



Spiritual Practice: The Serenity Prayer

Materials needed: Copies of prayer

If you are using this guide for a group gathering your preparation may include the following - Take time to read through this prayer before participating in the prayer as a group. Print out copies for each person, or email it to everyone ahead of time.

This week's Spiritual Practice is a Prayer for Serenity.

Before reading the prayer we invite you/everyone in the group to sit comfortably, with your palms open and eyes closed – notice what words or parts of the prayer seem to stick out more than any other. Read through the prayer the first time slowly. When finished, consider on your own or ask the group to spend a few minutes in silent conversation with God about the words or parts that stuck out and why.

After a few minutes in silent prayer, say the prayer aloud or invite the group to say the prayer aloud together.

Prayer for Serenity

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with you forever in the next.

Amen.

Reinhold Niebuhr