

Friday Skit 2019: Press On

Characters:

1. Gym Teacher
2. Mountaintops Morgan
3. Valley Victoria/Victor
4. Stormy Sam

Props:

- Dumbbell (any object)
- Clipboard
- Bible
- 'Sporty' costumes

Overview/Summary:

Whether we find ourselves on the mountaintop, in the valley, or in the midst of a storm, we are encouraged to press on in our faith journey of following God. We will see characters in a gym class going through different stages of life. The Gym teacher/Jesus Character will encourage them to press on during each stage of life. Delivering the bible verse at the end to wrap up the week and encouraging them to share with others in their class about pressing on.

Script:

Students start walking down middle aisle

School Bell Ring

Everyone goes to the stage

Gym teacher comes out from behind the front of the stage and poses

Gym Teacher: Goooooooooooooooood Morning! **cheesy smile** Who's ready to start gym class? And press on!! Come on guys get pumped!! We're gonna be breaking down those 2nd grade muscles and building them into 3rd grade muscles. For a warm up today we are going to start with some jumping jacks, so spread out and find a place in the gym and get started!

Stormy Sam stays on stage, Mountaintops Morgan goes to the back of the chapel and Valley Victoria/Victor goes down right side of chapel

Gym teachers goes to Stormy Sam

Gym Teacher: Alright, Sam. You ready to do some jumping jacks?

Stormy Sam: **collapses to ground** Nooooo. I'm not!

Gym Teacher: Ohh, why not?

Stormy Sam: **Upset and freaked out fall to knees and cry** I can only ever do one jumping jack and everyone makes fun of me for it. I'm healing from a broken fingernail. My great grandpa's best friend's son's brother's cousin's pet rock just died. **takes a breath** So, I just can't do it!!

Gym Teacher: You know what. I understand you're having a rough day and that really stinks that your great grandpa's best friend's son's brother's cousin's pet rock just died, but don't let these things get in the way of you pressing on. If you need help I'll be here with you every step of the way. Okay?

Stormy Sam: Okay, I'll give it a go. **Stormy Sam starts trying to do jumping jacks**

Gym Teacher: **screams in encouragement after every (5) jumping jack** YOU'RE DOING IT!
Good work Sam I knew you could do it! **High Five**

Okay everybody next we're going to lift some weights. [To Sam] Let's see how Morgan's doing.

Gym Teacher and Sam walk over to Mountaintops Morgan* *everyone pretends to start lifting

Gym Teacher: Morgan! How's it going? Feeling those gains?

Mountaintops Morgan: **HYPED** Um I'm good. I actually don't need your help I'm absolutely destroying these weights. 57, 58, 59, 60! Oh yeah I am on fire. No one can stop me!!...

Gym Teacher: **interrupts** Okay okay okay I get it. You feel unstoppable right now, that is great and I am so proud of you for getting to this point in your fitness. Although, you should be pacing yourself and taking your time, you don't want to hurt yourself.

Mountaintops Morgan: **Less enthusiastic but still pumping the weights** Ugh yeah I guess you're right but I never want to NOT feel like this. It feels great to be on a constant adrenaline rush.

Gym Teacher: Well, you can't always be on an adrenaline rush. That's why it's called a rush. It's also just how life goes sometimes. Eventually you're just gonna hit that wall and you might not feel like you're going anywhere. So...just press on

Mountaintops Morgan: Honestly, I'm just really scared of losing my motivation

Gym Teacher: That's okay because I'll be here to help you wherever that may be to encourage you to keep going but at a steady pace.

Mountaintops Morgan: Oh okay... that makes sense! Thanks coach!

Gym Teacher: Okay everyone we are switching to squats! Let's go!

Gym Teacher, Mountaintops Morgan and Stormy Sam walk over to Valley Victoria/Victor

Valley Victoria/Victor: **talks while simultaneously doing squats** This is so boring, we do this every week. What muscle group are we even focusing on here? It's just the same thing over and over again, nothing new.

Gym Teacher: If you keep going and do your best you will still be growing and making progress from last week! You don't always need something new or BIG to grow.

Valley Victoria/Victor: Yeah!! But it would sure be nice to see the results now. Like in those advertisements with those people who do one sit up and magically have a six pack!!

Gym Teacher: Yeah that's not true, no one gets anywhere with taking the easy road. Sometimes you just have to keep going through those times when it seems like nothing is changing and it's the same thing over and over again, that's when the real growth and improvement happens. Would it be okay if I did them with you?

Valley Victoria/Victor: You know what? That would be great, thanks!

Everyone does 5 squats all working together

Valley Victoria/Victor: Thank you so much for doing those squats with me! Knowing that you're there for me has helped me a lot.

Gym Teacher: All good Vic, I'll always be here to guide you, whenever you need. Hey, everyone can we huddle up real quick? **Everyone comes to the stage**

Gym Teacher: Y'all are amazing! You all pressed on throughout your doubts, fears, and mindsets. That reminds me of a verse I read the other day. **Gym teacher grabs the bible from altar** From Philippians 3:13-14

Students: Wait I know that one!

Students look to press on banner, then back to audience and Gym Teacher

All: (Could sing it) "Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Gym Teacher: Nice work guys! You got it.

Stormy Sam: Thanks for being there for us, Coach, and encouraging us to reach our goals.

Mountain top Morgan: Yeah, we couldn't have done it without your constant support and enthusiasm.

Valley Victoria/Victor: Thank you for directing our eyes toward the real prize...Jesus!

group side hug

Gym Teacher: I'm so proud of all of you, let's go out and tell the rest of the world. **encourage/hype up campers** Press on on 3

EVERYONE: ...1...2...3 PRESS ON!

WHAT TIME IS IT?