



Spiritual Principle

Acceptance, Letting Go, Surrender

Rebellion Or Acceptance

“Rebellion weakens the forces of life and healing within us. Acceptance of our diseases, our infirmities and the limitations imposed upon us by our nature and the circumstances of our existence, is the condition of that inner harmony which can play a decisive part in maintaining physical and moral health.

“From the miracles that are wrought through acceptance, it can be seen that spiritual strength is the greatest strength in the world. It can transform both peoples & individuals. It alone can ensure victory over the negative forces of selfishness, hate, fear, & disorder, which destroy peoples & undermine the health of individuals. It alone gives the joy, energy, & zeal needed in the battle for life & for the defense of health.” (Paul Tournier, *The Healing of Persons*.)

Acceptance, The Real Key To Happiness.

“However acceptance of one's life has nothing to do with resignation; it does not mean running away from the struggle. It means accepting it as it comes, with all the handicaps of heredity, of suffering, of psychological complexes and injustices. Acceptance is saying an active yes to life, an ability to affirm life as a response of one's total personality.” (Paul Tournier, *The Healing of Persons*.)

Four Key Words

1. **Rebellion:** An act or state of armed, open resistance to something or someone; a defiance of or opposition to any control; a rebelling; defiant, opposing any control.
2. **Acceptance:** To take or receive with a consenting mind; to consent or agree to; an act involving your will; must be by express words or signature.
3. **Surrender:** To yield to the power of another; to give or deliver up possession of upon compulsion or demand; to yield especially voluntarily, in favor of another; to cease to claim or use; to give up or abandon; to give up oneself into the power or control of another.
4. **Humility:** To actively place yourself under another authority; to surrender, submit, to subject yourself; to place yourself under the Lord God; to let go of your thoughts (Is 55:7,8); to let go of your striving; to know that He is God and that you are not (Ps 46:10).



Key Thing Israelites Learned: To Let Go & Trust “God”

In their long journey from Egypt to Promise Land, the Israelites learned many things. But the key thing they learned was how to surrender themselves into the hands of God – that is, to really “let go” and trust Him. In surrendering themselves into His hand, they discovered the power of God, and that His power was within them. The message of faith is to “let go” – this is our true work in life.

Areas To Surrender And Accept

We Need To Surrender and Accept ...

1. Our weakness & failures
2. Our wounds, our pain, our anger
3. Our lack, our deprivation
4. Our self-centeredness
5. Our guilt and our fears
6. Our sin
7. Our rage, our self-hatred
8. Our laziness
9. Our neurosis; i.e., our compulsions, obsessions, phobias

We Also Need...

1. Acceptance of living; this is one of the most important factors in healing.
2. Acceptance of our gender; sexuality; celibacy; menopause.
3. Acceptance of the passage of time and the loss of youth.
4. Acceptance of growing old, of the limitations called for by our age.
5. Acceptance of changes in customs as time passes.
6. Acceptance of new things; i.e., computers, electronic developments, etc.
7. Acceptance of our parents: their failings, psychological make-up, illnesses, social class.
8. Acceptance of our family tree, ancestors.
9. Acceptance of our heredity.
10. Acceptance of our ethnicity.⁷
11. Acceptance of social stigmas.
12. Acceptance of our place in society.



13. Acceptance of our children, their temperaments, failings, character & sex.
14. Acceptance of reverses of fortune, injustices.
15. Acceptance of the sin of others which causes us suffering: their nerves, reactions, enthusiasms, and even the talents and qualities by which they outshine us.
16. Acceptance of our fellow workers.
17. Acceptance the country in which we live or were born in.
18. Acceptance of our own bodies, our physical make up, digestion system, nervous system.
19. Acceptance of our partner, as he or she is.
20. Acceptance of our marriage/s and divorces.
21. Acceptance of our mistakes, our wrong choices.

More Things We Need To Surrender and Give Up

1. State of infancy, in which no external demands need to be responded to
2. Fantasy of omnipotence
3. Desire for total possession of one's parent
4. Dependency of childhood
5. Distorted images of one's parents
6. The omni-potentiality of adolescence
7. The freedom of noncommitment
8. Agility of youth
9. Sexual attraction &/or potency of youth
10. Fantasy of immortality
11. Authority over one's children
12. Desire for total possession of a child
13. Various forms of temporal power
14. Independence of physical health
15. Ultimately, the self, and life itself

Other Things We Need To Give Up

- Personality traits
- Well-established patterns of behavior
- Ideologies
- Whole life styles
- Destructive emotional responses

Inter Action

1. Brainstorm a list of things that you have let go of in the past?



2. What are you in the process of letting go of?
3. What are some things that you need to let go of? To surrender?
4. What is it that you need to say good-bye to now?