



F.R.O.G. – FULLY RELY ON GOD

- Cast:** *Jenny, who is recovering from a recent surgery, dressed in a bathrobe.
Amanda, a friend who comes to visit.*
- Props:** *Two chairs, a small table, silk flowers in a vase and a FROG bookmark.*
- (The scene begins with Jenny sitting in a chair. There is a knock on the door.)*
- Jenny:** Come on in. The door is open.
- Amanda:** *(enters, carrying flowers)* Hi, Jenny! I just had to stop by to see how you are getting along.
- Jenny:** Thanks, Amanda. I'm still tender where the stitches are, but I'm doing much better.
- Amanda:** You look great! It's good to see you up, around and doing so well. You'll be back in the swing of things before you know it.
- Jenny:** I certainly hope so.
- Amanda:** These flowers are for you. Shall I set them on the table for you?
- Jenny:** That's fine, thank you. They are very pretty.
- Amanda:** I always think flowers brighten up a room, don't you?
- Jenny:** Definitely. Do you have time to stay and visit? I haven't seen you in a while. We keep missing each other at church.
- Amanda:** *(Looking at her watch.)* I've got some time before I need to pick up the girls from school. *(Amanda sits down.)* My life has been a zoo lately. It seems all I do is run, run, run!
- Jenny:** You are a busy person. I think it is tough enough to juggle a family and a full time job, yet you find time to teach piano lessons, serve on the Board of Education and even jog three miles a day. I don't know how you do it all.
- Amanda:** Sometimes I wonder the same thing, especially when I'm lacing up my running shoes at 5:30 in the morning.

Jenny: I know I could never keep up with your schedule. I wouldn't even be able to remember everything, let alone have the energy to do what you do. I'm always making myself lists of "things to do" and "dates to remember." My refrigerator is covered with little sticky notes.

Amanda: That's exactly why I make myself run each morning. It gives me time by myself to collect my thoughts.

Jenny: My first thought of the day is always, "Go back to sleep!"

Amanda: (*laughs*) I spend the first mile just trying to wake up and enjoying the scenery. During the second mile I go over my schedule for the day.

Jenny: And the third mile?

Amanda: That mile is the most important to me. It is the one in which I turn everything over to God in prayer. I rely on Him to get me through the day. By the time I get back to the house I'm ready to face the world...after I hop in the shower!

Jenny: That sounds wonderful. Until I have had my coffee I can hardly function in the morning. I don't know how I would squeeze in time for mediation and devotions. Mornings around here are like rush hour traffic.

Amanda: Have you thought about choosing whatever time works best for you? You just need a little "FROG" reminder to keep you focused on Who is really in control of everything.

Jenny: A frog?

Amanda: Right! I keep a frog on my desk at work and one in the kitchen at home. Sometimes I keep one in my pocket to share with others. Would you like one? (*starts searching her pockets for a FROG bookmark.*)

Jenny: You keep a frog in your pocket?

Amanda: Not a real frog, silly. It's just visual reminder to "Fully Rely On God." Isn't that a clever acronym?

Jenny: It definitely got my attention.

Amanda: You see, it is so easy to forget God when we're in the middle of a crisis at home or at work. We want to control everything ourselves. I wanted to rely on God, but I needed a reminder. Just like my three mile jogging routine, my memory needed jogging as much as my body.

Jenny: I can relate to that.

Amanda: It all started one day when a FROG came hopping in for a piano lesson.

Jenny: Now you are just trying to pull my leg, aren't you?

Amanda: Well, actually it was a young boy named Tim. He was wearing a T-shirt with a bright green frog on the front and the letters F-R-O-G. The caption simply read, "Fully Rely On God." Tim was encouraging me to rely on God, and probably wasn't even aware the message of his shirt was coming through loud and clear.

Jenny: It is amazing how many opportunities we have each day to make a difference in the lives of others. I can see now how the smallest gesture, along with the right words, can encourage someone.

Amanda: *(checking in last pocket)* Here it is! I knew I had a spare one on me. Please keep this FROG bookmark as your visual reminder. *(hands bookmark to Jenny.)* It has a Bible verse marked on it.

Jenny: *(takes the bookmark and reads)* "If anyone acknowledges that Jesus is the Son of God, God lives in him and he in God. And so we know and rely on the love God has for us." 1 John 4:15-16 (NIV)

Amanda: *(stands)* Jenny, I can't think of a better thought to leave you with than that expressed in God's Word. It is awesome to know we can FULLY rely on God through our faith in Christ for the salvation He made possible. That Good News always puts a smile on my face.

Jenny: Me, too. Thank you for the FROG bookmark and its great message. Your visit and the flowers mean a lot to me. You are a good friend.

Amanda: My mother always says, "The best way to repay a kindness is to pass it on to someone else." So keep spreading the Good News, rely on God and throw in a few FROGS every once in a while! *(hugs Jenny then exits)*

Jenny: *(After Amanda leaves, Jenny speaks aloud)* I will, Lord, I will.