



*A Serenity Groups Study*

# Serenity Prayer Study Group Ninth Meeting

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***“Made direct amends to such people wherever possible, except when to do so would injure them or others.”***

**—The Ninth 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 Ninth Tradition**

*Briefly discuss the meaning and purpose of this tradition.*

### **The Serenity Prayer and the Ninth Step**

*Take a moment for quiet meditation.*

*What does “I can” and the Ninth Step say to you?”*

### **The Scriptures and the Serenity Prayer**

*Take a moment for quiet meditation.*

*What does Matthew 5:23-24 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 9<sup>th</sup> Tradition***

***“Serenity Groups offer  
others who want to  
start Serenity Groups  
encouragement  
and support where  
appropriate and  
without charge  
whenever possible.”***

## ***Scripture Text***

***Matthew***

***5:23-24***

***“Therefore, if you are  
offering your gift at  
the altar and there  
remember that your  
brother has something  
against you, leave your  
gift there in front of  
the altar. First go and  
be reconciled to your  
brother; then come and  
offer your gift.”***

## Let's Discuss These Things

*The Serenity Prayer* teaches me that I can change some things! I obviously cannot (and sometimes ought not to) make a fresh start with some people in the process of making amends, but I can make a fresh start with myself and some of those closest to me when I begin making amends. In the Eighth Step I admitted that some of my words and actions have harmed others. How can *The Serenity Prayer* help me discover the ones I need to make amends to and how to make these amends?

How can making amends wherever I can and with whomever I can bring some amount of healing to me and to them? How can making amends relieve some of the true guilt I feel for the injuries I have brought others? How can *The Serenity Prayer* help me deal with my guilt feelings regarding those I cannot make amends to (for whatever reason)?

With what groups of people should I begin to make amends to first? What about my immediate family? Is this always the place to start? What about other friends and relatives? How can a person begin making amends to some of these people without also blaming them for some role they played in any estranged relationships?

How can making amends in the best way I can deepen my sense of inner peace and serenity? How can deepening my sense of serenity further my recovery (and perhaps the recovery of my loved ones)?

How can I be certain that in the process of making amends I do not also express resentment or self-righteousness toward the other person?

Now that I have made a new start by completing the first nine steps, how can I put them behind me and follow the example of the Apostle Paul: "*I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus*" (Philippians 3:13-14).

### Prayer Steps to Serenity

*Read Prayer Steps to Serenity Pages 187-189*

*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.*