

Serenity Prayer Steps

Day 2 of 12 Days

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
Prayer Steps to Serenity
The Twelve Steps Journey
New Serenity Prayer Edition*

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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* Second Meeting

“Came to believe that a Power greater than ourselves could restore us to sanity.”

—The Second 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 Second Tradition

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Second Step

Take a moment for quiet meditation.

What does “the serenity” and the Second Step say to you?”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does Psalms 147:5-6 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 2nd Tradition

“Serenity Groups offer prayer support from others and teaches you valuable prayer principles that you can apply each day to help you and others maintain serenity and overcome addictions, compulsions, obstacles and weaknesses.”

Scripture Text

Psalms 147:5-6

“Great is our Lord, and abundant in power; his understanding is beyond measure. The LORD lifts up the downtrodden; he casts the wicked to the ground.”

Let's Discuss These Things

The Serenity Prayer promises that God will grant to those who trust and pray “the serenity” they seek. Can I accept as a fact that the true and lasting *serenity* I seek can only come as a free gift from God? Can I admit that the true and lasting *sanity* I need can come from God alone? Can I admit that apart from God I cannot handle all of my affairs with wisdom and good judgment?

The Serenity Prayer offers “the serenity” I need. How can the Serenity Prayer help me straighten out my thinking and help me develop a rational frame of mind day-by-day?

The Serenity Prayer offers “the serenity” I need to overcome my weaknesses or compulsions. Since I have not been able to restore myself to sanity, what must I do to truly believe that I need to trust in God as my Higher Power to survive?

The Serenity Prayer offers the hope of attaining “the serenity” we seek. How does the Second Step offer hope that there is a way to treat our disease and overcome the unmanageability in our lives.

What have you learned so far about a person's greatest need? How does the Serenity Prayer help people meet that need?

Do you agree or disagree: “Finding serenity and maintaining peace of mind with God's help will give me the ability to stay clean and reduce the number of times I feel I must use or get high or go ahead and do something I know to be unhealthy or wrong just to cope with my situation?” Why do you believe this statement is correct or incorrect? What would you need to change about it to make the statement more accurate?

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 61-63

OR

Read Prayer Steps to Serenity: The 12 Steps in 12 Days Pages 9-12

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.