

Drama Script

(DRA032)

Interview with a marathon runner

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DRAMA: “INTERVIEW WITH A MARATHON RUNNER” (DRA032)

- Aim of Script:** To show that we need to train if we are going to complete the Christian life, like an athlete trains to complete a race.
- Use of Script:** In an All Age Worship service the script could be preceded by teaching that when we turn to Jesus and receive his gift of new life, this is just the beginning of the Christian journey. Jesus wants us to grow as Christians but growth doesn't simply happen by itself – we need to go into training!
- The script could be followed by teaching that trying hard was not enough for the runner to complete the marathon - he needed to train in order to complete it. The same is true in the Christian life – it is not about trying hard, but about training. We need to train in trusting God, godliness, loving others, forgiving others, thankfulness, generosity, thinking differently etc and as we train, so the Holy Spirit will change us. Training involves prayer, Bible reading, fellowship, worship etc and will involve changes in our life-style. An example of this is St Paul who, through training, learnt to be content.
- Main themes:** Training, Sanctification, Discipleship
- Biblical references:** 1Corinthians 9:25-27, 2Timothy 3:16, 1Timothy 4:7-8, Romans 12:2, Philippians 4:12b,
- Cast:** Bill - a Marathon runner (dressed in running kit), Viv - the Interviewer
- Props:** Water bottle for runner, “bib” on runner with number on it. Clipboard and microphone for interviewer. (The Interviewer could have their script on the clipboard)

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(Enter Marathon runner drinking from a water bottle. Enter Interviewer)

- Interviewer: Hi there. Have you been part of the London marathon?
- Bill: *(puffing as if he has run a long way)*. I certainly have.
- Interviewer: Well done. Did you finish the race?
- Bill. I did.....it's such an amazing feeling.
- Interviewer: I'm sure it is. I'm Viv by the way, from the Daily Echo. *(holds out her hand to shake his)* Do you mind if I interview you?
- Bill: Not at all.....I'm Bill.
- Interviewer: Well Bill, do you know what position you finished in the race?
- Bill: I'm not sure.....all I know is that I finished it, and I ran all the way.

- Interviewer: Wow....that's more than I could do. Last year I had a go at this marathon.
- Bill: How did you get on?
- Interviewer: Not very well really. I thought that if I tried really hard and set my mind to it, I would be able to reach the finishing line.
- Bill: So what happened?
- Interviewer: I turned up on the day, all ready to try as hard as I could. I started really well, then after 200 metres I got stitch. After 800 metres I had to have a rest, and then at 1200 metres I had to call it a day because my heart felt like it was going to burst out of my rib cage.
- Bill: What a shame.
- Interviewer: I thought that if I tried really hard I would be able to do it, but obviously trying hard wasn't enough. How did you manage to get to the finish line? Are you an athlete or something?
- Bill: No I'm not an athlete Viv, but I decided last year that I wanted to run this race and so I have spent all year preparing.
- Interviewer: So what have you been doing?
- Bill: The first thing I did was to look on the internet and work out a training plan – how far to run each day, how much exercise to do in the gym and so on.
- Interviewer: Sounds sensible. Did you manage to stick to it?
- Bill: I did, but it wasn't easy. I had to arrange my life around my training schedules. Trips to the pub had to go, as did big meals out.
- Interviewer: It cost you then?
- Bill: It certainly did. It also cost me financially. Having taken some advice on what trainers to buy, I went and bought a really decent pair that would last me and would be comfortable on the big day.
- Interviewer: So apart from the training and the trainers, did you do anything else in preparation?
- Bill: I had to change my diet.
- Interviewer: What did you eat?
- Bill: I've been eating loads of carbs and very little fat. I also gave up smoking.
- Interviewer: Really? You have been serious about this haven't you?
- Bill: I was determined to get to the end of this race, so you have to take it seriously, train hard and get your body into shape.

Interviewer: You've certainly done that. Did all of this come easily to you then?

Bill: Not at all. It hasn't been an easy journey because I'm not a natural runner. I've had to learn how to pace myself, how to drink as I run along and how to concentrate on my breathing. Over the last year I've gradually picked up those skills.

Interviewer: Have you ever felt like giving up?

Bill: Often. Some days I've wondered why I even thought I could run a marathon, but then when I thought about reaching the finishing line, it gave me the motivation to keep going.

Interviewer: I'm sure it did. So what one tip would you give to me as someone who tried to run a marathon and failed?

Bill: Train, train and train. Focus on your goal and go for it.

Interviewer: It's been a pleasure speaking with you Bill. Thanks for your time. And well done.

Bill. Thanks.

(Exit Interviewer and Bill)