



“Trusting 101” Production Notes

Setting

Classroom setting, whiteboard, Teacher at podium with white board; chairs or stools for students (all but one will remain empty, since only one student comes to class)

Summary

A class, “Trusting 101” has only one student attending, but as the teacher teaches/asks questions, the student’s mind, will, emotions and spirit are all weighing in on her answers.

Characters:

Narrator

Teacher

Sybil - the only “real” student in class. She is accompanied by 4 women representing her:

- MIND (Imaginations/Logic/Reason) - nerdy, glasses (stack of books), pocket protector/pens highlighters
- WILL (Desires/Lust/Flesh) - athletic, strong, confident and pushy, dressed in workout clothes, doing stretches/lunges, etc. when not engaged.
- EMOTIONS (Fear/Anger/etc) - box of tissues, chocolates, over-dramatic, everything is life or death
- SPIRIT - even temperament, not pushy or arrogant (with Bible and/or halo)

Sybil’s thinking processes will be exhibited by her mind, will, emotions and spirit. All student characters should wear the same color t-shirt as Sybil, and each should have a large name tag so that the audience can identify Sybil’s “MIND,” “WILL,” “EMOTIONS” and “SPIRIT”.

Props

easel (if needed), whiteboard and marker

“syllabus” (bound stack of papers)

(2) case studies

Graduation mortarboard

Diploma (rolled paper with ribbon)

SPIRIT - name tag, Bible and halo

MIND - name tag, nerdy glasses, stack of books, pocket protector/pens

WILL - name tag, workout clothes, shows off her muscles

EMOTIONS - name tag, heart pinned on sleeve, belt holding tissues and chocolate kisses



“Trusting 101” - Act 1

First Day

Narrator: Welcome to a class being offered this weekend by the Holy Institute of Deeper Learning. It's a class we all need to take, and retake. Trusting 101 is a first-level class, but it is a class that has great depth, which is why we are encouraged to retake the class regularly. The truths presented are unchanging and eternal, but as we grow, our circumstances and relationships change, and we move into different seasons of life. We meet new challenges that will bring out new facets of understanding the Lord and His will.

Meet Sybil B. Fuddle (*she walks in and sits*), one of the students registered for this class. She is accompanied, as always, by her MIND (*Mind enters*), her WILL (*Will enters*), her EMOTIONS (*Emotions enters*) and her SPIRIT (*Spirit enters*).

While Sybil knows and follows the Lord, she is still being sanctified. When she faces a new situation, inside she may be conflicted on how to respond. Her mind, will, emotions and spirit may not always be in agreement. We will see as this class progresses, that Sybil needs to make a choice as to what voice she listens to. Will she face her challenges based on what she thinks, what she feels, what she wants or will her spirit seek God and submit to Him? Will Sybil learn to trust the Lord in all her ways?

Teacher: (*back to students arriving, writing on white board “Welcome to “Trusting 101” a continuing education class while saying:*) “Trusting 101” is a continuing education class. Okay everybody, please find your seats. (*turns around and see student(s)*) Oh! (*a little surprised that class isn't full*). Where is everybody? Well, let's find out who's here and who we're missing. (*Roll Call*): Martha Alvarez (*no answer*); Penelope Francisco (*no answer*); Lucy Grant (*no answer*); Hmmm..*(teacher is puzzled)* Okay, let's continue. Cynthia Moore (*no answer*); Sybil B. Fuddle (am I pronouncing that right?)

All students: (*together*) Here!

Teacher: (*stays enthusiastic*) Okay, then. Our class of many has turned into a class of one. That means we'll get a lot more ground covered in this class. It will be really fun, being one-on-one. Are you as excited as I am about our subject matter, which is learning to trust God?

All students: (*in unison*) Yes, Ma'am!

Teacher: Since the class size has dramatically decreased, we will have some flexibility. We could knock out the syllabus and maybe start some of the introductory lesson tonight. Does that sound okay with you, Sybil?

All students: (*in unison*) Yes, Ma'am

Teacher: I've been teaching this continuing education course for 10 years now, and the subject never seems dull or boring. There are so many facets to learning to trust the Lord and

acknowledge Him. We can only skim the surface in this class. But I’m wondering tonight what brought you here, Sybil? What are you hoping to get out of this class?

