

NAME _____

DATE _____

The Serenity Prayer has been my saving grace in learning to let go of things I have no control over. It helps to say it over and over, but better than that, it helps to write it out and see it and release it. Much of our stress in life is trying to change people, places and things that we CAN NOT change and spending NOT enough time on the things we CAN.

Serenity Prayer:

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

God grant me the serenity to accept the things I can not change...

List here all the things in your life you have no control over: (examples for me in the past were:

1. My sons drinking and drugging 2. Someone being unkind to me 3. The economy)

God grant me the courage to change the things I can...

There are many things you have control over. So concentrate on these: (examples for me were:

1. Getting up each day and praying and writing in gratitude journal 2. Kneeling in prayer 3. Turning the lives of my family over to God 4. Exercise)

And the wisdom to know the difference. Amen.

Using this written prayer has made me able to get the problems out of my head and onto paper where they seem to lose their power. I hope this written life tool helps you find more peace. With more peace comes more joy!!! And so it is.

