

Serenity And Acceptance

Acceptance and Serenity - Lesson 5

**God grant me the Serenity to accept the things I can not 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 hardship 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.
(The Complete Serenity Prayer)**

We pray for serenity all the time; how would you define or describe it?

What are some misleading ideas about serenity? (For instance: "Everything is fine" "Nothing bothers me")

Here are some things the Bible has to say on the subject:

Ecclesiastes 4:6 – Better one handful with tranquility than two handfuls with toil and chasing after the wind.

Psalms 46, especially v 10: "Be still, and know that I am God."

Psalms 23, especially v 5: You prepare a table before me in the presence of my enemies.

John 16:33 – "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

- Have you experienced serenity because of the fact that Jesus died to forgive you and God completely accepts you? How has that helped you?
- What else does God do to give you serenity?
- How does the serenity God gives help you to accept what you can't change?
- How can you have serenity and strong feelings at the same time?