

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;

That I may be reasonably happy in this life

And supremely happy with Him forever in the next.

Amen

THIS WEEK'S MEMORY VERSE

“The peace I give is a gift the world cannot give.” John 14:27

40 Day Commitment

1. **Hear** all 6 messages
2. **Read** 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 welcoming hospitality with someone new (or new to you) each week

daily Bible verses

1. **John 14:1-7**
2. **John 14:25-31**
3. **John 15:1-12**
4. **John 16:31-33**
5. **Philippians 4:4-9**
6. **Philippians 4:10-14**
7. **Numbers 6:22-27**

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 1: be Calm

... SMALL GROUP GUIDE...

Share | part 1

- ◆ Greetings, introductions, covenant, housekeeping

Read | part 1

- ◆ **God grant me the serenity . . .**

- ◆ What is serenity? When have you experienced it?

- ◆ Jesus tells us in John 14:27 (NLT)

...the peace I give is a gift the world cannot give. So don't be troubled or afraid.

- ◆ St. Paul talks about what it's like for him to experience God's peace in Philippians 4:11b-13 (NIV). He writes from his prison cell:

I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Talk | part 1

All of us have God-shaped holes we try to fill with many things other than God. Paul was no exception, yet over time, he gave himself over completely to God's hand and provision. He was granted *serenity*—a form of peace that can only come from God.

- ◆ What is different about the peace God gives from the peace the world gives?
- ◆ How do Paul's words encourage you to trust God for a peace that doesn't make sense in the midst of difficult times?
- ◆ Have you ever experienced this level of peace?

Share | part 2

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

- ◆ What have you desperately tried to change that you discovered, or are discovering, can never be changed by you? (the past, other people, unchangeable circumstances - from death to traffic jams - aging, chronic illness, addiction...)
- ◆ What would it take for you to be able to fully accept that you will never be able to change these things? (forgiveness (both God's and self), letting go, asking for help...)

Read | part 2

- ◆ Jesus tells us in John 16:33 (NLT)

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

Talk | part 2

- ◆ How might we encourage one another to "take heart" and move towards a full acceptance of things in our lives that we simply can't change?

Pray

- ◆ Thank God
for his love and ability to fill us with a peace nothing else in the world can give
- ◆ Ask God for help
 - in issues of regret and self-forgiveness
 - to accept the things we cannot change
- ◆ Close with *The Serenity Prayer* together