



*The Fourth Step to*  
**Serenity**

*A Serenity Groups Study*

***“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 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 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 4<sup>th</sup> 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*

*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*.*