Mind: We need to know more. Following the Lord needs to make sense. We can’t just blindly trust--we need knowledge so that we can make informed decisions! God gave us a brain to use!

Spirit: Doesn’t the Bible say every way of a man is right in his own eyes? You always think you’re right...

Mind: Well, I am. I can’t deny that.

Emotion: You’re so arrogant. But feelings are important. I know God wants me to be happy. This class just feels right, the timing feels right and I feel that it will benefit me. I think if I learn more, I won’t be so afraid of my future. And I’m hoping it will encourage my heart.

Will: I’m pumped. I’m glad to be here, and I don’t plan on missing any classes even though I’m super busy. I will make this class a priority. I love a challenge, and if I achieve a good grade in this class, then I know the Lord will be pleased with me.

Spirit: *(small voice)* I know I need to constantly be growing in this area. I want my trust in the Lord to be unwavering even in the hard times.

Sybil: *(definitive answer)* To be honest, there’s a lot of different reasons that led me to sign up for this class. I’m glad you aren’t dropping the class because of low attendance.

Teacher: No problem. Even though this is technically an elective course, I firmly believe that “Trusting 101” is a necessary core subject that everyone needs to take more than once in their lives. So I’m happy be here whether there is one student or 100 students. Let’s get started. Here’s your syllabus *(hands Sybil packet)*. Our outline is fairly simple as we break down our basic text. We’ll be looking at two principles:

- First we’ll look at “*Trust in the Lord with all your heart and lean not on your own understanding;*”
- Next we move to “*In all your ways acknowledge Him, and He will direct your path;*”
- We’ll wrap up the course with a final exam. There could be pop quizzes along the way.

This is a project participation-based class. At each class you will be presented with a personal case study that we will work through together, based on the principles in our text. We’re going to run everything -- every conflict and circumstance we encounter --through this text in order to come to a correct conclusion and action that is based on trusting the Lord. How does a person acknowledge Him in all their ways, in all their decisions and responses? How can a person avoid leaning on their own understanding?

Mind: Well that makes sense, so far. I’m just not so sure we should be so quick to throw out the baby with the bathwater. But I, for one, happen to trust my understanding in many situations.

Emotions: I’ll just die of embarrassment if I don’t ace this class. I do think there is value to a spontaneous response. I admit, sometimes I can become passionate or react without thinking, but that’s just who I am. They don’t call me “drama queen” for nothing!

Will: You just tell me what to do and when to do it and I’ll figure out a way to get it done. I’m known for spontaneously doing whatever needs to be done to successfully solve a problem. And I love using a formula to get an expected outcome. This isn’t the hardest thing I’ve ever done. Piece of cake.

Spirit: Wait a second guys! None of you even mentioned the Lord and His Word. Don’t forget, that’s why we’re here--to learn obedience and submission. You already trust yourself--the issue is to trust the Lord with all your heart. Then He’ll direct our path. What we are learning isn’t going to be natural or obvious to us. We’re a Christian, and we have made Jesus the Lord of our life.

All (not in unison): Oh well, of course. That’s was what we were thinking. That’s what we meant.

Teacher: So, what do you think of the objective we’ve stated in the syllabus, Sybil?

Sybil: I am hoping to get a handle on this--acknowledging Him, instead of acknowledging the voices I’ve always listened to. They definitely don’t always point me the Lord. *(all other characters show shock and “what??” at her comment)*

Teacher: It is a learning process, Sybil. We all have those voices--the voice of reason *(Mind reacts)*, the feelings and emotions that want drive our life and decisions *(Emotions reacts)*, and then there’s just our flesh that is always looking out for Number 1. *(Will reacts)* We need to strengthen the voice of the spirit within us, the part of us that has that connection to God, so we can discern God’s will in our decisions. *(Spirit reacts)*

Sybil: I’m not really saying I do have voices, but are you saying that you have voices too that debate inside your mind?

