



## What Are Serenity Groups?

*Serenity Groups offer support, strength, and opportunities for spiritual growth to those suffering from any addiction, compulsion, disease or weakness, as well as their loved ones and care givers.*

**Y**ou might think of Serenity Groups as actually Prayer Support Groups, Recovery Groups that follow the 12 steps, Recovery Programs, Bible Study Groups, caring and loving Fellowships of people helping others as they have been helped. Serenity Groups have become all of these things and more! Those who have experienced the value of working through the 12 Steps seem to learn and understand many scriptural truths more personally and effectively. By taking *The Twelve Steps Journey* in Serenity Groups, you will discover and follow the *Prayer Steps to Serenity* and recovery in 12 Steps Bible Study, Prayer and Support Groups that will teach you how to pray more effectively for others and yourself. By following the 12 Steps, many people have found peace with God, peace with others, and the inner peace or serenity that enables them to overcome their addictions, problems, and other weaknesses.

Serenity Groups take their name from *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.”

In Serenity Groups, people who want to learn more about the Bible and how to pray more effectively can meet with others who want to learn more about the 12 Steps and how to walk them. In Serenity Groups, people can meet and maintain their privacy about any problems, weaknesses, compulsions, or addictions they or a loved one face. Unlike some support or recovery groups, in Serenity Groups people can remain confidential about why they are attending the group meetings. Some attend for Bible Study, some for Prayer Support, some for working the 12 Steps in a caring and loving environment, some for learning how to help someone else (and they find that the program helps them too). In Serenity Groups, no one needs to introduce themselves and admit the exact nature of their struggles, obstacles, addictions, or wrongs, for Serenity Groups only *supplement* current Programs. Serenity Groups are not designed to replace any of the many successful 12 Steps Programs currently available. Serenity Groups enable people in recovery and their friends, family, and loved ones to meet together in the same group, which is seldom allowed or done in many recovery programs. Everyone can share what the 12 Steps mean to them, if they want to, or just remain silent listeners and learners. For these reasons, and others, Serenity Groups will not replace any traditional 12 Steps Program; such as, A.A., Al-Anon, NA, OA, CoDa, and others; nor were Serenity Groups designed to replace any other Recovery or Treatment Program. Serenity Groups can supplement your current Program or help others discover the Program that will work best for them as they learn more about the 12 Steps.

Those in Serenity Groups pray for one another and others. They receive support from God and others as they walk through life. They open their lives to the power of God, Who will empower and guide them to victorious living. Serenity Groups work.

Many Serenity Groups study *Prayer Steps to Serenity the Twelve Steps Journey: New Serenity Prayer Edition* by L.G. Parkhurst, Jr., but no one needs to have the book in order to attend or profit from Serenity Groups meetings. *Prayer Steps to Serenity* provides the daily devotional readings that will help you pray and walk through 12 Steps in *The Twelve Steps Journey*. *The New Serenity Prayer Edition* adds 12 new meditations on *The Serenity Prayer* as keyed to each of the 12 Steps. The book includes both a Personal Journey Guide and a Group Journey Guide, which can be used as a workbook or journal for personal Quiet Times and small study or prayer support groups. Serenity Groups can benefit those in small to medium sized churches, fellowships, and home groups where privacy and confidentiality are important as people are introduced to the 12 Steps and a Program of Recovery. *Prayer Steps to Serenity* can be used in a Sunday school class or home group, and this meeting guide and workbook can provide the guidance you need.

Copyright ©2007 L.G. Parkhurst, Jr. Serenity Groups [lgp@SerenityGroups.org](mailto:lgp@SerenityGroups.org)