

Serenity Prayer Steps

Day 9 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
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New Serenity Prayer Edition*

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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* Ninth Meeting

“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 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 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 9th 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

OR

Read Prayer Steps to Serenity: The 12 Steps in 12 Days Pages 38-41

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.