

HEAVENLY BODIES

By Rod

This sketch is based on 1 Corinthians 15 v 42 – 44. It seeks to show how, in heaven, we will not have a mortal body to hold us back.

CAST

Adam An 'older', but not elderly man. Friend of Ben. A bit of a joker. Does not take life too seriously.

Ben Male. Friend of Adam. Also 'older' but not elderly. Has become a fitness fanatic. Takes himself quite seriously.

Enter Adam walking. Enter Ben from the other direction. He is dressed in tracksuit, etc and is jogging.

Adam [*Recognising Ben*] Hi there, Ben.

Ben [*Realising it is his friend Adam*] Oh, hi Adam. How are you doing?

A Mustn't grumble. How about you?

B Oh, I'm great. Never felt better.

A That's good to hear. You're looking very sporty.

B Oh, yes, I've just come from my gym.

A Your what?

B My gym. You know – fitness centre.

A Oh right. How often do you go there then?

B Three or four times a week.

A Ooh, very commendable. But you want to be careful at your age.

B [*Taking umbrage*] What do you mean, "At my age"? I'm very far from past it thank you very much. I think you do me an injustice.

A I think it's more likely that you will do yourself an injury.

B [*Pompously*] I'll have you know that Nicky – that's my personal trainer – is really impressed with my progress.

A [*Suggestively*] Oh, Nicky is it? Does your wife know that you have a personal trainer that you see three or four times a week.

- B Yes, she does. And anyway – Nicky is a man. Together we set my targets and he helps me to keep on track.
- A So, what do you do at this gym then?
- B I usually start with some stretches, then do a bit of cycling, a bit of rowing and lift a few weights. Then I cool down with a gentle jog home.
- A *[Incredulous]* You cool down by jogging?
- B Yes, it helps to avoid stiffness.
- A And you reckon that all this violent exercise does you good.
- B Oh yes, it's great. After every session at the gym I feel like a new man.
- A That's funny: that's exactly what my wife said only yesterday.
- B Does she go to the gym then?
- A No, but she took a good look at me and said, "I feel like a new man."
- B Ever the joker I see. But seriously, you should try it. It's really helped me to recapture my youth. My body was in serious decline but, like I said, I've never been in better shape than I am now. I feel as sprightly as a teenager.
- A You can't be serious. Keeping fit's one thing, but a few sessions at the gym can't reverse the natural aging process.
- B Nonsense. Look, I can jog *[demonstrates]*, I can stretch *[flings arms out wide]*, I can bend, and I can even touch my toes. *[He bends down, then suddenly screams in agony]* AAgh.
- A What is it?
- B It's my back; something's seized up.
- A What can I do. *[He moves over to help]* Let me massage it. Does this help? *[Starts massaging fairly high up on Ben's back]*
- B Lower.
- A *[In very deep voice]* Does this help?
- B No, lower down the back you fool.

- A Oh, right. Look let me help you to sit down – there's a bench over there.
- B Yes, thanks. *[They shuffle over. Ben keeps moaning and sits down, clearly still in pain. Once seated there is quite a pause].* Well go on then; when are you going to say it?
- A Say what?
- B Say, "I told you so".
- A I wasn't, but let's face it, Ben, neither of us is getting any younger. It's no good pretending otherwise. The aches and pains we suffer make this only too obvious.
- B As I know only too well. *[Feels back awkwardly]*
- A That's why Heaven's going to be so good.
- B How's that?
- A Well the bodies we'll have there will be totally different.
- B Will they?
- A Oh yes, they'll be 'spiritual and imperishable'. So we won't have to go to the gym to keep in shape.
- B Or to get out of it you mean. *[Gets another surge of pain]* Oh, my back.
- A Quite. *[Deciding]* I'll tell you what, Ben. My car's just round the corner; why don't I run you home? Then you can relax your body in a nice hot bath. That should ease your back.
- B Thanks Adam. It sounds heavenly. *[They go off together with Adam helping Ben]*

THE END