



*A Serenity Groups Study*

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

**—The Second Step to Serenity**

# Serenity Prayer Study Group Second Meeting

## ***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 2<sup>nd</sup> 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.”***

## **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.

## ***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.”***

## **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 Psalm 147:5-6 say about the Serenity Prayer?*

## **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*

*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.*