



A Serenity Groups Study

“Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”

—The Fifth Step to Serenity

Serenity Prayer Study Group Fifth Meeting

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 Fifth Tradition**

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Fifth Step

Take a moment for quiet meditation.

What does “I cannot change” and the Fifth Step say to you?”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does Psalms 69:5 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 5th Tradition

“Serenity Groups offer those in any Recovery Program the opportunity to learn more about the spiritual foundation of their Program while deepening their relationships with God and others. Serenity Groups are not designed to replace any Recovery Program, Treatment Program, or Group, but seek to offer keys to serenity that are consistent with the 12 Steps of A.A. as originally designed and intended.”

Scripture Text

Psalms

69:5

“O God, you know my folly; the wrongs I have done are not hidden from you.”

Let's Discuss These Things

The Serenity Prayer teaches me that there are some things “I cannot change.” Some wrongs and the consequences of those wrongs have made a difference in the history of my life and the lives of others. What kind of difference does it make in my thinking about these wrongs if I think of these wrongs as “folly,” according to the Psalmist? How can *The Serenity Prayer* help you avoid “folly” in the future?

How can admitting my wrongs privately to God in my meditations and prayers help me? Can you think of any differences between “faults” and “wrongs?” How can *The Serenity Prayer* help you overcome both faults and wrongs in the future?

Recognizing that no one is perfect, why do you think it is so hard to admit our wrongs to another person? What are the characteristics of the person that we should admit our wrongs to? How can praying *The Serenity Prayer* help us find “the right person” to admit our wrongs to?

How can acknowledging my faults and wrongs to God and another person bring me healing and relief?

How can our trying to live alone and solve our problems alone hinder our recovery and even become a deadly way of life? How can the practice of praying *The Serenity Prayer* help us overcome being alone and working on our problems by ourselves alone?

What is the difference between admitting “our wrongs” and “the nature of our wrongs”? Why does the Fifth Step require us to admit “the nature of our wrongs” instead of just listing our wrongs or discussing the details of our wrongs with another person? How could it be easier to admit “the nature of our wrongs” to another person rather than “our wrongs” How can praying *The Serenity Prayer* help you discover “the nature” of your wrongs and face them in ways that will help you overcome them?

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 115-117

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.