



Written by  
Cora Alley

## "Brace Yourself"

**Scripture:** Philippians 4: 13

*"I can do all things through Christ who strengthens me."*

**Dramatic Category:** Skit

**Topic:** A tribute to the many roles a woman performs  
(great skit for Mother's Day)

**Performance Time:** 10 minutes

**Number of Players:** 5 women

**Objective:**

The goal of this skit is to highlight, then celebrate the multitude of tasks a woman performs, while clearly stating that the secret to her strength is in her ability to find her strength in her relationship with God.

**Synopsis:**

A young woman enters what we think is a OBGYN waiting room and innocently begins filling out a questionnaire in the company of two other women who are doing the same thing. She is quizzed by the doctor who begins stacking up hats as she answers his questions. Each hat represents a different role she plays in her life: a police hat for keeping the peace at home; a chef's hat for her role as cook, and the list goes on. At the end of the sketch we discover that she is being fitted for a neck brace to help her balance all the various hats she has to wear. As she exits, the doctor hands her the manual that helps her succeed in all these roles: the Bible.

**Cast:**

Marianne: A young mother being fitted for a neck brace  
Sue: A pregnant woman in the waiting room  
Beth: An older, experienced wife and mother  
Diane: The nurse  
Dr. Perkins: The doctor who fits the neck brace

**Props:**

3 clipboards with questionnaires  
Pencils  
Stethoscope for the nurse  
White coats for the nurse and doctor  
A stack of hats:  
    Police hat  
    A hair bow  
    Nurse's cap  
    Baseball cap  
    Chef's hat  
    Bandanna  
    Construction hard hat  
    A scouting "den mother's" cap  
A whistle  
A Bible  
A pair of reading glasses

**Set:**

A few chairs at one side of the stage representing the waiting room  
A sign that reads Dr. Perkins  
A sign that reads "Please fill in the questionnaire"  
A divider or a few plants to show the entrance to the doctor's office  
A few chairs on the other side of the stage for the doctor's office  
A table or a bench to serve as an examination table  
A large box in which to keep the hats  
A neck brace  
As much medical paraphernalia as you want to collect

**The Script:****Scene 1:**

*(Marianne enters the waiting room where Sue and Beth are already seated, busily filling out their questionnaires. The three women nod at each other like strangers politely do. Marianne notices the sign, and picks up the questionnaire on the clipboard. She sits down and begins to fill it in. The conversation begins shyly.)*

**Sue:**           *(to Marianne)* Is this your first?

*(This conversation should be a bit dreamy; the audience needs to think that these women are talking about children.)*

**Marianne:**    Yes.

**Sue:**            This is my third. I liked the first two so well, I had to have another.

**Marianne:** My husband told me I should have one. He thought I'd be happier.

**Beth:** He's probably right. It's a woman's miracle. I couldn't live without mine.

**Marianne:** Is it hard to get used to?

**Sue:** Well, yes; at first. But, the more you have, the easier it gets.

**Marianne:** Is there a manual for this?

**Sue:** Oh yes; if you don't already have one, they'll give you one when you go in.

**Beth:** The best thing you can do is ask lots of questions, and read the manual everyday. Don't think you can figure all this out by yourself.

**Marianne:** *(To Beth)* May I ask you a personal question.

**Beth:** Sure.

**Marianne:** Where do you keep yours?

**Beth:** In the kitchen.

**Sue:** Mine are in the closet most of the time; especially at night.

**Beth:** I've found that I have to put them away or my husband trips over them.

**Sue:** My husband sat on one once. *(Sue and Beth both giggle at that; Marianne looks horrified.)*

**Marianne:** Oh my; how awful!

**Beth:** What color are you going to have?

**Marianne:** *(thoughtfully)* I don't know. I can't seem to make up my mind.

**Sue:** All of mine are different colors. I'd get bored if they all looked alike.

**Marianne:** Do you think stripped would be hard to get used to?  
*(Sue and Marianne look stare at her.)*

**Scene 2:**  
*(The nurse enters on Beth's line and calls out:)*

**Nurse:** Marianne Brown; the doctor will see you now.

**Marianne:** *(Getting up and smiling at the others)* Thanks for your help. I really do feel better.

**Beth:** You'll be fine dear.

**Sue:** It's a normal part of being a woman.

*(Marianne enters the side of the stage that represents the doctor's office, and sits down shyly. She hands the nurse the clipboard.)*

**Nurse:** Is this a bit scary for you?

**Marianne:** *(snapping out of her staring)* Oh, yes...well; it is, a bit, yes. My friends have told me this is going to take sacrifice; I just hope I'm ready for it.

