

“When Low Self-Esteem Compels You”

by
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- What** This duet presents a counseling session with a person who is struggling with issues of low self-esteem and unworthiness. The scene can easily be performed socially distanced on stage or on video.
- Themes: Self-esteem, Confession, Sin, New Year
- Who** Minister
Cindy
- When** Present
- Wear
(Props)** Actors wear casual clothes.
Setting is an office with 2 chairs or seating areas.
- Why** 1 Samuel 16:7, Psalm 139:13-14, Matthew 10:29-31, 2 Corinthians 5:17
- How** Two characters seated. The Minister is focused on listening and guiding patiently while Cindy is anxious about how they “measure up” and how people look at them.
- Time** Approximately 2-3 minutes

Minister enters. Then Cindy enters ... slowly and unsure of herself.

Minister: Hello. How can I help you?

Cindy: I just felt I needed to talk with someone here at the church.

Minister: What do you need?

Cindy: *(pause)* Now that I think about it. I'm fine.

Minister: Are you sure?

Cindy: Yes, I think I'm doing pretty good.

Minister: There has to be something, or you wouldn't have come in to see me.

Cindy: Nope. *(getting anxious)* Nope, I'm doing just great!

Minister: Sounds like you might have something to share.

Cindy: OK. I confess. It was me. I had three milkshakes before I came here, and I'm a little lactose intolerant. I think I'm starting to break out. *(sighs)* Oh...you're right. It feels good to confess and to let some things out.

Minister: That's great. But somehow, I don't think the milkshakes are why you came in here. What's on your mind?

Cindy: I should have come sooner but I've been...kinda busy. There are a couple of things I wanted to talk to you about. *(pulls out a long piece of paper)* I wrote them down on my prayer list, so here we go.

I'm trying to lose holiday weight from the past three Christmases! And I can't! I don't know what's wrong. Every time I try, there's an obstacle in my way. I got the flu! That made me change my diet, and then I missed work and got stressed out about that. I finally got better and was going to go for a 5 mile...I mean 1 mile run. Then this dog comes out of nowhere and grabs my leg and he's like *(imitating the dog)*"rawr, rawr, rawr" *(looks up)*What's that about? I didn't deserve that. I don't deserve any of it!

Minister: OK.

Cindy: Why don't I just email you this list later?

Minister: You're doing fine. Is there anything else?

Cindy: Alright, I'm just going to be real. *(reading list)* I slept on the couch again last night. Fourth night in a row. My husband just doesn't look at me the same anymore. I don't seem to do anything right! I know I've made a

mess out of my life. I know it. I'm trying to do better. I really am. Are you listening?

Minister: Yes, I'm right here.

Cindy: I have tried to fix myself up some. New hairstyle. New clothes. Nothing looks quite right on me!

Cindy: *(back to reading list)* I'm having trouble sleeping, so I'm taking a little something to help...just a few pills...nothing to worry about. But that gets expensive, and I can't put it on the credit card or he'll see it and then we'll just have another fight.

Minister: Yes.

Cindy: *(looks up)* And you just want to know why I haven't been at church, right?

Minister: What? No, I didn't say—

Cindy: You didn't have to say anything. I know you look at me when I do come to church. You and all the other folks are talking about me.

Minister: I think—

Cindy: You think there's something wrong with me.

Minister: No. I think that God loves you for who you are.

Cindy: *(pause)* Maybe you're right. Maybe God just wants me to come and sing and pray and not worry about all this other stuff for a few minutes. Maybe God just wants me to listen to him speak. What do you think?

Minister: That would be great!

Cindy: You really think God wants to talk to me?

Minister: I really do.

Cindy: Can I just find a corner around here where no one is and maybe pray a little?

Minister: I'd love that.

Lights out.

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