Teacher: Absolutely, Sybil. We all do. Our “voices” are what make us human; each one serves a valid purpose, and that’s how God made us. We need our mind and common sense; we need our feelings--feelings give us compassion and love for God and for others; it is good to be strong-willed when our will is subject to the authority of God.

Sybil: That makes sense.

Teacher: However, those voices can be loud and even deafening at times and they can deceive us! That’s exactly why I feel so strongly about offering this class, and giving every student the hope that he/she can, at the very least, put these voices in their proper place, quiet their rule and reign and bring them into submission to God’s will.

Sybil: *(looking at voices, whispering)* All those words mean I’m not crazy, right?.

Teacher: I’m going to show how those good and necessary parts of us can either derail our lives and our decision-making if not properly controlled by the Spirit OR they can work within the

control of the Holy Spirit to give us an abundant life. The loudest voice needs to be our spirit and the Word of God.

Spirit: Amen, Sister!! (*jumps up with Bible in hand*)

Sybil: Sounds great. I need this class!

Teacher: Okay, then --Class dismissed. See you next time!

Narrator: Sybil recognizes that the voices she hears in her head are normally conflicting ones. What voice can she trust? Should she go by what is logical and makes sense? Can she base decisions on incomplete or possibly distorted information? Should she base decisions on how she feels? Is her emotional reaction always the best one? Is it a good idea to just power through and solve problems in the flesh? How will Sybil learn to hear God’s voice above all others?



"Trusting 101" - Act 2

The "FUN of Dysfunctional

Narrator: Welcome to the second class of "Trusting 101," a continuing education class.

(everyone enters classroom and takes their seats)

Teacher: *(writing on the board "Case Study: The Doright Family") (she turns around)* Hello, 'class" *(smirk)*. Sybil, glad you made it back for our second class. Are you ready to get to work?

Mind: Of course. Let's get to it. I brought everything I thought I might need.

Emotions: *(face in hands)* I just feel so sad and out of sorts today. I don't even know why. I think I might cry. How am I going to be able to pay attention?

Mind: Oh brother. This again? It's that time of the month, isn't it?

Emotions: *(cries)* Nobody understands me.

Mind: Here's what I do understand. You wear your heart on your sleeve, and you can't be trusted!

Emotions: Now that makes me angry, on top of it all!!

Will: Pull yourself together. We're here and we have work to do. Get over yourself.

Spirit: We do need to get it together, guys. Let's focus on why we're here and remember that the Lord led us to this class. There is a purpose for us being here, and we need to support Sybil.

Sybil: uh...can you repeat the question?

Teacher: Are you ready to get to work?

Sybil: Well, I have mixed feelings, but I'm here.

Teacher: That's good enough for me. Let's get started. As I explained, we will be looking at a case study. *(hands out paper to Sybil)* Today, we will meet the Doright family. Mary Doright's family life is a mess. It didn't happen overnight, but this is where she's at: Her teenage daughter is rebelling, her workaholic husband is distant and seems to work most nights and weekends. Her mother-in-law is a constant source of helpful but unsolicited counsel. Mary is at her wit's end. So, Sybil, with these basic facts, what can you determine about Mary's life right now and what will influence her decisions?

Emotions: Poor thing. I feel so sorry for her. I feel her pain. She’s got hurt feelings, she’s angry at her husband and daughter and mother-in-law, she feels powerless to change and she must be so ashamed of her dysfunctional family. No one else in the church has those problems!

Sybil: Well, her decisions could be influenced by her hurt feelings...probably anger. She might feel powerless to change anyone and ashamed (*teacher is writing words on the board “hurt” “anger” “powerless” “ashamed”*)

Teacher: What else?

Mind: She can’t tell anyone. This needs to stay private. She needs to figure things out and take control of her family. There must be an answer to be found. Maybe reading a book by a family counselor could help. I just read an article in Family Life (*she pulls out magazine*). Scientists are proving that our food is that basic determining factor in every aspect of our lives--those toxins are affecting her. Maybe eating clean would help her deal with these issues.

Emotions: Are you kidding me??!! Chocolate is the only way she could cope with those life issues right now. It may be temporary, but it would be comforting!

