



A Serenity Groups Study

Serenity Prayer Study Group Eighth Meeting

“Made a list of all persons we had harmed and became willing to make amends to them all.”

—The Eighth 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 Eighth Tradition**

Briefly discuss the meaning and purpose of this tradition.

The Serenity Prayer and the Eighth Step

Take a moment for quiet meditation.

What does “the things” and the Eighth Step say to you?”

The Scriptures and the Serenity Prayer

Take a moment for quiet meditation.

What does Ezekiel 33:15-16 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 8th Tradition

“Serenity Groups offer each member the opportunity to use their time, talent, and treasure to help keep the group self-supporting and to reach out to others who might benefit from The Twelve Steps Journey, prayer, serenity principles, or Serenity Groups.”

Scripture Text

Ezekiel

33:15-16

“If he gives back what he took in pledge for a loan, returns what he has stolen, follows the decrees that give life, and does no evil, he will surely live; he will not die. None of the sins he has committed will be remembered against him. He has done what is just and right; he will surely live.”

Let's Discuss These Things

The Serenity Prayer teaches me that I need to change some things that I can change. I can change and improve my attitude toward some people by making a list of all those I may need to make amends to by restoring “the things” that they have lost by my deeds or words. How does making a list of those I need to make amends to as suggested in the Eighth Step be an expression of love and bring about change in me? How can *The Serenity Prayer* help me change my attitude toward the people on my list and make me willing to do what the Eighth Step requires, and later the Ninth Step?

What are some of “the things” that no amends can restore that I will need to bring to God in prayer? How can I add these people to my list, along with the amends that are needed? What amends can be made when no amends are sufficient to restore all that my actions have destroyed? How can prayer help in situations such as these?

How can my willingness to make amends help me in my efforts to treat others as I would like for others to treat me from taking this Eighth Step on forward?

As I look at the “amends needed” side of my list, how can I discover if there is a pattern of misbehavior that might indicate a character defect in my life? For example, are anger or dishonesty repeat patterns that have led to my destroying relationships? How can *The Serenity Prayer* help me deal with these patterns?

How can making amends help me along the path of humility in all of my relationships? How can becoming willing to make amends help me become more considerate of the feelings and failings of others? How can I avoid thinking that some do not deserve my efforts to make amends to them?

How can my becoming willing to make amends lead to peace of mind and the serenity I seek? Why is it important for me to have made significant peace with God and within myself before proceeding to the Ninth Step?

Prayer Steps to Serenity

Read Prayer Steps to Serenity Pages 169-172

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.