

Accepting Hukam

**Present the students with the following scenarios.
Their task is to find as many positives that come out of the situation as possible.**

**Can be done individually or split class into groups.
Allow time for each group to share with the class.**

Scenarios

1. I fell off my bike and hurt my ankle. Need to stay home for 1 week.
2. A dog bit my hand, I cannot write//type/color for 1 week.
3. I was sick over the weekend and had to miss my best friend's birthday party.
4. I forgot my project at my aunt's house and cannot go back to get it as she lives far away. It is time for school now and cannot re-do it.
5. My lunch fell on the floor as I was opening it, now I do not have anything to eat except an orange.

Discuss how each of the scenarios make them feel at first. What they thought to help overcome that feeling and find the possible positive in the situation. Relate this to discussion about accepting Hukam.

Be sure to explain: Although we make our own choices, whatever is happening is within Vaheguru's Hukam. Our job is therefore to accept the Hukam, whether we like it at that moment or not, and remain at peace. This acceptance comes from reading Gurbani and following Guru's teachings.