

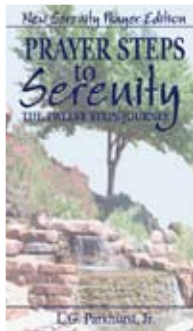
Serenity Prayer Steps

The Official Study Guide and Workbook For Leaders, Groups, and Individuals

For Celebrate Serenity groups using

*Prayer Steps to Serenity
The Twelve Steps Journey
The 12 Steps in 12 Days*

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*For Serenity Groups Using
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**Write lgp@serenitygroups.org
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Prayer Steps to Serenity The Twelve Steps Journey: New Serenity Prayer Edition
by L. G. Parkhurst, Jr., Edmond: Agion Press, 2006.

Prayer Steps to Serenity The Twelve Steps Journey: The 12 Steps in 12 Days
by L. G. Parkhurst, Jr., Edmond: Agion Press, 2009.

See Also

Prayer Steps to Serenity: Daily Quiet Time Edition
by L. G. Parkhurst, Jr., Edmond: Agion Press, 2006.

Prayer Steps to Serenity Daily Quiet Time Workbook & Journal
by Donna Jordan Newton., Edmond: Agion Press, 2007.

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Please Note: The publisher of this edition of the *Serenity Prayer Study Guide and Workbook* gives leaders the right to reproduce these pages for use by those attending their meetings. This edition is in the process of revision, so please send your additions, corrections, or suggestions to info@agionpress.com. Please also feel free to modify this meeting guide to best meet the needs of your group; however, based on our experience we have found that the first time through the Serenity Prayer and the 12 Steps with your group this meeting guide seems to work the best. This is the second set of meetings for leading your group through the Serenity Prayer.

For more information, visit the following websites:

www.AgionPress.com

www.PrayerSteps.org

www.SerenityGroups.org

www.CelebrateSerenity.org

E-Mail Contact: info@agionpress.com



A Serenity Groups Study

Serenity Prayer Steps *Celebrate Serenity* First Meeting

“We admitted we were powerless to overcome our weaknesses—that our lives had become unmanageable.”

—The First Step to Serenity

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 Steps 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. In *Celebrate Serenity*, feel free to omit discussions of the *Serenity Groups Traditions*.

Our Meeting Today

A Moment of Silence

The Serenity Prayer

The First Tradition

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the First Step

Take a moment for quiet meditation.

What does “God, grant me” and the First Step say to you?”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does Jeremiah 29:13-14 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 1st Tradition

“Serenity Groups offer everyone the opportunity to keep their addictions, compulsions, difficulties, problems, or weaknesses completely confidential. As you take The Twelve Steps Journey, ‘it can remain between you and God.’ The first principle of Serenity Groups is ‘If it’s private, you can keep it private.’”

Scripture Text

Jeremiah

29:13-14

“When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the LORD, and I will restore your fortunes.”

Let's Discuss These Things

The Serenity Prayer begins, "God, grant me." Can I admit that I am powerless over everyone but myself? As I pray the Serenity Prayer, how much power am I willing to allow God to have over my life?

The Serenity Prayer begins, "God, grant me." If I try to change someone else, how can that lead to their resistance in the form of hostility or hidden resentment? How can the Serenity Prayer help me with this problem and other problems with others?

The Serenity Prayer begins, "God, grant me." Do you agree that changing yourself for the better is the only way to find peace and serenity? Why or why not? What difference can the Serenity Prayer make?

The Serenity Prayer begins, "God, grant me." How can the Serenity Prayer remind you that a change in your attitude may solve many problems? How can the Serenity Prayer help you change yourself?

From *The Twelve Steps and the Twelve Traditions*: "Step One showed us an amazing paradox: We found that we were totally unable to be rid of the alcohol obsession until we first admitted that we were powerless over it." How can the Serenity Prayer help you avoid a depressing sense of despair and hopelessness along with the recognition of your powerlessness?

What is a person's greatest need? How does the Serenity Prayer help people meet that need?

Do you agree or disagree: "The First Step helped me become honest with myself. After I got honest with myself, God placed the right people and programs in my life. We, as individuals, can do nothing about our diseases or weaknesses until we honestly know and admit that we are sick." How does the Serenity Prayer help us become and stay honest with ourselves? How does it help us treat our sicknesses?

Prayer Steps to Serenity

Read Prayer Steps to Serenity: New Serenity Prayer Edition Pages 43-44

OR

Read Prayer Steps to Serenity: The 12 Steps in 12 Days Pages 6-8

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.