



A Companion Study Guide

By The Elisabeth Elliot Foundation



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Chapter 1

The Sign of the Cross

1. Jesus predicted his death and spoke about the cross in John 12:23-36. As you read and reflect on these verses, list some of the purposes and implications of the cross.
2. On page 24, Elisabeth shared about the “first place the cross touched [her] in a way that cut deeply...” She learned to “take up the cross, that is, accept the will of God that went so strongly against the grain of my own.” How have you seen this effect of the cross in your own life?

~ How might Jesus’ words, and Elisabeth’s perspective lead you to pray during your suffering?

Chapter 2

A Clean Severance

1. Read Romans 6:5-14. In your own words, describe how the cross should inform our lifestyles.
2. On page 27, Elisabeth explained that dying to sin and embracing life in Christ often happens in small, ordinary ways. Think of a daily sacrifice you make that may feel like a “little death.” How might your service and attitude change if you viewed this “death” as a way to receive *life* in Christ?



Chapter 3

A New Leaf

1. Read Psalm 119:23-24,32-37 and Proverbs 13:13-15. Contrast the blessings of obedience with the suffering of disobedience.
2. Pages 30-31 explain that God's "Grace enables us to do what we can't do" when we come to Him in prayer. In what area of your life does this truth give you hope?

Take some time to pray for God's grace to help you obey His word.

Chapter 4

Spiritual Pruning

1. Jesus spoke about the necessity to abide in Him in John 15:1-11. Read these verses and describe:
 - ~ The pruning that comes with abiding in Christ...
 - ~ The fellowship with God that comes with abiding in Christ...
 - ~ God's glory that comes with abiding in Christ...
2. Elisabeth emphasized that our own plans for success often differ from God's plans that come with His pruning process. How might the fellowship and glory of God promised to us help you respond to His spiritual pruning with submission and trust?



Chapter 5

Life Out of Death

1. Read 2 Corinthians 12:7-12. Describe how the event in the passage, and Paul's interaction with God teach him to rely on God's grace.
2. What is God using to teach you to rely on His grace?

With 2 Corinthians 12:7-12 as a prompt, take some time to pray and/or journal, according to your own thoughts and circumstances, about your need for God's promised grace.

Chapter 6

Springtime is Guaranteed

1. Satan attempted to destroy Job's faith, and he made a similar attempt in Jesus' life. Read John 14:30-31 and Hebrews 4:14-16. What do you observe about Jesus' response of love and faithfulness in the face of suffering?
2. Hebrews 4:14-16 tells us that Jesus, because he was tempted and tested in every way, is able to give us mercy and grace in our time of need. Jesus lived a life of perfect obedience and faith, even in His suffering, so that we might experience mercy and grace when we lack obedience and faith in our suffering.

~ How might this truth help you rest in Christ when you are weary?



Chapter 7

Blessed Inconveniences

1. Read Romans 8:28-32 and list some of God's purposes for the events in our lives.
2. How might God's purpose for the "blessed inconveniences" inform your prayer life during unexpected events?

Chapter 8

Even the Fair Petals Must Fall

1. Read Proverbs 11:23-26. In your own words, describe the wisdom and reward of giving your life to serve others.
2. Uggo Bassi said, "Measure thy life by loss and not by gain; not by the wine drunk but by the wine poured forth, for love's strength standeth in love's sacrifice, and he that suffereth most hath most to give." (pg. 64) How have you experienced blessing through your "love's sacrifice"?
3. How does the Biblical perspective of "self-sacrifice" differ from what your culture teaches you about self-sacrifice? How does this challenge or encourage you?



Chapter 9

Open Hands

1. On page 71, Elisabeth shared how Jesus demonstrated having “open hands” regarding the will of God. Read Hebrews 2:9-18 and list some of the ways Jesus’ suffering ministers to us.
2. Consider the truth that, because of Jesus’ perfect suffering, He is able to “help us meet our test.” How might this promise of Jesus’ help lead you to pray as you live with “open hands” to God’s will?

Chapter 10

Hour of Desolation

In this chapter, Elisabeth taught about two purposes of suffering. 1. Suffering is meant for the correction of the sufferer himself. 2. Suffering is meant to help somebody else.

