



A Serenity Groups Study

Serenity Prayer Study Group Tenth Meeting

“Continued to take personal inventory and when we were wrong, promptly admitted it.”

—The Tenth Step to Serenity

Welcome to Our Meeting

Remember: “What’s said in our study group stays in the group.” You never need to tell us why you are here; nor should you be asked, while in a meeting, why you are attending. Feel free to maintain confidentiality, for our Serenity Prayer Study Group is only a supplement to traditional 12 Steps Programs. Our meetings maintain a compassionate and nonjudgmental attitude toward others. Our desire is to help others as we have been helped. Our meetings begin with a Moment of Silence to focus our minds on the purpose of our study. The meeting facilitator will then lead us in praying The Serenity Prayer in unison.

Our Meeting Today

**A Moment of Silence
The Serenity Prayer
The Tenth Tradition**

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Tenth Step

Take a moment for quiet meditation.

What does “and the wisdom” and the Tenth Step say to you”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does James 3:17-18 say about the Serenity Prayer?

The Serenity Prayer

“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.”

The 10th Tradition

“Those using Serenity Groups materials have the freedom to organize and maintain their Group, by whatever name, apart from outside permission or control. No single group or group of Serenity Groups represents a total Serenity Groups movement in whole or in part.”

Scripture Text

***James
3:17-18***

“But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness.”

Let's Discuss These Things

The Serenity Prayer encourages me to seek the wisdom I need for every situation each day of my life. What kind of wisdom do we need to deal with those things we wish we had not done during a day? Why is it important for us to also think of some of the things we did right in a day, every day, that at one time we always or usually failed to do right in some situations?

How can promptly admitting to ourselves both the wrongs and the rights we have done immediately after we do them each day help us? How can promptly admitting (or during our end of the day inventory) the "rights" we have done help us in our recovery? How can promptly admitting our wrongs to ourselves also help in our recovery? What are some guidelines for telling or admitting to others our rights and our wrongs?

With can I do if my daily inventory shows that I am improving daily? What can I do if my daily inventory shows some behavior that seems to be getting worse? How can praying *The Serenity Prayer* help?

How can I avoid taking the moral inventory of others? How can I learn to give others the benefit of the doubt when I see them doing something wrong? How can I avoid judging others on the basis of my prejudices?

When I see someone do something right, whether they are in recovery or not, what benefit will they receive and what benefit will I receive if I promptly acknowledge to them and myself the good they have done?

What is the difference between taking Step 4 and Step 10? How can taking Step 10 daily help others in addition to helping myself? What might happen to me if I fail to promptly admit to the one I have wronged the wrong I have done to them? What will be the effect on me if this failure becomes a habit?

How might skipping Step 10 daily have a serious effect upon my recovery? What are some habits I can begin to develop that will help me complete Step 10 daily?

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 205-207

Take a moment for quiet meditation and discuss any key ideas you found.

Prayer Requests

Write down any prayer requests and include them in your prayers for this week.

*Without the permission of the person sharing the request,
please do not share these requests outside of the group meeting.*

Moment of Silence and The Lord's Prayer

Anyone in today's meeting may pray out loud or silently as we conclude our meeting.

The meeting facilitator will close by leading the group in The Lord's Prayer.