**Nurse:** Have you read the manual? It explains a great deal about sacrifice; whole chapters are written on just that.

**Marianne:** I don't have a manual.

**Nurse:** Oh, we'll have to get you one.

*(The doctor enters, and the nurse hands her the clipboard; she extends her hand out to Marianne.)*

**Doctor:** Hello Mrs. Brown. I'm doctor Kirkpatrick. Are you ready for all this?

**Marianne:** Is any woman really ever ready?

**Doctor:** Well, that's our job, to help you get ready to carry this weight. Let's have a look.

*(The doctor stares at Marianne's neck and places her hands on either side of Marianne's neck to examine the strength of the muscles.)*

**Doctor:** Have you had any pain?

**Marianne:** It seems to get worse each week.

**Nurse:** As time goes by, it gets more complicated; we know.

**Doctor:** Let's have a look at your history.  
*(She picks up the clipboard.)*

Humm. You do home repairs.

*(The nurse takes a hard hat out of the box and places it on the table or on the bench that Marianne is sitting on. The hats will eventually collect or stack up beside her.)*

**Marianne:** Well, yes; I'm not very good at it, but there's just so many things that break down around the house, and my poor husband is so tired when he gets home from work, so I try to....

**Doctor:** You have to be careful how much you lift.

**Marianne:** I know. I've been warned.

**Doctor:**

*(Continuing to consult the clipboard as he reads off the things with which Marianne is involved.)*

Oh, you're a den mother, too?

*(The nurse takes out a den mother's cap and sets it beside the hard hat)*

And a chef. That's great.

*(The nurse takes out a chef's hat and adds it to the collection.)*

Lot's of arguments among the kids, huh? I can see why you checked law enforcement.

*(The nurse takes a police hat out of the box and adds it to the line up.)*

First aid, too, because of the arguments, right?

*(The nurse takes out a nurse's cap and places it on top of the police hat.)*

**Marianne:** I have three boys, and they fight a lot.

**Doctor:** Well, we may throw this in as a bonus. I usually don't add this on the first visit, but three boys is a force to be reckoned with.

*(The doctor digs around in the box for a referee's whistle on a chord. He adds it to the pile of hats.)*

There's a chapter on that in the manual. Be sure you read that.

**Marianne:** About the manual, doctor, I don't have...

*(She is cut off by the doctor who is busily reading the list on the clipboard.)*

**Doctor:** *(Cutting her off)* Good heavens! You have a part-time job, too!  
A receptionist?

*(The nurse gets a headset with a microphone out of the box and adds it to the stack.)*

It's good that you made an appointment. You need to be under a doctor's care; this is no casual thing, you know how serious this is, don't you?

**Marianne:** Yes doctor, I...*(again she is cut off.)*

**Doctor:** You coach little league?  
*(The nurse gets out a baseball cap and adds it to the collection.)*

**Marianne:** Yes, as I said I have three boys, and they all.....

**Doctor:** Make quite a mess, I know. That's why you do all the cleaning, huh? You checked all these here: See, *(Showing her the clip board.)*  
One-woman sanitation crew.

*(The nurse gets out a bandanna and tries it on Marianne to see if it will keep her hair up. She is satisfied that it will and adds it to the hat stack.)*

Oh, of course...

*(The doctor takes the clipboard over to the nurse and they read the next one together. They giggle as the nurse digs around in the box for a fancy hair bow. She pulls it out to show Marianne who nods in approval.)*

**Nurse:** Let's not forget that we have to be pretty while we balance all these things. Can't have a haggard wife, mother, homemaker or employee. Looks count! That's the facts, my dear.

**Doctor:** *(Peering into Marianne's eyes.)*  
Have you had your eyes checked. *(Marianne shrugs her shoulders)*  
You said you tutor the children in their homework. That can cause eyestrain.

*(The nurse hands the doctor some dark-rimmed glasses; which she puts on Marianne's nose.)*

Noble profession, teaching. The manual has a lot to say on that subject, too.

**Nurse:** Doctor, about the manual; it seems that Mrs. Brown doesn't....

**Doctor:** *(cutting off the nurse as she finishes reading the questionnaire.)*  
...need one more job to do. Poor thing. It's good that you came in. I know we can help you balance all of this.

