



A Serenity Groups Study

“Made a decision to turn our will and our lives over to the care of God.”

—The Third Step to Serenity

Serenity Prayer Study Group Third Meeting

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 3rd Tradition
“Serenity Groups offer a new approach to Bible Study and prayer that follows the 12 Steps of Recovery, which we call The Twelve Steps Journey, a supplement to traditional Programs.”

Welcome to Our Study

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.

Scripture Text Hebrews

7:25

“Consequently Jesus is able for all time to save those who approach God through him, since he always lives to make intercession for them.”

Our Meeting Today

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

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Third Step

Take a moment for quiet meditation.

What does “to accept” and the Third Step say to you?”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does Hebrews 7:25 say about the Serenity Prayer?

Let's Discuss These Things

The Serenity Prayer promises that God will grant me serenity when I trust, pray, and obey. Can I accept the fact that God is able and willing to manage my life, if I will only let Him? Am I ready to stop managing my life by myself, and even let go of my life and future, to let God manage my life and determine my future? Can I think of following the Twelve Steps as my accepting God's will for my life and learning obedience?

The Serenity Prayer offers me serenity when I learn "to accept." What does "total acceptance" imply? Can I accept the truth that I may need to stop interfering in situations created by others, no matter what may happen? Can I stop trying to intervene and handle every problem, including the problems of others, myself? How can *The Serenity Prayer* help me know when to become involved with others?

The Serenity Prayer offers serenity to everyone, but what does it mean for me to turn over to the care of God only my own life and will, only my own problems, and no one else's? Am I ready "to accept" the fact that I am not God and stop playing God in relation to anyone else, and allow others solve their own problems, just as I am trying to solve mine? How can I demonstrate God's will in my life through all my words and actions toward others? How might this help others as well as myself?

How can praying *The Serenity Prayer* help me overcome my fear of taking the Third Step? How can I avoid indecisiveness in all of my relationships and in all of my efforts to solve my problems?

Do you agree or disagree: "Even though I do not know what God is going to do with my life after I turn my life completely over to the care of God, I do know that God will do everything right and God will make everything right someday?"

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 79-81

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.*

A 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.