

Module 4: *Accept*

We all have difficult things or challenges we need to Accept. I had to Accept responsibility for my part in a failed marriage.

We can either struggle with those difficulties or come to terms with what has happened and what will be. It's our choice.

Three areas to Accept

1. Accept What You Can't Control

We can't change people, but we can change ourselves.

When we come to terms with the fact that life is 80% out of our control and 20% in our control, it's easier to Accept the things you can't control and focus on what you can.

2. Accept Your Responsibility

There are always two sides to every story. Don't complain about what you're unwilling to change or what you permit.

When you take responsibility, you take your power back. Now you can do something about changing yourself and making your life the best it can be. You're focusing on what you can control.

3. Accept What God Allowed

Some things happen that God allowed, but understand He doesn't cause bad things to happen. Only good things come from God.

We must realize God gave humans the power of choice. Unfortunately, as humans, we don't always make the best decisions, and we can be adversely affected by others' bad choices.

God will not hold you responsible for someone else's part; He will only hold you accountable for your part.

If we don't Accept what God allows, we'll stay stuck.



Pause

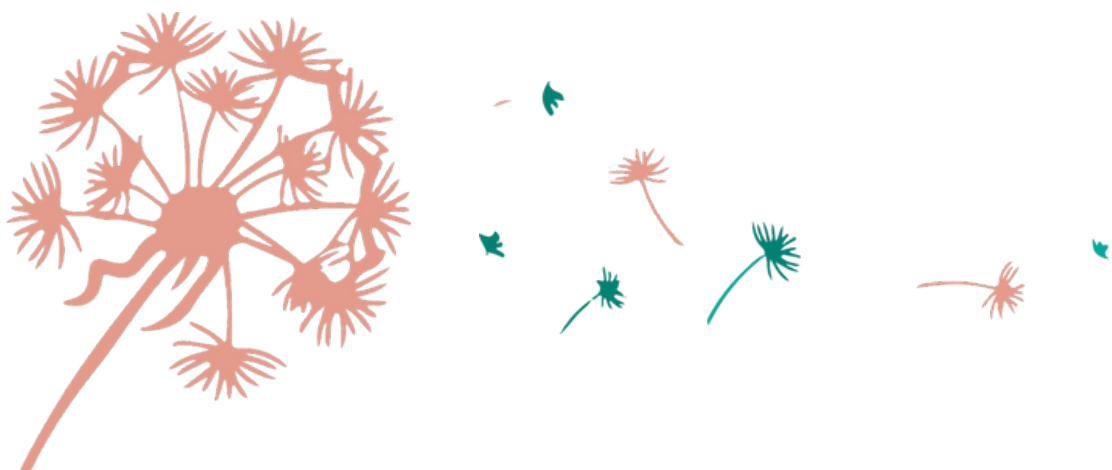
**What do you need to Accept?
Let's Pause to think that through.**

Accept Pause Exercise

1. Accept What You Can't Control

What situations either in your past or you're currently going through that you can't control, and you need to Accept that you can't control them?

Who are the people in your life you need to Accept that you can't control?



Process

How we Process information and our interactions with others determines how we enjoy life.

When we know all the facts, it helps us understand how to respond. Unfortunately, we don't always have all the facts and facts can mean more than one thing.

Two people can go through the same situation and walk away assigning different meanings. Neither is right or wrong, and there isn't always one best meaning. Each person interprets the facts differently based on their past experiences and beliefs.

I initially processed my High School course mishap as, "I thought I was safe in the hands of my school to make sure I had everything I needed for success," to "I can't trust anyone with my future."

I went from, "I'm totally safe," to "I can't trust anyone." There was no in-between. It was all-or-nothing thinking, or dualistic thinking—only two choices or realities.

When something shatters our belief, like, "you're always safe," it's easy to think running to the extreme opposite belief like, "I can't trust anyone," will solve the problem.

It doesn't have to be all-or-nothing. There can be degrees of trust.

The Degrees of Trust will help you sort facts from meaning and make sense of them all.

Degrees of Trust

- | | |
|---|--|
| 5 | Trust completely: You can talk to this person when you're very upset about something knowing their opinion of you won't change. This person sees the good, the bad, and the ugly and still loves you. |
| 4 | Trust quite a lot: May ask this person to baby-sit your kids when you have a doctor's appointment. |
| 3 | Trust with medium-risk: You might call this person for support or vent after a bad day but not your deepest struggles. |
| 2 | Trust for low-risk requests: May ask for a cup of sugar or request someone to "like" a social media post. |
| 1 | Distrust completely: Avoid this person whenever possible; have minimal contact. |



Process Exercise

Look at your Pause exercise on pages 70-72 .

Think through and Process what you need to Accept.

- Why do you need to Accept it?
- What is the meaning you attached to what happened to you?
- Is this meaning a healthy perspective?
- Have you used all-or-nothing thinking in any of these areas you need to Accept?
- If you have, how does this thinking limit you?
- Is there another way you can look at it? Are there other meanings you can attach to it?
- What feelings, thoughts or situations would be different if you had more than two options?
- If needed, what is the new meaning you want to assign to what you need to Accept?

List what you need to Accept here and use the space provided to Process what you need to Accept using the questions above.