**Marianne:** Oh, I hope so. I get so tired. *(Marianne begins to rub the back of her neck.)*

*(The doctor begins to place the hats on Marianne's head one at a time as she re-states her many roles in life. Marianne peers through her glasses and looks increasingly worried as the hats begin to grow higher.)*

**Doctor:** Let's begin with the part-time job. *(She fits the microphone headset over her hair.)*  
  
Next, the sanitation engineer.  
*(She wraps the bandanna over the headset.)*

How you arrange these is very important, you know. The referee has to come in pretty early. *(She places the whistle around Marianne's neck.)*

The Den Mother is next, *(The scouting hat goes on.)*

Then the little league coach. *(The baseball cap goes on.)*

Next is maintenance *(The hard-hat goes on.)*

And for good measure, the chef. *(The chef's hat goes on and drapes over to make a sturdy landing.)*

Law enforcement is critical. *(The police hat goes on.)*

And finally, the healing touch. *(The nurse hat is placed on the top like a cherry on a sundae.)*

*(The doctor takes a step back to survey the stacking job. Marianne looks terrified. The nurse holds up the pretty hair bow and waves it.)*

**Doctor:** Oh, I forgot. You have to look pretty while balancing all of this, otherwise people will think you aren't having a good time.  
*(The doctor attaches the bow in an obvious place on whatever hair is showing.)*

**Nurse:** Are you ready for the fitting now, doctor.

**Doctor:** You're the best one to answer that question, Mrs. Brown. Are you ready for the big moment?

**Marianne:** I'm not sure what to expect, but all my friends say I should do it, so I guess I'm ready.

**Nurse:** Did you decide on a color? *(She exits off stage and Marianne calls after her.)*

**Marianne:** Something neutral, that will go with my clothes.

**Doctor:** Have to look pretty!

**Nurse:** *(calling from offstage)* Are you ready?

**Doctor:** *(holding Marianne's hand.)* This is your big moment.

**Nurse:** *(She enters and proudly holds up the neck brace.)* Here it is! Just for you.  
*(The doctor and the nurse fuss over the neck brace until it fits Marianne.)*

**Doctor:** Another perfect fit. I think that will help you balance all the different hats you wear, Mrs. Brown. You came in just in time. If you had one more...

**Marianne:** I do.

**Nurse:** *(Both she and the doctor stare in disbelief.)* You do?

**Marianne:** I'm pregnant.

**Doctor:** Oh my! Now I'm really glad you came in. Remember, we're here for you. Just give us a call, keep reading your manual and...

**Marianne:** *(In unison with the nurse:)* I don't have a manual!

**Nurse:** *(In unison with Marianne:)* She doesn't have a manual!

**Doctor:** *(Shocked)* What? How could you have gone this long without a manual. *(To the nurse)* Get this poor girl a manual. You must have felt so lost. How would you even know where to begin balancing all these jobs without a manual? I'm so sorry, we're not usually this unprofessional.

**Nurse:** *(re-entering the room, carrying a Bible)* Maybe we should make this an item on the questionnaire. Do you have a manual?

**Doctor:** Excellent idea. Without this. *(She hands the Bible to Marianne.)*  
You'll never be able to balance all that. *(She points to the stack of hats on Marianne's head.)*

**Marianne:** *(Studying the book carefully as she gets up and begins to walk out of the office.)*  
This is the Bible?

**Doctor:** That's right. The best manual on how to live a balanced life that's ever been written. It won't do you much good though unless you read it. It comes with a tutor...you'll read more about Him inside.

**Nurse:** Come back and see us.

*(Marianne walks out of the doctor's office and through the waiting room. Beth and Sue are still waiting and notice her neck brace and stack of hats.)*

**Sue:** Oh, I love it! I have one just like it.

**Beth:** It's so "you," my dear. Perfect fit.

**The End**



**Discussion Questions to Follow**  
**"Brace Yourself"**

**Directions:**

*Break into groups of 5-7 women. Discuss the answer to these questions, then appoint a spokesperson to represent the group's thinking in a larger forum of discussion.*

1. List some of the jobs (hats you wear) that you perform as a wife, mother, sister, daughter, employee, friend, and relative.
2. Which role is the hardest for you and why? Which is the easiest and why?
3. What does the Bible say with regard to advice in helping you perform some of the roles in your life?
4. Can you find a role in a woman's life that the Bible does not address?
5. Which roles can women help each other carry out through fellowship, teaching, and mutual support?
6. Develop a strategy for fulfilling one difficult role using the Bible's advice and the accountability brought through a friend.

***Pray for each other before your discussion circle is dismissed.***