



A Serenity Groups Study

“Were entirely ready to have God remove all these defects of character.”

—The Sixth 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 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 Sixth Tradition**

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Sixth Step

Take a moment for quiet meditation.

What does “the courage” and the Sixth Step say to you”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does 2 Chronicles 15:7 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 6th Tradition

“Serenity Groups offer the family and friends of anyone in recovery or needing recovery the opportunity to meet and discuss the principles of serenity and recovery — with those in recovery and the loved ones of those in recovery.”

Scripture Text

2 Chronicles

15:7

“But you, take courage! Do not let your hands be weak, for your work shall be rewarded.”

Let's Discuss These Things

The Serenity Prayer teaches me that I need courage! It takes courage to make changes in the face of both known and possible opposition. It takes courage to make changes when the odds against success seem overwhelming. What are some of the things we can gain when we pray for and muster the courage to take action? What things might we lose when we are offered the opportunity to act courageously, but we do not take action? How can *The Serenity Prayer* help people attain the courage they need?

What are some character defects that can be most easily removed by replacing them with good or healthy choices and actions that can become good habits — habits that will transform our character and lead us into a new way of life? How can God help people change their circumstances and lives?

Think of a character defect that afflicts people and affects the lives of those around them. If God removed that specific character defect, what specific character trait would God want to put in a person in place of that defect? Think of some character traits of God that He would like His children to demonstrate. Name three godly character traits and pray for the courage to develop these in your life.

Why might it take courage to change your way of thinking about someone? To stop thinking negative thoughts about them and to begin thinking some positive thoughts about them? In what ways could changing our thinking about someone be dangerous instead of helpful? Pray for wisdom and courage!

Think of various meanings for the word “surrender.” In what ways could the Sixth Step be considered a Step of Surrender? Why do we need courage to surrender in the way the Sixth Step requires?

In what ways can rationalizing about the character defects we still love slow down our recovery? When are people most ready to pray for God to remove ALL their defects of character, the ones they love and the ones they hate? Why do you think most people postpone making changes in their lives?

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 133-135

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.