1. Read Hebrews 12:5-14. What are some ways that God’s discipline corrects the sufferer?
2. God often uses circumstances in our lives to correct us. Read through Psalm 139:23-24. *Using these verses to guide you, ask God to show you ways He desires to lead you towards holiness.*
3. Read 2 Corinthians 1:3-7. How has God used the life of another sufferer to help and comfort you? How might God use you, similarly, in another’s life?



Chapter 11

Nothing to Lose

1. Read 1 Corinthians 12:21-27. In your own words, describe the importance of each member's service within the body of Christ.
2. Page 85 says, "Each time God gives us a hard lesson He desires also to give us Himself." Reflect on a time when, during suffering, the body of Christ was a means in which Jesus "gave you Himself."

~How might you lean into your Christian community to experience Jesus' comfort in your troubling circumstances?

~How might you reflect Jesus to another member of the body who is suffering?

Chapter 12

The Songs of Suffering

1. Read Mary's Magnificat in Luke 1:46-55. List the blessings and mercies of God that Mary sang of in her "song of suffering."
2. Page 88 says, "The greater peril they had been in, the greater the joy of deliverance." Take some time to recall God's goodness and mercy in your trials.

~ How might these mercies lead you to respond to your circumstances with a "song of suffering?"



Chapter 13

Death in Us, Life in You

1. Read 2 Corinthians 4:7-15. List the ways Paul said his suffering displayed God's glory.
2. Think of someone who, through their love and sacrifice, has had a significant impact on your life. How was God glorified by their example?
3. How might they be a model for you as you think on how to point others to the grace of Christ in your suffering?

Chapter 14

The Last Fragile Threads

1. In Philippians 1:28, Paul wrote to the Philippians to encourage them in their call to suffer. And in Philippians 4:4-7, he aided them by telling them how to pray what Elisabeth calls a prayer of "relinquishment." What instructions did Paul give?

As you reflect on how to "relinquish" your suffering, take some time to pray, according to your own thoughts and circumstances, through the steps in Philippians 4:4-7.



Chapter 15

Beaten Low by the Storms

1. Read 2 Corinthians 8:1-9. How does the generosity of the Macedonians model the self-giving of Christ?
2. On page 110, Elisabeth wrote that “We may be asked to accept poverty of another kind...” This may be a lack of results, physical or emotional energy, resources, reputation, etc. What kind of poverty are you facing?

~ How do the examples of Jesus, the Macedonians, and Lillas Trotter embolden you to be generous in your “poverty?”

Take some time to ask God how He might use your “poverty” to, through your dependency on Him, be a blessing to others.

Chapter 16

The Point of Despair

1. Read Luke 22:39-46 to see a glimpse of Jesus’ “point of despair” at Gethsemane. What do you learn about Jesus’ heart and faith?
2. Elisabeth said that during a “point of despair” in her life, she was “thanking God for things I never would have learned to thank him for without the suffering itself.” (pg. 117) How have you seen this same gratitude in your own life?
3. How might your circumstances today prompt you to thank God?



Chapter 17

The Deathblow

On page 122, Janet Linton described the ways she processed a time when she didn't feel God's love, "underneath all those raging emotions a truth lay... Jesus showed us once and for all what He is like and what kind of love He has for us, by dying on the Cross... Our circumstances are not the window through which we understand His love, but rather we must view our circumstances through His love."

1. Read Romans 5:1-11 and Romans 8:34-39. What do you learn about God's love from these passages?
2. With this perspective of God's love from Romans in mind, read Lamentations 3:17-33.

Take some time to reflect, pray and/or journal through this passage in Lamentations as you consider how to "view your circumstances through His love."

Chapter 18

Perfectly Adapted

1. On page 130, Elisabeth writes about how humans are "empowered to respond to the will of God—negatively or positively." Read James 1:2-5. How are we instructed to respond to our trials?
2. Think of an unwanted circumstance in your life. How do both this chapter's perspective and James's instructions encourage you to choose to "accept your God-given conditions"? (pg. 130)



3. How might God use your acceptance of these circumstances to teach you about His character?

Chapter 19

Yes to the New Life

1. Read 2 Corinthians 4:13-18. List the things that Paul chooses to focus on in his suffering.
2. Elisabeth wrote that through suffering, she learned that “Nothing is more practical than the word of God.” (pg. 135) How might you use God’s word as a practical tool to help you fix your eyes on eternal things this week?

