

The Doodad Gang and Wally's Worship Workout

Lesson 10

The Focus:

We were created to worship God. True worship is to honor God with everything we are. We can worship God anywhere, anytime; Worship isn't just for church, because everything we do can honor God.

The Characters:

Announcer

Wally: a physical fitness instructor

Tony: a natural leader who tends to jump in with both feet.

Keona: a sensible and intelligent girl who likes to work things out.

Mindi Lee: a girl who is shy, but will stand up for what's right.

Props:

A sign that reads, "Later that afternoon..."

The Setup:

A fitness center

(Introductory music plays as Tony, Keona, and Mindi Lee enter)

Announcer: *(Offstage)* It's time once again for the continuing adventures of Detective Doodad and the Doodad Gang. Today Detective Doodad is away learning about the latest crime-fighting doodads to help him and the gang keep Techno City safe. Meanwhile, the rest of the Doodad Gang is learning about where Tony has been spending a lot of his time lately.

Tony: This is it. This is my workout gym.

Mindi Lee: *(Looking around, amazed.)* You weren't kidding when you told us it was big, Tony.

Tony: It's the biggest in the whole city, Mindi Lee.

Keona: I haven't seen this much metal since we solved that case in the scrap yard. There have to be a hundred weight machines in here.

Tony: 120 to be exact, Keona. But that's not the only reason I come here.

Keona: Oh really?

Tony: I come here because of "the Wallinator"!

Mindi Lee: The "Wallinator"? What's that?

Tony: It's not a what, Mindi Lee, it's a "he." Wally is the head trainer. Everyone calls him the "Wallinator," because he helps people work out. He goes to my church, and he taught me how to do reps, warm ups, stretching, everything. Wally even helped me work on eating healthy foods. He's the best.

Mindi Lee: He sounds like a wise teacher, Tony.

Tony: He is, Mindi Lee.

Keona: When can we meet him?

Tony: How about now. Wally, hey Wally!

(Wally enters. His voice could be a cross between a surfer and a "jock," but he's very down to earth.)

Wally: Hi, Tony. Who are your friends?

Tony: This is Keona and Mindi Lee.

Wally: Nice to meet you both.

Mindi Lee: I've never met a "Wallinator" before.

Wally: Yeah, well, if you hang around here long enough you'll get a nickname too.

Tony: Really? Sweet!

Wally: Hey, would you like to try out some of the machines?

Keona: Can we?

Wally: Absolutely. I'll get you started.

(All four exit as interlude music plays. Sign appears that says, "Later that afternoon..." Mindi Lee and Keona enter and collapse onto the stage.)

Keona: Wow, I'm so sore. Ugh!

Mindi Lee: Keona, what's the American word for total exhaustion?

Keona: Double ugh!

Mindi Lee: I'm sore in places I didn't know I had!

Keona: Me too. The worst part is, Tony will come back and he won't even be sore.

(Tony enters)

Tony: Ugh! That was my hardest workout yet.

Mindi Lee: You're tired too?

Tony: Oh yeah, I have to be. This is the only place I can really workout.

Keona: But I thought you work out at home.

Tony: I try, but this is the only place you can really workout.

Keona: No it's not. You can work your muscles anywhere.

Tony: Not really. The only place to really work out is in a gym.

Keona: No, it's not.

Tony: Yes, it is.

Keona: Is not!

Tony: Is too!

(Wally enters)

Wally: Hey guys, what's the problem?

Mindi Lee: Mr. Wallinator, Tony thinks you can only work out in a gym.

Keona: Yeah, and that's just silly.

Tony: Is not!

Keona: Is too!

Wally: Time out, you two. Tony, I've taught you a lot, right?

Tony: You sure have!

Wally: Then listen to me when I tell you that you can work out anytime, anyplace. You don't have to be in a gym to workout.

Tony: But Wally, you're here, and all the cool machines are here.

Wally: That's true, but that doesn't mean it's the only place to workout. You can work your legs by walking fast to school, and you can work your arms by helping mow the grass. It's like praising God.

Keona: What do you mean?

Wally: Well, some people think that you have to be in church with a choir and songs to worship God. But you don't have to have a perfect setting. You can worship God anytime, anyplace.

Mindi Lee: You don't even have to sing to worship God.

Wally: That's right, Mindi Lee. We were made to worship God in everything we do, whether we're at home, or school, or even playing with our friends.

Tony: So we can worship anywhere, just like we can workout anywhere?

Wally: Absolutely. Some people who come to the gym only think about working out in here. It's the same way with worship. Some people only think about worshipping God in church.

Mindi Lee: They're missing out on a great blessing.

Wally: That's right.

Tony: Hey Wally, could you show me some more exercises I can do at home?

Wally: Sure, Tony.

Tony: Don't want to miss my chance to workout everyday and worship everyday.

Keona: Me too!

Mindi Lee: Me three!

(Everyone exit)

Announcer: *(Offstage)* When the Doodad Gang thought they were going to learn about keeping in physical shape, they actually learned about keeping spiritually in shape—the importance of worshipping God every day and in every way. Tune in next time to see how the Doodad Gang uses this experience in their new exciting adventure with Detective Doodad!