

# The Serenity Prayer



God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world  
as it is, not as I would have it;  
Trusting that He will make all things right  
if I surrender to His Will;  
That I may be reasonably happy in this life  
and supremely happy with Him  
Forever in the next.  
Amen.

--Reinhold Niebuhr

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

**A** - I may not always be able to change the event or circumstances

The courage to change the things I can:

**B** – I can change my beliefs about the event or circumstance to Godly beliefs

And the wisdom to know the difference:

**A-B-C** – Wisdom tells us that our emotions and feelings come from our beliefs about a situation or person, if we can renew our minds (Romans 12:2) we can refresh our emotions and change our behaviors.

