

Serenity Prayer Steps

Day 4 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*

*Get the Free E-book
Celebrate Serenity
CelebrateSerenity.org*



*For Serenity Groups Using
Prayer Steps to Serenity
The Twelve Steps Journey
New Serenity Prayer Edition*

*Learn More About
Prayer Steps to Serenity
PrayerSteps.org*

You may freely reproduce these pages for not for profit use.

**Write lgp@serenitygroups.org
with your questions or suggestions
regarding Celebrate Serenity, Serenity Groups or this Study Guide.**

**L.G. Parkhurst, Jr.
© Copyright 2009
All Rights Reserved**

For Use With

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.

Unless otherwise noted, all Scripture quotations in this book are taken from the Holy Bible: New International Version, copyright 1973, 1978, 1984, by the International Bible Society. Used by permission of Zondervan Bible Publishers.

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* Fourth Meeting

“Made a searching and fearless moral inventory of ourselves.”

—The Fourth 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 Fourth Tradition

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Fourth Step

Take a moment for quiet meditation.

What does “the things” and the Fourth Step say to you?”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does Matthew 6:22,23 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 4th Tradition

“Serenity Groups offer authentic and loving fellowship with others and time-tested tools to help you face any problems and overcome obstacles while maintaining your inner peace, peace with God, and peace with others (in so far as that lies with you).”

Scripture Text

Matthew

6:22,23

“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light; but if your eye is unhealthy, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!”

Let's Discuss These Things

The Serenity Prayer promises that God will help me understand myself and others in such a way that I will be able to see and accept the things I can and cannot change in my life and in the lives of others. Am I willing to accept God's offer to help me examine my life and discover "the bad" things as well as "the good" things that I have done and am continuing to do?

As I take my moral inventory, how harmful can it be to harbor resentment and a spirit of unforgiveness? What are some of the consequences of unforgiveness, resentment, or playing the blame game?

What is self pity? How does it manifest itself? How can the Serenity Prayer help me overcome self pity?

Do I sometimes assume the responsibilities that belong to others? In what ways can this be harmful to them and to me? How can the Serenity Prayer help me place responsibility where it belongs and leave it there?

How often do we let our minds dwell on the inadequacies, failings, shortcomings, and moral inventory of others instead of our own? How can we make a more successful effort to overcome our own shortcomings and focus on our own thinking, feeling, speaking, acting?

Describe these: financial bankruptcy, physical bankruptcy, moral bankruptcy, spiritual bankruptcy. How can each of these be overcome, or substantially overcome if not completely overcome in this life?

How can our character defects affect or influence our feelings? Our behavior? Our relationships?

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 97-99

OR

Read Prayer Steps to Serenity: The 12 Steps in 12 Days Pages 17-21

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.