

The Three A's: Awareness, Acceptance, Action

Acceptance and Serenity - Lesson 1

Do you find that you're in such a hurry to do something about your problems that you get in more trouble than you were in to begin with? Do you make yourself crazy about situations by fussing about how "It's not right! It's just not right!"?

One of the elements of successful recovery is the three A's: Awareness, Acceptance, and Action. A lot of our problems come from skipping the second "A". Look at what Paul said about what he learned:

"I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength."

(Philippians 4:11-13)

Look at how Paul put the three A's into action when he was arrested in Philippi, Acts 16:16-40:

1. He was *aware* of the fact that he'd been illegally incarcerated and tortured (how could he not be?)
 2. He *accepted* the reality of his situation (he and Silas held an impromptu worship service instead of a pity party)
 3. Based on his acceptance of his situation he took *action* (he ministered to the jailer, and he forced the city officials to give him justice.)
- What happens to you when you refuse to accept the reality of your situation?
 - What helps you to accept the reality of your situation?
 - Does knowing that a loving and wise God is in charge of your situation make a difference?
 - How does acceptance of your situation make a difference in the actions you take to deal with your situation?