

# LAURA'S LAW

By Rod

*Based on Romans 8 vv 1-11 this illustrates how, because of the failings of our human nature, we are unable to keep the law.*

CAST  
Angie  
Bridget

*Angie and Bridget enter from opposite sides as if meeting in the street. Bridget is dressed in a tracksuit – or equivalent sporty gear.*

ANGIE Hello, Bridget, how good to see you.

BRIDGET Oh, hello, Angie. I haven't seen you for ages.

A I say, you're looking very sporty.

B Oh, yes, I'm on a new fitness regime. I've got a personal trainer.

A How exciting! How's it going?

B Well, I first met with my personal trainer, .... she's called Laura by the way .... I first met Laura last month and she gave me these written instructions.*[She waves a little booklet]* She calls it Laura's Law.

A Catchy name. But it all sounds very legalistic.

B She said that if I keep all the Commandments in this Law, I'll be as fit as Denise Lewis in no time.

A What are these 'Commandments'?

B The first is: "You shall have no other food beside meals".

A Have you kept to it?

B Oh, yes, totally! I don't eat a thing except for my ten meals a day.

A Ten meals! Are you sure that's what Laura means?

B Well, I'm doing what the commandment says aren't I? I've just slightly redefined the meaning of the word 'meal'.

A I'm not sure about that. What is the second commandment?

B "Do not keep yourself idle. Exercise is good for you."

A How are you doing on that one?

B Brilliantly! I spend two hours at the health centre every day. That's where I'm going now.

A So you spend two hours working out every day. That's amazing.

B Well ... er.. not exactly two hours actually working out. I said two hours at the health centre.

A How long do you exercise for?

B That depends.

A On what?

B Who else is there. Sometimes I meet up with the girls and we spend so long chatting in the bar that we don't actually get round to exercising. We mean to, of course, but time seems to fly by.

A I'm becoming increasingly less convinced by this Laura's Law of yours. What's the third commandment?

B "Do not misuse alcohol."

A So, you're on the wagon, Bridget? No alcohol at all. That must be tough.

B Oh, it doesn't say no alcohol. It says "don't misuse alcohol" - and I certainly never do that. Once a bottle is open I make absolutely sure it is used as alcohol should be - it all gets drunk.

A I bet you get drunk too. *[Pause]* Do you know, Bridget, to be honest, and I hope you don't mind me saying so, but I think this Laura's Law sounds completely useless.

B Oh, the law's fine. It's full of good sense. If I'm honest, it's me that's the problem. I find I just can't keep to it.

A So your personal trainer is obviously no good.

B Oh no, she's brilliant. When I am with her I'm inspired. She's so fit and healthy I really feel I can go away and put the law into practice.

- A           What goes wrong then?
- B           Well a little voice inside me says:  
              “Go on, have another piece of chocolate. One more won’t matter.”  
              Or “Have another glass of wine – you’re with friends and it’s good to be sociable”  
              Or “It doesn’t matter if you don’t exercise today – you can always work out tomorrow”.
- A           What you really need, Bridget, is a personal trainer whose with you all the time. Someone to help you day by day, hour by hour. Someone to help you fight that little voice.
- B           Wow, that would be good. You mean, something like having the spirit of Laura within me all the time. That really would be inspirational.
- A           Yes it would. Then maybe Laura’s Law would make more sense.
- B           Yes indeed. *[Looks at watch]* Still, I must dash. The girls will be wondering where I am. It’s my turn to buy the first round of drinks. Bye, Angie, it’s been great talking to you.
- A           Bye, Bridget. See you soon.

*[They exit in opposite directions continuing their journeys]*