

Serenity Prayer

God grant me the serenity to accept the things I cannot change....

What are the chief causes of my anxieties and concerns? Do I have control over these people, things, circumstances? Am I willing to let go of what I cannot control.

In this space name what you feel you should or can let go of.

The courage to change the things I can...

Where do I feel able to bring about change – both in the world around me and in my internal attitudes and struggles?

In this space name any areas you feel you should be seeking to change – both in yourself and in the world around you.

And the wisdom to know the difference...

Knowing what is my concern, what is the other person's concern and what is God's concern is difficult. If I cannot change something right now I need to be able to trust God with it.

In this space name anything you feel you need to leave with God.

Living one day at a time, enjoying one moment at a time....

Am I now/here? I ask the grace to be attentive to the NOW in loving readiness.

In this space ask for the grace to become more present to yourself, others and God.

Accepting hardships as the pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it....

Where do I experience the difficulties and pain that loving commitment has brought me? Do I know that the path through these ultimately leads to life and growth?

In this space name any of these particular points of pain and hardship.

Trusting that He will make all things right if I surrender to His will?

Do I trust God to care for things if I let go of control? Do I believe that in his will is my happiness?

In this space ask for growth in faith.

That I may be reasonably happy in this life...

Happiness is a consequence of living here-now-in-love, completely present to myself, others and God.

In this space ask for the grace to take responsibility for your own happiness.

And supremely happy with Him forever....

Do I cling to this life? Do I fear death? Do I have hope both for life now and after I die?

In this space ask for the grace to be hopeful.

Amen.