Chapter 20

Suffering Love

1. Read 2 Chronicles 20:1-30. What stands out to you the most about Jehoshaphat’s plan for battle?
2. Read Psalm 13 and Psalm 59:15-17 and reflect on God’s instructions to sing in the face of suffering. How do you think that singing the truths of God changes our hearts during our suffering?

~ How might you practice this habit this week?



Chapter 21

The Winds of the Lord

1. Read Philippians 4:10-13. Describe the trials, or as Elisabeth calls them, “winds of the Lord” that Paul faces.

~ From verse 13, what do these “winds” help Paul to learn?

2. Lillas Trotter’s imagery of this wind helps us understand that God uses trials in a unique way. She said, “In that one day the precious seed will have taken a stride in its ripening that it would have needed a month of ordinary weather to bring it about.” (pg. 148) How has God used trial to help you lean on Him in a unique way?

3. How might you choose to respond to “the winds of the Lord” in a way that brings about spiritual fruit and change?

Chapter 22

The One Thing Necessary

1. Read Matthew 6:25-33 and consider...

~ What does Jesus tell us to look at?

~ What does Jesus tell us not to worry about?

~ What does Jesus tell us to seek?



2. On page 160, Elisabeth said, “Even disaster cannot destroy the peace of one whose aim is absolutely simple.” How might Jesus’ instructions help simplify our aim? How might this lead you to pray over your plans this week?

Chapter 23

A Breaking-up and a Breaking Down

1. Read Psalm 126. What are some things the Psalmist declares about God’s works in verses 1-3?

~ What does this lead him to ask God for in verses 4-6?

2. How might recalling God’s work in the past help you to believe in God’s merciful plan for your suffering?

Take some time to pray and/or journal, according to your own thoughts and circumstances, through the promise and truth in Psalm 126.

Chapter 24

The Divine Schedule is Flawless

1. Read Matthew 4:1-11. What do you observe about the ways Jesus used God’s word to help him overcome Satan’s temptation?

~ How do you think God’s word helped him trust His Father’s “divine schedule?”



2. Read Philippians 2:1-11 and reflect on how Jesus achieved our salvation through His perfect obedience to God's word. How does this inspire gratitude and worship?

~ How might this fortify your faith and resolve to obey God's word?

Chapter 25

A Home Within the Wilderness

1. Read Isaiah 53:3-9 and Mark 8:31-36. What do you learn from these passages about men's sin causing Jesus to suffer?

~ For Jesus' followers, what are the implications of His suffering?

2. Elisabeth explained to a correspondent how to, regarding sorrow caused by another's sin, "take it all to the cross and leave it there." (pg. 180) She gave these steps:
 1. Forgive them
 2. Ask them for forgiveness
 3. Ask God to teach you whatever you need to learn through the price you are having to pay

~ Which of these steps is pertinent to you at this time?

Take some time to pray as you consider your next appropriate steps in "taking it all to the cross..."



Chapter 26

For the Joy Set before Him

1. Read Luke 22: 39-44, 23:32-34 and Hebrews 12:1-3. How did Jesus demonstrate “embracing the cross” through “forgiveness... a trust in God’s sovereignty... and a view to eternity”? (pg. 186-187)
2. Read Revelation 21:1-4. How might this promise, and Jesus’ example help you to “embrace the cross?”

Take some time to pray over what steps you might take to “embrace” the cross this week in light of the joy God has promised.

Chapter 27

There Will be No More Night

1. Read Philippians 3:7-11. How does knowing Christ intimately comfort Paul in his suffering?
2. Reflect on the poem by Edward Shilitto on pages 191-192. What is your reaction to the fact that Jesus alone is the God who has wounds and scars? How does this comfort you?

Take some time to pray and thank God for the promise of Revelation 22:3-5, and the reality that in light of eternity, we are “on the very verge of the floodtide of life...” (pg. 192).



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