Mind: You know from past experience that binging on chocolate never solves anything--it only makes more problems.

Will: Good grief! Eat whatever you want. The issue is discipline and control. She needs to take care of her own needs first, and then deal with her dysfunctional family. She needs to be strong in herself in order to take control of her people--that’s the answer.

Sybil: She may feel no one else is going through this (*teacher writes “isolation”*); she’s probably losing sleep and gaining weight, grasping at straws, trying to find the answers all on her own (*teacher writes “anxiety” “eating” “control”*).

Teacher: That’s good.

Sybil: She’s probably only leaning on her own understanding. (*teacher writes “own understanding”*)

Teacher: What is wrong with leaning on your own understanding? Don’t we have valid reasons for the decisions we make?

Mind: I always have good reasons, BUT (*points at Emotions*) YOU always blow things out of proportion!

Emotions: I never do that! (*crying*) You’re so mean.

Will: What did I say? No discipline. Try harder!

Spirit: Doesn’t the Bible say our heart is “deceitful above all things?” If that’s true, we can’t really trust our own thoughts and feelings.

Sybil: I think our reason gets clouded by unruly emotions and a selfish, skewed perspective. Our own understanding can't be trusted. But I know God's Word can always be trusted.

Spirit: That's what I was going to say. Good for you. Don't listen to these guys.

Teacher: So Mary seems to be reacting to all these difficulties in her life. She cries at the drop of a hat, and other times she has angry outbursts. She is reading self-help books, and trying to implement the advice she finds. She's letting her emotions get control of her and her pride keeps her looking to herself for solutions. She escapes by reading romances and watching TV, allowing Dr. Phil and Oprah to influence her thinking. So how does she trust in the Lord with all her heart in this situation?

Spirit: (*elbowing Sybil*) She needs to start by praying and seeking the Lord

Sybil: Maybe start with prayer?

Spirit: Maybe confess to the Lord that she has been leaning on her own understanding and looking to the world for answers...

Sybil: Maybe even confess her sin of leaning on her own understanding and seeking her answers from the world.

Teacher: Good start. What else?

Spirit: (*elbowing Sybil*) Seek first the kingdom of God and His righteousness. Casting all your cares on Him for He cares for you.

Sybil: She needs to get her life right with the Lord, and tell Him all her cares and problems, remembering how much the Lord loves her.

Teacher: That's right. And our principle says to acknowledge Him in all your ways. Where can we go with that?

Spirit: (*to Mind, Emotions, Will*) You guys all need to submit yourselves to God's Word. Mind, you need to remember that God is the One who truly knows everything, and His ways are higher than our ways. Emotions, if you pursued loving the Lord with all your heart, maybe you could get your unruly emotions under His control. Will, you can't walk by the flesh--nothing good can come from that. You need to choose to walk in the Spirit!

Sybil: We need to get our mind, will and emotions--all our ways--to acknowledge God's authority in our life.

Teacher: Right, Sybil. Trusting in the Lord starts with remembering Who He is, His love and His promises. Can you think of a promise that she could rely on?

Sybil: Hmm. How about “I will never leave you or forsake you?” or “I can do all things through Christ who strengthens me?”

Mind: Maybe train our thoughts and think on things that are true, noble, just, pure, lovely and of good report.

Will: I hate to say this, but our flesh needs to die daily. I’m not crazy about that process!

Emotions: I admit, I need to do a better job of guarding my heart. Because it is out of the abundance of the heart that the mouth speaks.

Spirit: Wow, you guys are on a roll!

Sybil: We also need to pay attention to what we are thinking about, we need to guard our heart and die to our flesh.

Teacher: Great! You’re on your way to an “A” for today’s class.

Will: Yes!

Spirit: Don’t even try to take credit for that! You’ve been zero help today.

Teacher: Sybil, we have one more case study at our next class. We are well on our way to understanding what Trusting the Lord entails--Leaning not on what we know and Acknowledging Him in all our ways. And--pop quiz Sybil--What is God’s promise?

Sybil: Uhhh....He will direct our paths!

Teacher: Right on! Class is dismissed.

