

Serenity Groups

Meeting Guide and Workbook

**For All 12 Steps Groups
A Manual for Leaders and Groups**

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may reproduce these pages
for use by those attending
their meetings.**

**Write lgp@serenitygroups.org
with your questions or suggestions
regarding Serenity Groups or this Guide.
L.G. Parkhurst, Jr.**

For Use With

Prayer Steps to Serenity The Twelve Steps Journey: New Serenity Prayer Edition
by L. G. Parkhurst, Jr., Edmond: Agion Press, 2006.

See Also

Prayer Steps to Serenity: Daily Quiet Time Edition
by L. G. Parkhurst, Jr., Edmond: Agion Press, 2006.

Serenity Groups: Meeting Guide and Workbook

**For All 12 Steps Groups: A Manual for Leaders and Groups
especially designed for use with—**

***Prayer Steps to Serenity The Twelve Steps Journey:
New Serenity Prayer Edition***

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Please Note: The publisher of this edition of *Serenity Groups: Meeting Guide and Workbook* give leaders the right to reproduce these pages for use by those attending their Serenity Groups meetings. This edition is in the process of revision, so please send your additions, corrections, or suggestions to info@agionpress.com. Please also feel free to modify this meeting guide to best meet the needs of your group; however, based on our experience we have found that the first time through the 12 Steps with your group this meeting guide seems to work the best. A second set of meetings is in production for leading your group through the Serenity Prayer.

For more information, visit the following websites:

www.AgionPress.com

www.PrayerSteps.org

www.SerenityGroups.org

E-Mail Contact: info@agionpress.com



1st Step Meeting

*“We admitted we were powerless
to overcome our weaknesses—
that our lives
had become unmanageable.”*
—The First Step

*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.*

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.”*

Welcome to Our Meeting

Remember: “What’s said in the meeting stays in the meeting.” 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 your anonymity and confidentiality, for our Program is only a supplement to traditional 12 Steps Programs and we encourage you to attend other recovery Programs too. 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 the meeting. The meeting facilitator will then lead us in praying The Serenity Prayer in unison.

The 1st Tradition
*“Serenity Groups
offer everyone the
opportunity to keep
their addictions,
compulsions,
difficulties, problems, or
weaknesses completely
confidential. As you
take The Twelve Steps
Journey, ‘it can remain
between you and God.’
The first principle of
Serenity Groups is ‘If it’s
private, you can keep it
private.’”*

Our Meeting Today

A Moment of Silence
The Serenity Prayer
The First Tradition

Briefly discuss the meaning and purpose of this tradition.

The First Step

*Take a moment for quiet meditation.
Discuss what this Step says to you.*

The Scriptures and the First Step

*Take a moment for quiet meditation.
Discuss what the Scripture text says about this Step.*

Scripture Text

Isaiah 30:18

*“Yet the LORD longs
to be gracious to you;
he rises to show you
compassion. For the
LORD is a God of
justice. Blessed are all
who wait for him!”*

Prayer Steps to Serenity

*Read **Prayer Steps to Serenity** Pages 29-31*

Take a moment for quiet meditation.

Discuss the Reading. Use the Questions Below

Why do you think this Step may be difficult to take?

What do you think the greatest benefit from taking this Step will be?

How will taking this Step help others as well as the one taking the Step?

How will taking the Step get you further along on your journey?

Why do you think this Step will help someone find and maintain serenity?

How will prayer help someone taking this Step?

What is the most important thing you learned in today's meeting?

What questions or problems would you like to share with the group today?

Answers to Prayer

What answers to prayer have you received this week for which to thank God?

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.



2nd Step Meeting

“Came to believe that a Power greater than ourselves could restore us to sanity.”

—The Second Step

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.

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 2nd Tradition

“Serenity Groups offer prayer support from others and teaches you valuable prayer principles that you can apply each day to help you and others maintain serenity and overcome addictions, compulsions, obstacles and weaknesses.”

Welcome to Our Meeting

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Scripture Text

Hebrews 2:18

“Because Jesus himself suffered when he was tempted, he is able to help those who are being tempted.”

Our Meeting Today

A Moment of Silence

The Serenity Prayer

The Second Tradition

Briefly discuss the meaning and purpose of this tradition.

The Second Step

Take a moment for quiet meditation.

Discuss what this Step says to you.

The Scriptures and the Second Step

Take a moment for quiet meditation.

Discuss what the Scripture text says about this Step.

Prayer Steps to Serenity

*Read **Prayer Steps to Serenity** Pages 49-50*

Take a moment for quiet meditation.

Discuss the Reading. Use the Questions Below

Why do you think this Step may be difficult to take?

What do you think the greatest benefit from taking this Step will be?

How will taking this Step help others as well as the one taking the Step?

How will taking the Step get you further along on your journey?

Why do you think this Step will help someone find and maintain serenity?

How will prayer help someone taking this Step?

What is the most important thing you learned in today's meeting?

What questions or problems would you like to share with the group today?

Answers to Prayer

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3rd Step Meeting

“Made a decision to turn our will and our lives over to the care of God.”

—The Third Step

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.

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.”

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Our Meeting Today

A Moment of Silence
The Serenity Prayer
The Third Tradition

Briefly discuss the meaning and purpose of this tradition.

The Third Step

*Take a moment for quiet meditation.
Discuss what this Step says to you.*

The Scriptures and the Third Step

*Take a moment for quiet meditation.
Discuss what the Scripture text says about this Step.*

The 3rd Tradition
“Serenity Groups offer a new approach to Bible Study and prayer that follows the 12 Steps of Recovery, which we call The Twelve Steps Journey, a supplement to traditional Programs.”

Scripture Text *2 Corinthians*

12:19

“But Christ said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”

Prayer Steps to Serenity

*Read **Prayer Steps to Serenity** Pages 67-68*

Take a moment for quiet meditation.

Discuss the Reading. Use the Questions Below

Why do you think this Step may be difficult to take?

What do you think the greatest benefit from taking this Step will be?

How will taking this Step help others as well as the one taking the Step?

How will taking the Step get you further along on your journey?

Why do you think this Step will help someone find and maintain serenity?

How will prayer help someone taking this Step?

What is the most important thing you learned in today's meeting?

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