Process

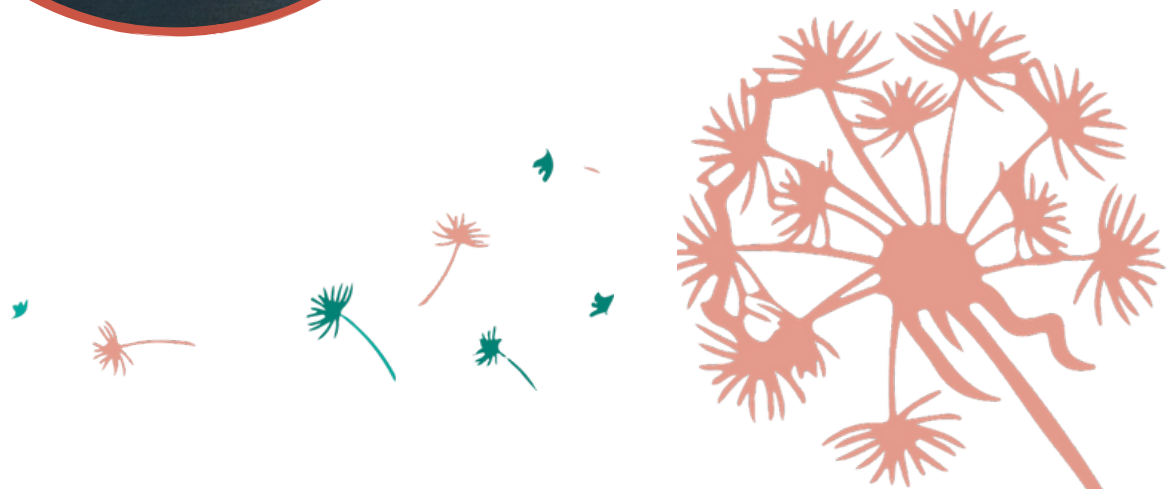


Just because we processed what we need to Accept one way doesn't mean we have to stay there. We can do something about it.

Most of life doesn't fall into all-or-nothing. It's not even just shades of gray.

Life is full of a rainbow of colors.

When you expand your thinking to consider the full range of possibilities, you're giving yourself more options to live your life with freedom. It also sets you up to let go, Accept what you need to Accept and **Breathe**.





Pray

Now that you've Paused and Processed what you need to Accept, take it to God in prayer.

He's a part of the Process to Accept.

Prayer Exercise

Set aside time and take what you need to Accept to the Lord.

Ask Him:

- How do you want me to move forward?
- Are there any lessons I need to learn that I can't see yet?
- What's the other person's perspective? And what can I learn from seeing it?

Seeing someone else's perspective doesn't mean you approve of it, but it does create empathy in you knowing hurt people, hurt people.

Thank God for wisdom to see His bigger picture for your life.

ROMANS 8:28 AMP

AND WE KNOW [WITH GREAT CONFIDENCE] THAT GOD [WHO IS DEEPLY CONCERNED ABOUT US] CAUSES ALL THINGS TO WORK TOGETHER [AS A PLAN] FOR GOOD FOR THOSE WHO LOVE GOD, TO THOSE WHO ARE CALLED ACCORDING TO HIS PLAN AND PURPOSE.

Spend a moment thanking God that He is turning things around for your good (Romans 8:28).

Journal your thoughts here:





Plan

Next, we need to make a Plan so we can Accept.

To create a Plan, you need to look at the lessons learned (or should learn), so you don't repeat the same mistakes or create the same situation in a different wrapper.

Use these lessons to help you create a Plan that you can use to Pivot and take action.

Focus on what you CAN control instead of obsessing about what you can't control.

Create a Plan to Accept

Taking everything you've Paused, Processed and Prayed about and create a Plan you'll use to Pivot and take action.

- Do you need to gather more information on your next steps?
- Is there anything else you need clarity or to take responsibility for and change?
- What are your options?
- What steps do you need to take to move forward?

Write your Plan to Accept here:



Pivot

We can't just talk about it and Plan it, but we must Pivot and take action to finally Accept.

My Plan allowed me to take full responsibility for my life and take action. I Pivoted and took action by registering for the courses, showing up to class, and completing my assignments, so I could get my diploma and graduate on time.

Pivot Exercise

Look at your Plan and decide how you're going to Pivot.

- What's the first step you need to take?
- When will you take this first step?

Put your steps on your calendar right now.

Note: If you don't schedule your Plan, it won't happen.



Wrap Up

You must practice Acceptance and understand that the better you learn to Accept what is, the more you can Breathe.

Prayer Of Acceptance

Father, thank you for accepting me as your child. Thank you for the courage and strength to accept people, places, and things out of my control. Thank you for clarity and understanding of who I am and the purpose and plan that You have for my life. You are Alpha and Omega, the author and finisher of my faith.

Father, You are the Supreme Authority—a God of order. You have instituted other authority structures supporting healthy relationships and maintaining harmony. I decide to surrender my will to You so that I might find protection and dwell in the secret place of the Most High. Father, when I feel that my life is spiraling out of control, I bind my mind to the mind of Christ and my emotions to the power of the Holy Spirit. I lose my mind from obsessive thought patterns that try to confuse me.

Obedience is far better than sacrifice. Father, You are much more interested in my listening to You than in my offerings of material things. Lord, I want to follow You. I put away my desires and conveniences. I yield the desires that are not in Your plan for me. Even amid my fear, I surrender and entrust my future to You. I submit to the control and direction of the Holy Spirit whom You have sent to dwell in me. I am Your child. All to You, I surrender. I am an overcomer by the blood of the Lamb and by the word of my testimony. I ask for all of these things or better in Jesus' name. Amen.



Scripture References

1 CORINTHIANS 14:33

PSALM 51:6, 7

1 TIMOTHY 2:2

COLOSSIANS 1:13-14

PSALM 91:1

MATTHEW 10:38-39

1 PETER 5:5 AMP

JOHN 16:33

MATTHEW 6:10

JAMES 1:17 NIV

PROVERBS 3:5 NKJV

ROMANS 8:28 AMP