Narrator: The case study put thing in perspective for Sybil. She was able to recognize the difference when all her ways - her mind, her will, her emotions and her spirit--acknowledged the Lord.



“Trusting 101” - Act 3

Busted!

Narrator: Welcome to the third class of “Trusting 101,” a continuing education class.

(everyone enters classroom and takes their seats)

Teacher: *(writing on the board “Case Study: Martha Money Penny”)* *(she turns around)* Sybil, this case study is going to be a challenge. Shall we get right to it?

Sybil: *(looks around at voices to see if they are ready)* Fine with me!

Teacher: Let’s get started. This week’s case study is Martha Money Penny *(hands out paper)*. Today we will be examining Martha’s decision-making processes at her workplace. Martha made a costly error at work and is confronted by her boss. It was her fault--no question about that. Her boss has put a meeting on her calendar for later this week to discuss the issue and its ramifications. So, Sybil, with these basic facts, what can you surmise is going on in Martha’s head? How will she decide to approach this meeting and respond to her boss?

Emotions: Well, I would be so angry that I messed up, angry at myself, angry at my coworkers who didn’t cover for me, and embarrassed, not to mention afraid of being fired.

Mind: We just just have to get our ducks in order and logically explain the situation. There must be an excuse we can come up with, even if we have to slightly stretch the truth.

Will: She needs to make her excuses believable! She’s not really to blame. Who else can we blame? Mind, are you sure you calculated all those spreadsheets accurately? Did the assistant have anything to do with the error? Maybe there was a computer glitch. Let’s spread the blame around. Weren’t the phones were ringing off the wall, and the office in a state of chaos that day?

Spirit: What are you guys saying? That would not be right! She needs to own up to her mistake and not make things worse by lying or blaming someone else.

Sybil: I’m guessing her thoughts would be all over the place. On one hand, she’s sorry and upset and angry with herself. On the other hand, she might be tempted to make excuses or find someone to blame--or even lie to get herself out of it. *(teacher is writing words on the board “upset” “angry” “excuses” “blame” “LIE?”)*

Teacher: What else?

Emotions: I would just be devastated! I wouldn’t be able to face my boss. I’d want to stay in my bed with my covers over my head and not even go to that meeting.

Will: And I guess you’d be eating chocolate *(disdainfully)*?

Emotions: Maybe...What’s wrong with that? (*with attitude*) But while eating that chocolate, I would be planning my clever responses: “If the boss says this, then I’ll say that....” What would you do?

Will: Maybe I would start looking for a new job. I sure don’t want to take the blame--even if I did do it.

Mind: But it was an honest mistake! She won’t do that again.

Spirit: I have a novel idea to interject. How about she begins by praying and confessing her sinful thoughts? And ask God how she should handle the meeting with her boss?

Will: Admit her mistake? Are you crazy? I think that halo must be pinching your brain a little!

Sybil: I think she needs to stop entertaining those voices in her head, and instead go to God. It’s a difficult situation, but she wants to be a good witness in this. (*teacher is writing words on the board “seek God”*)

Teacher: Are you saying that God is going to fix everything?

Sybil: No, not necessarily. But He will give her the strength to face the confrontation with grace and truth. He will direct her words, and He already knows the outcome.

Teacher: Good answer, Sybil. Trusting the Lord with all our heart and allowing Him to direct our path doesn’t mean it is going to be easy or pain-free. He may direct us to do hard things. Can you think of a promise to hang on to in this situation?

Sybil: Well the obvious one is “All things work together for good for those who love God.” No matter what happens, even if she gets fired, she can trust God to work it eventually for her good.

Teacher: Eventually yes, But she still has to meet with her boss.

Mind: That’s right, let’s be logical. Maybe everything will work out, but she needs to have a plan when she meets with her boss. She needs to know what to say. How about “Anyone who lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.”

Will: Okay, how is she going to execute that plan? Doesn’t the Bible say “*It is God who arms me with strength, and makes my way perfect?*”

Emotions: (*clapping*) Yay! Martha’s going to be okay. If she trusts in the Lord, “Mercy will surround her” I’m so happy and relieved.

Mind: Uhhh...you do know that Martha is not a real person, right?

