

“When Anger Compels You”

by
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What This duet presents a counseling session with a person who is struggling with anger issues. The scene can easily be performed socially-distanced on stage or on video.

Themes: Anger, Confession, Sin, New Year

Who Minister
Carolyn

When Present day

**Wear
(Props)** Minister and Carolyn wear casual clothing.
The setting is an office:
2 chairs
Coffee table (optional)

Why Ephesians 4:31, James 1:19-20, Proverbs 14:29

How Two characters seated. The Minister is focused on listening and guiding patiently while Carolyn is angered by everything.

Time Approximately 2-3 minutes

Minister enters. Then Carolyn stomps in.

Minister: Hello. How are you?

Carolyn: Is this the only seat?

Minister: Well, yes.

Carolyn: *(sits)* Can't you have something a little more comfortable?

Minister: *(pause)* I'm sorry. Hopefully...

Carolyn: It's cold in here. It looks like you could have the heat on in the building if you want people to come in this place.

Minister: I'll check on it. Thanks. Now, what can I help you with?

Carolyn: *(escalating)* Am I the only one here? I'm not the problem. You know who should be in here right now. It's not me. It's...

Minister: OK. Let's just try to calm down a bit.

Carolyn: *(taking deep breaths and chanting)* I can only control myself, not others. *(deep breath)* I can only control myself, not others.

Minister: That's better. Can you tell me a little about yourself?

Carolyn: It's amazing that I even made it here today. My boss thinks I should work 75 hours a week. What a tyrant! And nothing I do is ever good enough. Change this! Fix that! Oh, I wish I could tell him how I really feel about my job.

Minister: I am—

Carolyn: And then you would not believe this crazy lady who was driving in front of me on the way over here. She was driving like a snail...so slow! And I couldn't get around her in that big old monster of a car she was driving.

Minister: What did you do?

Carolyn: I counted to 100...and then I cut in front of her at the stoplight. Gave her a good piece of my mind on the way by too.

Minister: You seem a little tense and angry.

Carolyn: Tense? Angry? No way. I am as calm as a cucumber.

Minister: So how can the church help you?

Carolyn: Oh...now I get it.

Minister: What?

Carolyn: You got me in here because you want me to do more for the church, like I'm not already giving all the money and time that I can.

Minister: No, that's not...

Carolyn: You want me to be on another committee? Serve on another mission trip? Well listen, I can't do it! Some of the people here at church just frustrate me so much. I'm burned out, I tell you. Thanks, but no thanks!

Minister: You have it all wrong. I just want to know how the church can help support you and how you can sense God's peace in your life?

Carolyn: You don't want more money from me?

Minister: No. That's completely up to you.

Carolyn: You don't want me to serve in the nursery every Sunday?

Minister: No. In fact, I think it might be good just for you to be in worship for a while.

Carolyn: Oh. *(pause)*

Minister: There. That's much better. You are going to be a new person.

Carolyn: Ah...now I see. You were just looking for a project. You're looking for some poor lonely, angry person to fix up and make all better. *(stands and starts to walk off)* Like turning a caterpillar into a butterfly. An ugly duckling into a swan. A nobody into a somebody. *(walking off)* Well, you can fix someone else.

Minister: *(calling after Carolyn as she leaves)* Hey! Wait a minute! I don't want to fix you! In fact, I can't fix you!

Carolyn: *(stops and pauses for a moment with back to Minister and then responds in a much more subdued tone than previous outbursts)* I can't go on like this. *(reflects)* Who can help me?

Minister: Why don't you come back in and let me tell you who I talk to when I get angry?

Carolyn: *(turns back around)* You get angry? But you are a minister!

Minister: Sit down and let me tell you a story or two.

They sit. Lights out.

Optional transition: A time of prayer could follow this sketch focusing on confession of anger in one's life and prayer for God's mercy.

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