



A Serenity Groups Study

Serenity Prayer Study Group Eleventh Meeting

“Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.”

—The Eleventh 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 Eleventh Tradition**

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Eleventh Step

Take a moment for quiet meditation.

What does “to know” and the Eleventh Step say to you?”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does 1 Timothy 4:8 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 11th Tradition

“Serenity Groups offer those of any religion or philosophy the opportunity to meet with others without fear of condemnation or criticism from others in the group. The road to serenity is not down the path of criticism of others or their points of view. Participants need to have the freedom to discuss and share ideas in the hope of learning from others the best ways to walk in serenity and beauty.”

Scripture Text

1 Timothy

4:8

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

Let's Discuss These Things

The Serenity Prayer encourages me to know, and not just feel. What kinds of things have we done on the basis of how we felt? How often have we followed our feelings when making a decision to do something instead of doing what we knew to be right? How can improving our conscious contact with God help us to both know the right thing to do and also have the power to do the right thing?

How can improving our conscious contact with God give us greater knowledge of His will? How can we avoid doing what we *feel* is God's will when God wants us to *know* His will? How has our avoiding the acquiring of the knowledge of God's will caused problems for us?

In what ways have our prior religious experience and training interfered with our desire to know the will of God? How has practicing the 12 Steps up to this point given us a greater desire to know the will of God, along with an increased desire to have the power to do the will of God?

What is the difference between prayer and meditation? How can meditating on the meaning of one of the 12 Steps help us focus on how to apply the step with new meaning in our lives? How can praying help us better apply what we learn from our meditations?

What kind of things am I tempted to pray for other than the knowledge of God's will that may be contrary to the will of God? How can I pray more for the knowledge of God's will and the power to carry it out and less for things or power over others?

How can prayer and meditation help me find the solutions to my problems and inspire me to work the Steps daily?

In what way does the Eleventh Step help me surrender to the will of God? What does it mean to surrender to the will of God for my life?

Prayer Steps to Serenity

*Read **Prayer Steps to Serenity** Pages 223-225*

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.