Sybil: There are so many promises for Martha. She needs to ask for wisdom on how to respond to her boss, she needs God’s promise that He will strengthen her, and no matter what the outcome, mercy will surround her.

Teacher: You are right. Martha can’t control the outcome of this dreaded meeting, BUT she can go into it with peace, knowing that God is in control. As she trusts in the Lord, not trying to figure things out on her own, and acknowledges Him in all her ways, she can have confidence that God is going before her, and she can have peace that passes understanding in the midst of it all. So, pop quiz Sybil: Let’s say that after sincerely putting this in the Lord’s hands, Martha does lose her job...what then?

Emotions: I might just go to bed crying.

Mind: That would hard to accept.

Flesh: So, the formula didn’t work. Obedience should be rewarded.

Spirit: Our ways are not His ways. Martha remained faithful. Maybe the outcome wasn’t what she hoped, but she can leave that meeting with a clear conscience, and know that the Lord is still working in her life. Maybe it was just time for her to look for another job.

Emotion: I’m hoping she gets a better job!!

Sybil: It’s going to be a difficult time for her, but this is where she really needs to focus on trusting in who she knows God is. He is good all the time--even in the bad times. He loves her, and she’s His child. He has plans to prosper her and give her a future and a hope.

Teacher: A+ today, Sybil. I think you’re grasping the concept. Class dismissed.

Narrator: Sybil worked through a difficult case study today. But she came to the only right conclusion--we can trust God in the hard times, even when you don’t get that “get out of jail free card,” even when the doctor says the tests are positive, even when your bank statement is completely in the red, and ramen is the only thing on the menu. The choice is ours: rest and trust in God’s promises, or allow ourselves to go down the anxiety-ridden path of uncertainty and fear.



“Trusting 101” - Act 4 Sink or Swim

Narrator: Welcome to “Trusting 101” a continuing education class. This is the last class for this session.

Teacher: *(everyone enters classroom and takes their seats)* Sybil, this last class is more or less a review and oral exam, all in one. What did you think about the case studies?

Sybil: The situations were different, but the right answer was similar in both. Not leaning on their own understanding, acknowledging God in all their ways, trusting God with all their hearts - their mind, will and emotions. Letting God direct their path through His Word and His Spirit.

Teacher: And what do you learn from that?

Sybil: Well, our circumstances are always changing, there are always different challenges. Our first reaction is to try to find our own answers, or to dissolve into an emotional mess. But we need to learn to make seeking the Lord our first plan of action.

Teacher: You are so right, Sybil.

Sybil: Even today, I made up my mind to first seek the Lord, and those voices seemed less obnoxious--not saying I have voices, mind you. But as they quiet down, it is so much easier to hear the whispers of the Holy Spirit.

(emotions are all anxiously, excitedly looking on)

Mind: I'm so proud.

Will: We did it!

Emotions: *(dabbing eyes)*

Spirit: *(satisfied nodding)*

Teacher: Sybil, you have passed this class. This is not really a graduation *(hands her graduation cap)*, but you do get a diploma *(hums graduation processional and hands her diploma)*. You can't truly graduate or ever completely say that you have mastered trusting in the Lord, because like you said, there are always new challenges around the corner. Each new challenge requires a new level of trust, and new level of knowing God and a new commitment to making the right choice. So, congratulations on behalf of myself and the Holy Institute of Deeper Learning. I send you into the world to face the inevitable temptations and looming storms, the seemingly impossible obstacles and life-threatening dangers that seek to overwhelm, overtake and destroy you.

Mind: Maybe we're not quite ready...

Will: Was that meant to motivate and encourage?

Emotions: Oh, no!

Spirit: Only with God’s help!

Sybil: Okay, thank you? Here’s what I’m taking away from this. Whatever I face, my goal will be to seek and trust God first.

Narrator: So, just like Sybil, we too have all completed “Trusting 101,” too--Hopefully going forward with a little less leaning, a little more acknowledging and a lot more trusting. “Trust in the Lord with all your heart, and lean not to your own understanding. In all your ways acknowledge Him and He will direct your paths.”