



A Serenity Groups Study

Serenity Prayer Study Guide Twelfth Meeting

“Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.”

—The Twelfth 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 Twelfth Tradition

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Twelfth Step

Take a moment for quiet meditation.

What does “the difference” and the Twelfth Step say to you?”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does Mark 16:15 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 12th Tradition

“Serenity Groups often use the Twelve Steps Journey Workbook for personal and group journeys and meetings, along with readings from Prayer Steps to Serenity. Serenity Groups participants are free to use in meetings any books, readings, quotations, and study guides that the participants and group find appropriate and helpful.

Scripture Text

Mark 16:15

“Jesus said to them, ‘Go into all the world and preach the good news to all creation.’”

Let's Discuss These Things

The Serenity Prayer encourages me to know the difference that both praying and practicing the 12 Prayer Steps can make in my life and in the lives of others. How can knowing this difference inspire me to work the Twelfth Step?

Why do I now want to practice the 12 Steps in all of my affairs? Which of the 12 Steps do I think I need to practice the most in the days ahead? How can practicing the Eleventh and the Twelfth steps help me work the Step I most need the practice in working?

What is a spiritual awakening? In what ways or in what areas of my life could I describe the way I was living as spiritual death? How can a spiritual awakening overcome spiritual death?

Why does walking the Twelve Step Journey give us a slow growth of understanding and change rather than instant satisfaction and immediate total change? Why is slow growth better than instant change? How does practicing the 12 Steps as 12 *Prayer* Steps help me grow slowly and accept the benefits of growing and changing slowly? How can I be more accepting of others who are growing slowly as they work the steps? Why is praying *The Serenity Prayer* so helpful in accepting the slow growth and change of others as well as my own?

How can praying *The Serenity Prayer* help prepare me and others as I seek to practice the Twelfth Step and carry the message to others?

What is the difference between giving someone advice and telling them what has worked for me? Is it "giving advice" to suggest to someone that they find a recovery fellowship and begin the 12 Steps Program? How can I best carry the message to others?

Why is carrying the message to others something I need to do for myself as well as for others? What difference will carrying the message to others make in my own life and possibly in their lives?

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 241-244

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.