

## SPIRITUAL TASK—PERSONAL ACCOUNTABILITY

(I Sam 18, 24)

*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** Saul was pursuing David to kill him. It was his belief that David was a threat to his kingdom and was to blame for his problems.

**Meaning** Sometimes we blame other people for our problems, or attribute our suffering to others—citing them or their actions as the cause. This attitude makes it difficult for us to grow spiritually. We need to stop pointing the finger at others and ask ourselves, “How am I contributing to this problem?” and “How can I be part of the solution?”

**Task** This week practice non-blaming behavior. Don’t look for reasons outside of yourself for your own unhappiness or problems. Look at your thoughts, actions and behaviors and see what of those might be contributing to the problem. Then identify something you can do to help create a positive change. See how this effects your relationships and personal happiness.