



*A Serenity Groups Study*

# Serenity Prayer Study Group First Meeting

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***“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 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.

## 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 1<sup>st</sup> 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 out diseases or weaknesses until we honesty 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 Pages 43-44*

*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.*