

# SKIT: Are You Like Me?

Worry seems to creep into many of our lives, and so often we don't know how to release our worries into the care of our Heavenly Father. The following skit is a fun way to look at worry and how ineffective it is in helping us solve our problems. It concludes with a visual glimpse of what it is like to release our worries through prayer.

The skit, *Are You Like Me*, is a unique way for participants in small groups to examine their prayer lives, encouraging them to leave their worries with God. A small group activity is also included to involve all participants.

## Materials Needed:

- Rocking chair
- Camera
- Box with "Worries" written on the side
- 2 Helium Balloons, one with "worries" written on it, the other with "thanks" written on it
- post-it notes at each table
- balloon bouquets as centerpieces (optional)

## CHARACTERS

- I – Interviewer, person asking questions of "worriers"  
P#1 – person who rocks in a rocking chair and worries  
P#2 – person who takes pictures with a camera that has no film in it and worries  
P#3 – person who carries a heavy box and worries  
P#4 – person who holds two helium balloons and lets them go

## SETTING

Person #1 is sitting in the front in the rocking chair. Person #2 is standing up front holding a camera. Person #3 is standing up front holding a "heavy" box and is bent over a bit due to the significant load. Person #4 looks at peace and stands in the front holding the two helium balloons.

Note - When people are asked to give their names, have them respond with their actual name.

## SKIT

- P#1: (begins to rock and worry.)  
I: (approaches P#1) Hi. Who are you?  
P#1: My name is \_\_\_\_\_.

I: What are you doing?  
P#1: Rocking and worrying.  
I: Why?  
P#1: I don't know.  
I: Do you like to rock and worry?  
P#1: No, but I can't seem to stop. They both have so much in common.  
I: They do? Like what?  
P#1: They both give me something to do, and neither of them get me anywhere. (stops motion and looks at P#2)

P#2: (begins taking pictures and looks worried)  
I: (moving near P#2) Hi. Who are you?  
P#2: My name is \_\_\_\_\_. (takes a couple of pictures)  
I: What are you doing?  
P#2: Taking pictures without any film in my camera and worrying.  
I: Why?  
P#2: I don't know.  
I: Do you like to take pictures without any film in your camera and worry?  
P#2: No, but I can't seem to stop. They both have so much in common.  
I: They do? Like what?  
P#2: They both help me picture all kinds of things that never actually Develop. (stops motion and looks at P#3)

P#3: My name is \_\_\_\_\_. Can you hold this box for me? (hands the box to Interviewer, but steps back with hands and back still in the position of holding the heavy box)  
I: What are you doing?  
P#3: Holding on to my heavy box after I asked you to take it for me and worrying.  
I: Why?  
P#3: I don't know.  
I: Do you like to keep holding on to your heavy box after you have asked somebody else to carry your load and worry?  
P#3: No, but I can't seem to stop. They both have so much in common.  
I: They do? Like what?  
P#3: They both weigh me down and keep me from being productive. (stops motion and looks at P#4)

(All of the "worriers" move towards P#4 and looked confused at his/her peace.)

I: (sets box down and moves near P#4) Hi. Who are you?  
P#4: My name is \_\_\_\_\_.  
I: What are you doing?  
P#4: Hanging on to my worries.

I: Why?  
P#4: Well, I don't hang on to them for long – just long enough to get a grasp on all of the things I am also thankful for.  
I: What do you do with your worries and thankfulness then?  
P#4: Through prayer, I let them go. (releases the balloons)  
I: Do you like letting them go?  
P#4: Oh, yes! When I let them go, I experience a peace that I can't describe.

P#1: Are you like me?  
P#2: Are you like me?  
P#3: Are you like me?  
P#4: Are you like me?  
I: (Read Phil. 4:4-7)

### RELEASING WORRIES

At the end of the meeting encourage all of the participants to write down on a post-it note at least one of the things they have a tendency to worry about and at least one thing they are thankful for. Next, have the participants stick the notes to the helium balloons. Have everyone pray silently to present their concerns along with their thanksgiving to God. When they are done praying, release the balloons in a room where their worries will be out of reach!