

A script from



“The Skinny on Fasting”

by

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- What** Fasting can be one of those elusive and mysterious disciplines of the Christian faith. Here are a few people who can't seem to get it right. Themes: fasting, discipline, self-control, commitment, worship
- Who** The Dieter
The Wired
The Liar
The Martyr
The Legalist
Off-stage voice
- When** Present
- Wear (Props)** Cell phone
Ear buds (ear phones)
Oversize pants
Clipboard
Pen
- Why** Matthew 6:16-18
- How** You can have two actors play all the characters, like Tommy and Eddie in the video, or you can have an actor per character. Be sure that each character is distinguishable between the other characters. They are somewhat based on stereo-types, so really pull out those characteristics. Don't be over-the-top, but really bring these people to life. We all know at least one of these guys! For more ideas, watch a preview of the video at www.skitguys.com.
- Time** Approximately 4-6 minutes long; This script is about 2¼ pages long.

The Dieter

He (or she) is a "good-ole boy" that speaks with a southern accent.

I think fasting's awesome. Where else can you combine spirituality and dieting all in the same way? I mean, it gets a bad rap, pound for pound. People think it's for monks or super-models and stuff like that. But I'm here to tell ya it's for everybody. Last summer I had a 20 year reunion slash barbeque slash swim party to go to and I done had to drop about 85 pounds! So thanks to fasting, what has two thumbs and looks good in a swim suit? *(He points to himself with his thumbs)* This guy! *(He picks up a pair of pants that is 3-4 sizes bigger than his actual size and compares them to his size now, then drops them)* Thank ya, Jesus!

The Wired

The Wired is texting on his phone with iPod earbuds in his ears. He can get pretty high-strung.

Fasting? Yeah, yeah, I think it's great to skip a meal or two to hear God speaking to you. You know, stay plugged into him.

Offstage voice: You know, some people fast from phones, and music and gadgets.

That's not a sacrifice. That's not even Biblical. I mean, God gave us this stuff so that we could stay plugged into him. You know, maximize our lives.

Offstage voice: It also keeps us busy enough to never be still or quiet.

Are you even a Christian?

Offstage voice: I dare you to fast from your phone for one minute.

Fine. You got it. I don't care. *(He puts his phone down; beat; the phone rings)* I should probably take that.

*To read the rest of this script and perform it, download the full version at
SkitGuys.com!*