



IceBreaker: When was the first time that you needed to accept something or someone because you could not change the situation or the person?

Introduction *(Read aloud before discussion.)*

As we continue to meditate on and memorize the 23rd Psalm, we are talking about the spirituality of acceptance.

Sermon Discussion *(Use as a guide for dialogue; let God lead, and read the verses aloud.)*

1. **Read Psalm 23:3b-4.** What word, phrase, or idea stands out to you? And why?
2. Talk about the spirituality of acceptance. Accepting reality as it is (without denial or control) and therefore submitting to God's work in us in a situation that we can't change.
3. Talk about the feelings that we have when we are walking through a dark valley.
4. How do we know when we need to continue to work toward change and when it's time to just accept?
5. We often think the evil is out there, but what if the evil is in here? Evil is such a strong word, but when you are not willing to accept what you cannot change, what is one of your evil symptoms?
6. The shepherd's rod helps us stay on the right path when it gets dark. Why is it so much easier to wander off the right path when it is dark?
7. What do you need to accept today? (About yourself, about someone else, about a situation or relationship, etc.)
8. Why is meditating and even memorizing this poem crucial to living the life that it describes?