

Serenity Prayer Steps

Day 7 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* Seventh Meeting

“Humbly asked Him to remove our shortcomings.”

—The Seventh 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 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 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?

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.”

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?’”

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

OR

Read Prayer Steps to Serenity: The 12 Steps in 12 Days Pages 30-33

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.