “see” what they are “seeing”. Grace and Truth should treat each other with respect. They are not enemies; they simply disagree on how to arrive at the same goal. Grace should not be portrayed as “wimpy” and Truth should not come across as “mean”. The point is that they must work together to get the results they both want, which is motivating the gym members to truly achieve the goals they have set for themselves.

Time Approximately 3-4 minutes

Truth enters and stands center stage, facing forward, arms crossed or hands on hips, as if looking around the gym and watching those working out. Grace enters, looking a little lost, and walks toward Truth.

Truth: Hey, are you lost?

Grace: Well, sort of, I guess. I just got hired as a personal trainer and the guy who did my interview told me to come in here and find truth. *(Looks around, embarrassed)* But to be honest, I don't know what he's talking about. Is that some sort of new Yoga pose?

Truth: *(laughs)* Not quite. Allow me to introduce myself. My name is Truth.

Grace: Oh! *(Laughs)* Truth. That's an unusual name.

Truth: *(shrugs)* People say it fits me. I pretty much tell it like it is.

Grace: Well, it's a pleasure to meet you, Truth. I'm Grace.

Truth: Nice. Your name fit you?

Grace: I guess so.

Truth: Cool. Well, it looks like you'll be with me today. I'll teach you the ropes. First thing is you gotta keep these slackers going. *(Suddenly turns away, as if speaking to a gym member across the room, and yells)* Hey! Mr. Flabby Arms! Get back on that bench. Those biceps need at LEAST another 50 reps! *(Pause, then point as if indicating to get back on the bench)* Go on. Oh and your friend there. Yeah, you! You've been skipping leg day haven't you? I wanna see 20 squats. *(Pause)* Yes, now! *(Turns back to Grace)* See? They'll try to get out of here without a real workout.

Grace: *(a little surprised)* Wow. I'm not sure I—

Truth: *(Interrupting)* Go ahead. Give it a try.

Grace: Well, ok. *(Clears throat)* Excuse me...you, sir... *(pointing in a different direction from where Truth pointed)* with the cookies in the water bottle holder...is your treadmill working? *(Squints and leans forward)* Oh, wait; I see it moving a little. Ok. *(Thumbs up)* Hey, good job on the walking! You're doing great! Just maybe try not to spill your soda on the machine.

Grace looks at Truth, smiling slightly. Truth just stares at Grace for a moment.

Truth: What. Was. That?

Grace: Just trying to be encouraging.

Truth: Nobody will get healthy that way! You have to tell people what they need to hear.

Grace: But that just seems a little...harsh.

Truth: Well, letting people eat cookies on the treadmill is too soft!

Grace and Truth stare at each other for a moment.

Truth: Case in point... *(Pointing in the general direction of "offstage" as that is the direction Grace and Truth will be walking to get to her)* Look at that woman on the mat. She came in here showing me pictures of her newborn and saying she was here to lose the baby weight. But she's tried to sneak off that mat 3 times in the last 20 minutes! And look, she's just lying there again! *(Starts to yell at her but is cut off by Grace)* Hey—

If a whistle is available, instead of saying "Hey", Truth should put the whistle to her mouth and inhale deeply, getting ready to blow. Grace should interrupt before she blows it.

Grace: *(interrupting, putting a hand up to stop Truth from continuing)* Stop! Just look at her for a moment, will you? Really look at her.

Truth pauses and looks.

Truth: She's...she's asleep.

Grace: *(nodding)* Asleep, right there on the gym mat. She's exhausted, Truth. Can't you see that?

Truth: I say we wake her up and make her do 20 more sit-ups! She NEEDS to do the work.

Grace: I say we WAIT until she wakes up and then look at baby pictures with her at the coffee shop. She NEEDS some rest!

Truth: *(looking at Grace)* You're too soft!

Grace: *(looking at Truth)* You're too harsh!

Truth takes a deep breath and softens.

Truth: All right, 10 sit-ups.

Grace: Five. AND we do them with her and encourage her the whole way?

Truth thinks a moment, then nods.

Truth: Okay. But I'll do the sit-ups. You do the encouraging.

Grace: Deal! *(Pause)*
Grace and Truth shake hands.

Grace: Can we still look at baby pictures over a latte?

Truth: If you go tell Cookie Guy to eat his veggies.

Grace: *(groans, rolling eyes good-naturedly, with a small smile)* Can't I just suggest oatmeal raisin cookies?

Grace looks at Truth sheepishly, then they both laugh. Grace and Truth start to walk off-stage while they continue friendly banter.

Truth: You know? I have a feeling we're going to make a good team.

Grace: *(nodding)* Grace and Truth. Personal trainers!

Truth: I think you mean "Truth and Grace, personal trainers".

Banter can continue until offstage, either using the following or adlibbing.

Grace: I don't know... Grace and Truth just has a ring to it.

Truth: Yeah, one of those cheap rings that turns your finger green.

Grace: How about Gruth and Trace?

Truth: You need a latte.

Grace: That's the truth!

Lights out.

AT

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