

“How To Be Spiritually Fit” Sample #3

(Leonard has come over, concerned at the damage Bill may have done to himself, and looks down at Bill's prone form.)

Leonard: Bill! Are you okay?

(Suddenly, Bill sits upright, an angry expression carved into his face. Leonard backs up fearfully at this, and Bill gets up, rage expressed in his entire body. His back is hunched, his fingers clenching and unclenching, his face in a grimace.)

Bill: *(Screaming.)* I can't take this anymore!!!!

(Coinciding with the "dangerous frenzy" music on the soundtrack, he raises the nightstick he still holds, and begins SMASHING the items on the table! The boombox, the iron, the mirror, it is all being bashed as we hear the sounds of destruction on the track. Even Miss Fitt is screaming as he attacks the CD player!)

Leonard: Bill, stop it! Control yourself!

(Bill turns on Leonard as he tries to grab him, flailing away at him with the nightstick in his blind rage, as Leonard retreats with arms raised to protect himself! Bill turns back to the table for several more blows as the music comes to an end. The sound of sparking electricity is heard as he surveys the damage, breathing heavily.)

Leonard: Bill, settle down! Are you nuts? Are you crazy? You're freakin' me out here!

(Bill, wild-eyed and disheveled, looks around as he recovers from his fit. Then he begins to sob as it hits him, and dropping the nightstick, he turns to Leonard, putting his head on his shoulder and crying. Leonard tries to console him, putting his arms around him and patting his back as a mother would.)

Leonard: There, there, it's alright now. It's over, it's all over. Nothing to cry about.

Bill: *(Out of breath.)* I'm sorry, I just lost it there for a minute... I mean, I just couldn't take the thought of having to do all that to make God happy with me. I just kind of snapped! *(He stands up straighter and sniffs, as he tries to bring his emotion under control.)*

(Leonard hands Bill a tissue from a box on the table and he honks his nose in it loudly.)

Bill: Oh, man... look at this mess... I totally destroyed your boombox.

Leonard: Yeah, and you nearly destroyed yourself in the process!

Bill: If this is what it takes to be spiritually fit, I just can't do it. **I just don't have it in me!**

Leonard: Well... maybe this crazy kit has done some good after all!

Bill: Huh?

Leonard: You've finally come to the place where you realise you can't live the Christian life in your own strength.

Bill: But... we're supposed to be strong, active Christians! You work for the Lord all the time!

Leonard: Because I lean on the Lord. You see, Christianity is more than works. People try to accomplish spirituality by outward motion and effort. But the Bible says, "Bodily exercise profiteth little." Do you understand what the means?

Bill: *(Rubbing a sore muscle.)* I think I'm beginning to...

Leonard: It means we can't achieve spiritual health through physical strength or outward activity. It's an

inner condition that can only be achieved through a relationship with the Lord, and growing daily by taking in his Word. Then, and only then, will our physical labors bear fruit. You've got it backwards!

Bill: So you're telling me that all my efforts mean nothing?

Leonard: If they are done in your own strength, yes. Jesus said, "Without Me, you can do nothing." We must abide in Him, and depend on His strength to help us accomplish His will. Here, look at this...

(He opens his Bible to the pre-printed Scriptures card and reads 2 Cor:12:9.)

"And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

Bill: So, it's saying, that when I know I'm weak, and lean on Him, then I can have His strength?

Leonard: Exactly! Listen, there's more in the next verse: "Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong."

Bill: Well, I have no trouble admitting I'm weak. I know it now. I am weak! I am pathetic!

Leonard: Yes, you are. *(Bill shoots him a hurt look and he hurriedly adds:)* Uh, we **all** are, without God's help! But we don't have to be limited by our weakness. Look over here in Phil:4:13... *(Flips to the next card.)* "I can do all things through Christ which strengtheneth me."

Bill: That's what I've been missing! I thought I had to do it all myself to make God happy, and to be in spiritual shape.

Leonard: Here's one I love and depend on...Eph:6:10: *(Turns page and reads from card.)* "Finally, my brethren, be strong in the Lord, and in the power of his might." You see, a daily discipline of prayer and Bible reading will get you on the true road to spiritual fitness.

Bill: That's what I want. I think I need to learn some more about all this. Would you mind if I went to the Men's Bible study with you?

Leonard: *(With a relieved laugh, he puts a hand on Bill's shoulder.)* I was hoping you'd ask me! Let's go.

Bill: First, let me clean up this mess and put everything back in the box. *(He begins putting all the elements back into it.)*

I can't get a refund since I couldn't follow all the directions to the letter. Maybe I can sell it on ebay or something...

Leonard: *(Firmly, as he helps.)* Oh, no, this belongs in the trash can. We'll put it in the dumpster on the way out.

Bill: I guess you're right... Let me get my money out of here... *(Takes it out of the envelope.)*

Leonard: Yeah, you don't want to mail that off, you'll need it.

Bill: Man, I'm really sorry about your boom box. Look, I'll replace it for you.

Leonard: Just forget it, that's not necessary.

Bill: No, I insist! And it will be even better... I'll get you one with a six CD tray with automatic changer, huge detachable speakers, remote control....

Leonard: Bill, you don't have to do that. Besides, that would too expensive.

Bill: *(Confidently.)* Not to worry; very soon, money is going to be no object!

Leonard: (*Dubiously.*) How so? **(Continues...)**