

Study Series: Joyful Surrender

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Lesson Title: “The Disciplines of Work and Feelings”   
(pp. 169-184)

Session 13

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The main point of this lesson is: The disciplines of work and feelings are essential for the believer’s life.

Focus on this goal: To help adults practice the disciplines of work and feelings

Key Bible Passage: 2 Corinthians 10:13-14; 1 Peter 1:13-15

Before the Session

Write the following on a board: What feelings do you have about work? In what ways do you work on your feelings? (Steps 1 and 7)

During the Session

Step 1. Create Interest / Jumpstart Discussion

As learners arrive, **direct** their **attention** to the two questions on the board concerning work and feelings. **Engage** learners in answering, being the first to **volunteer** your own answers to the questions.

**Ask:** *What influence do our feelings have on our work? Must we work on our feelings? Or are they natural, needing to be felt and expressed?*

**Explain** that in today’s lesson, you’ll wrap up these last two topics in this study on discipline.

Step 2. The Discipline of Work, Part 1

**Read** the opening line of Day One (p. 169): “There is no such thing as Christian work.” Ask for response to that statement.

**Use** Day One content (pp. 169-171) to **guide** learners to discuss the concept that every job is to be done for the glory of God, regardless of the position inside or outside the church.

**Use** the third paragraph of Day One (pp. 169-170) to differentiate between work and duty, **pointing out** that sometimes the things we do outside our 8-to-5 jobs are also hard work, but still our duty as followers of Jesus.

**Ask:** *What work do you do outside of your job?* **Invite** a volunteer to read Psalm 90:17. **Encourage** learners to recognize that God blesses all of our work when we think in terms of our true responsibilities.

Step 3. The Discipline of Work, Part 2

**Read** the opening line of Day Two (p. 171): “Work is a blessing.” **Ask:** How would most people describe their work? How would most Christians describe their work? How many consider it a blessing?

**Enlist** a volunteer to read Colossians 3:22-24. Use the content from the second paragraph of Day Two (pp. 171-172) to help learners see that work reveals our faith.

**Say:** Secondly, we see that the ability to work is a gift, and every gift is from God. **Share** what gifts you’ve received from the Father and how one or more of those help you in your work.

**Read** 2 Thessalonians 3:8-12, **pointing to** our example in Paul as one who worked hard in the name of Christ.

Step 4. The Discipline of Feelings, Part 1

**Ask:** How much emphasis do workers put on their feelings when it comes to work?”

**Read** the second paragraph of Day Three (p. 174), beginning with the phrase, “Feelings, like thoughts . . ..” After reading the P. T. Forsyth quote, **point out** that God sometimes works powerfully in our lives when we are most miserable; our happiness is not His aim.

**Use** the Day Three content (p. 174-176) to **point out** the many struggles and strains that Daniel had in serving as a wise man for the kings in Babylon. **Point out** that, in the face of every situation, he continued his allegiance to God and to the work God had enabled him to do.

Step 5. The Discipline of Feelings, Part 2

**Read** the opening phrase of Day Four (p. 177): “The modern mind easily confuses emotions and facts.” **Engage** volunteers in brainstorming some slogans for products that basically encourage us to go with our feelings over everything else. (“Just Do It,” “You deserve a break today,” and “Because you’re worth it” are all examples.)

**Say:** *Let’s consider, instead, what the Bible says about the role our feelings play when it comes to truth.* Use the Day Four content (pp. 177-179), **pointing out** the Scripture passages that reveal that obedience does not spring from feelings.

**Point out** that we can have very strong feelings, but our focus and reverence for God allows us to obey Him in spite of them.

Step 6. The Discipline of Feelings, Part 3

**Use** the opening paragraphs of Day Five (pp. 179-180) to **help** learners understand how self-control, a fruit of the spirit, points to our willingness to control our own feelings when they consume us.

**Read** the second paragraph (p. 179), stressing the last sentence. **Ask:** *How did you help your children learn self-control when they were young? Have you ever helped a dog or some other animal learn self-control? How, then, can we apply those ideas to our own feelings when they are out of control?*

**Encourage** learners to know and believe that obedience to God is always possible; feelings can never overpower us.

Step 7. Practical Application – Live Out the Lesson

**Invite** a volunteer to read Romans 7:19. **Share** a time in your own life when you wanted to do something in obedience to Christ but felt out of control.

**Say:** *We’ve seen today that this is a struggle common among us all, but it is a struggle we can conquer.* **Read** 1 Peter 1:13-15, **reminding** learners that we are called to holiness regardless of our feelings.

**Direct** learners’ **attention** back to the board and the questions you asked in Step 1. **Ask** learners if they would answer the questions any differently now.

**Close in prayer.**

