



Free Resources

Traveling the Road of Serenity

A Study Resource for Use with

[*Prayer Steps to Serenity*](#)

[*The Twelve Steps Journey*](#)

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Prayer Steps to Serenity gives you the opportunity to travel slowly and enjoy the road of serenity. Don't rush. Take a deep breath and exhale slowly. Relax. Stay calm. Follow this roadmap. Enjoy the journey. Read slowly. Travel one day at a time; one devotional reading at a time. Think. Pray. Read. Don't run ahead of God. God *will* walk slowly with you, every step of the way, as you read, think, pray, find serenity, and improve your relationships.

As you read *Prayer Steps to Serenity* write down in *Prayer Steps to Serenity* (or in a separate prayer steps journal) any thoughts that come to your mind or any applications you need to make. These thoughts and applications may have been given to you by

God, so record them before they slip away. Plan to meditate on them later—perhaps later in the day. Pray the “Prayer for Today,” and allow the Holy Spirit to direct your mind to finish the prayer sentence or your own prayer. You may find it helpful to write out your completed prayers in *Prayer Steps to Serenity* or your Prayer Journal.

On the Seventh Day of the week, first answer the questions in your "Personal Journey Guide" in *Prayer Steps to Serenity*. Do not refer to your notes of the previous days until you have answered all of the questions. Ask God to help you answer each question. Write down your answers. You will be writing down the wisdom you have gained from the accumulation of the previous days study. When reading *Prayer Steps to Serenity*, you can make any day your "first day of the week;" therefore, you may want to plan your reading week so your Seventh Day will be your least busy day – a day when you can take a longer quiet time.

After you have answered all of the questions in your "Personal Journey Guide" in *Prayer Steps to Serenity* to the best of your ability, go back and review your notes on the previous six days. Write down any thoughts that seem particularly helpful or new as you review. What ideas and applications will help you walk in peace and inner beauty? Finally, commit yourself to begin practicing at least one thing you have learned in the past week. Write down your commitment in the form of a declarative statement. For example, write, “With God’s guidance and power, next week I resolve to . . .” Or, use a similar statement.

Near the end of your twelve week journey, as you complete your Twelfth Prayer Step, pray about whether or not you are ready to ask someone else to join you on your second trip down the road of serenity. Pray, maybe you can find more than one person to join you in beginning a [Serenity Group](#). This may begin your practice of the Twelfth Step. If you find someone else who will take [The Twelve Step Journey](#) with you, remember that they may not be ready to talk deeply with you their weaknesses, obstacles, problems, or addictions. And, they may not be ready to hear you talk a lot about your own personal obstacles to serenity. As you travel together, you will become more open to listening to and helping one another down the road of serenity. The "Group Journey Guide" in *Prayer Steps to Serenity* will help you walk together, and the "Group Journey Guide" will give you an improved second [Twelve Steps Journey](#). After you have found a travel partner (or traveling companions), plan to follow the same roadmap described above, this time adding the questions in the "Group Journey Guides". Read the book and follow the same procedure. If you discover things that help you better than the roadmap described here, discuss with your travel partner or traveling companions the reasons for making changes on your roadmap to serenity. Then, once a week, perhaps on the seventh or first day of the week, meet together and share with one another what you have discovered on your journey that week. God may speak to you and the other person through each other, but neither of you should allow the other to control or take the place of God in your lives. If you find ways to better travel the journey, or improve this or any study resource, please tell me using the [Information form](#) and I will consider sharing your road map with others on the [Prayer Steps](#) or [Serenity Groups](#) websites.

After you have met together and are drawing close to the end of your journey together, think and talk about practicing the Twelfth Step. Discuss whether or not God is calling you two to begin a [Serenity Group](#), prayer group, or other support group. If more than one of you traveled [the Twelve Steps Journey](#) together, consider dividing the group to multiply the number of people you can serve as you walk the Twelfth Prayer Step. In the beginning, your Serenity Group might meet informally following your regular recovery meeting. Assure people that you are not starting any group to replace their current recovery program, but to help them get more benefit from their current recovery program. Because you will have completed [the Twelve Steps Journey](#) twice, and have helped someone else complete the journey, you can help more people down the road of serenity. Pray for those of the Lord's choice to join your group. Perhaps advertise the group's beginning in a community newspaper or religion section of your newspaper. Pray for those who need the teachings in *Prayer Steps to Serenity* to contact you. Invite your friends and others in your recovery program to get together with you for a short term study, with no commitments beyond 12 weeks. Pray, and God will lead the right people into your group.

Brainstorm with others about how you can practice the Twelfth Step. Perhaps a Sunday school class or other established group would allow you to lead a study for them over 12 weeks or 1 quarter. Many times, churches are looking for new Sunday school teachers or someone to give an established teacher a break for 12 weeks. Maybe you will just want to conduct a simple Bible Study that will introduce people to the 12 Steps. With the Personal and Group Journey Guides in *Prayer Steps to Serenity*, the book will almost teach itself, so you do not need to have any experience as a teacher to lead a Serenity group or class. By using the questions and following the guides in *Prayer Steps to Serenity* for starting and conducting a group, your success in meeting the needs of others and helping them find serenity will almost be guaranteed. Once you have begun this journey of helping others, you will be amazed at how God will lead you and help others through you.

At any time while you are on the road of serenity, God may teach you something that you know someone else needs to learn too. Pray intensely about this leading of God and for the person you think needs to understand these truths. Pray for God to prepare them to receive what you need to share with them. Give them a copy of *Prayer Steps to Serenity* and tell them why the book has been really helpful to you. Pray for tact, if you think you need to be specific. Otherwise, tell them what section helped you, and pray for them to find the truths they need at just the right time in that section of the book, when they are prepared to receive these truths and act upon them. Tell them what it means to you to be traveling the road of serenity. You may not have reached your goal yet, but the journey is one of peace, beauty, and joy – [The Twelve Steps Journey](#).

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