



A Serenity Groups Study

“Humbly asked Him to remove our shortcomings.”

—The Seventh Step to Serenity

Serenity Prayer Study Group Seventh 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 7th Tradition

*“Serenity Groups
offer spiritual support
to others freely and
without charge,
but does not offer
counseling, professional
counseling services, or
advice. The opinions
expressed by anyone
in any meeting are
simply that — personal
opinions.”*

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.

Scripture Text

Ezekiel

33:11

*“Say to them, ‘As surely
as I live, declares the
Sovereign Lord, I take
no pleasure in the
death of the wicked, but
rather that they turn
from their ways and
live. Turn! Turn from
your evil ways! Why
will you die, O house of
Israel?’”*

Our Meeting Today

A Moment of Silence

The Serenity Prayer

The Seventh Tradition

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Seventh Step

Take a moment for quiet meditation.

What does “to change” and the Seventh Step say to you”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does Ezekiel 33:11 say about the Serenity Prayer?

Let's Discuss These Things

The Serenity Prayer teaches me that I need to change, "ME," "I" need to change! It takes true humility to admit that I need to change and not those around me (though I will not excuse their behavior either). It takes even more humility to admit that I cannot change, because I have not changed, by myself. Can I admit that I WILL NOT change by myself, or is that my problem? I need God as my Higher Power to change me and especially remove all of my shortcomings and/or sins. What are some of the things people need God's help to change or remove that they cannot change or remove by themselves? How can *The Serenity Prayer* help people receive God's help to make these changes or remove these shortcomings??

What does it mean to admit that your ego is out of control? What does it mean to admit that I am not God?

How do we sometimes try to bargain with God when we suffer through the consequences of our actions? How do we sometimes try to bargain with God with respect to removing our shortcomings? Why does this bargaining with God fail us? What is the opposite of bargaining with God in working the Seventh Step?

Why is "belief" important in working the Seventh Step? What must I believe when I take this Step?

What do I need to do when my shortcomings are not immediately removed by God? How can *The Serenity Prayer* help me when my shortcomings seem to be so great that God does not seem to be removing them according to my timetable in my way?

How can I use what I have learned from the Seventh Step and *The Serenity Prayer* to help someone who comes to me struggling with some shortcomings they want removed? What if they say to you, "I've tried praying and it doesn't work!" How might you respond to that comment about prayer working?

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 151-154

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.