

Daily Prayer Guide to Serenity

Print out and write in the spaces provided below.
Record your thoughts and prayers in the spaces below.
Use or Edit these suggestions for daily prayer.
Make available to those in your
Recovery Group, Serenity Group, or Prayer Group.

Pray 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.”*

Thank God: For at least one understanding that you have of God.
For example, “God is love and God loves me.”

Thank God: For at least one thing God has done for you.
For example: “God has led me to a Program for recovery.”

Ask God: To help you change at least one thing today, be specific.
For example: “Avoid morbid reflection.” or “Greet others cheerfully.”

Ask God: To help you understand something you cannot change.
For example: “The behavior and choices of someone else.”

Ask God: To give you the courage to do at least one thing.
For example: “Do the good thing you have avoided.”

Ask God: To strengthen and heal you and others.
For example: “Please heal _____ of _____.”

Ask God: To give you more understanding of Himself and His will.

Thank God: For the Serenity that His Spirit will give you this day.

Pray The Serenity Prayer and remain quiet for God to speak to you about what He wants you to know and help you with this day. Record your thoughts.

“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. Lord God, help me today to”

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Contact: L.G. Parkhurst using this e-mail address (lgp@PrayerSteps.org).