

Daily Prayer Guide to Serenity
for Prayer Steps to Serenity the Twelve Steps Journey

Make this guide available to those in your [Serenity 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 now 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 tell you at least one thing He wants you to do today. For example: "Greet others cheerfully all day."

Ask God: To help you change at least one thing today, be specific. For example: "Avoid morbid reflection."

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 again and remain quiet for God to speak to you about what He wants you to know and help you with this day.