

Pray

- ◆ Thank God for his power to change us when we are willing to be changed
- ◆ Ask God for help in boldly identifying things in us that are keeping us from serenity
- ◆ Pray together, "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." Amen

THIS WEEK'S MEMORY VERSE

"...for God gave us a spirit not of fear but of power and love and self control." 2 Timothy 1:7 (ESV)

40 Days commitments

1. **Hear** all 6 weekend messages
2. **Read** the daily Bible verses
3. **Connect** in a small group
4. **Remember** the weekly memory verse
5. **Serve** outside the congregation
6. **Pray** the Serenity Prayer daily
7. **Share** 3 minutes of friendly conversation with someone new to you each week

daily Bible verses

1. **Matthew 7:7-11**
2. **John 5:1-8**
3. **Hebrews 4:12-16**
4. **Romans 12:1-3**
5. **1 John 1:5-10**
6. **James 1:2-6, 19-27**
7. **2 Timothy 1:3-14**

With permission and in partnership, St. Thomas Lutheran Church has adapted this study guide from Calvary Evangelical Lutheran Church's (Clarkston, MI) series: 40 days of Courageous Prayer. It was inspired by Trevor Hudson's book, *The Serenity Prayer: A Simple Prayer to Enrich Your Life*, Rick Warren's 40DAYS campaigns, and Rich Milheim's [FAITHS](#)



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*real people.
real life.
real faith.*

SERENITY

PRAYER OF HOPE



WEEK 2: be Bold

be Bold | courage to change the things I can; and wisdom to know the difference

share | part 1

Last week

BE CALM | God grant me the serenity to accept the things I cannot change

- ◆ What were some of your experiences last week while focusing on BEING CALM? How did you feel God granting you the serenity you asked for?
- ◆ Were you able to move toward accepting something you have been trying to change, but now realize can never be changed by you? How have you experienced God granting you serenity because of this letting go?

read | part 1

This week

BE BOLD | God grant me... courage to change the things I can ...

- ◆ St. Paul tells us in 2 Timothy 1:7 (ESV)
For God gave us a spirit not of fear but of power, love, and self-control.

It's essential to remember that God's Spirit gives us power, love, and self-control as we pray the next part of the Serenity Prayer and ask for **courage to change the things we can ...**

This week we will explore changing things within ourselves; our attitudes, our motives, and our actions. Praying for courage to change what we can is one of the most Courageous Prayers any of us will ever pray. It requires a bold, fearless examination of our failings and flaws, in spite of how long we have lived with them or how well we think we have hidden them from others or even ourselves.

talk | part 1

Inner change can only begin when we actually face what needs to change. And what needs to change is almost always what robs us of serenity. In the Gospel of John Jesus encounters a man by the pool of Bethesda who has been lying there ill for 38 years. He asks him a very pointed question, "Do you want to get well?" Jesus reminds us that we have to be open and want to get better before his power will help us change.

- ◆ Why is it often so difficult to examine our failings and flaws?
- ◆ When have you "put pride in your pocket" and allowed God to change you?
- ◆ What were the by-products of this courageous action?

share | part 2

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.

- ◆ How do we know what to accept and what to change?

read | part 2

In James 1:2-6 (NLT) we read

Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.

talk | part 2

The Bible insists that when we need wisdom, and ask God for it, he will give it. How can we access and then recognize this wisdom?

- ◆ ask God and trust his promises are true, read the Bible, pray
- ◆ listen inside for the "still small voice of God" (1 Kings 19:12 NKJV) and talk with other people of faith you trust
- ◆ listen to your thoughts and feelings
- ◆ after **prayerfully imagining** each possible outcome, follow the choice on which a deep peace rests (The Quaker model of using imagination and prayer combined in decision making)