

THE SERENITY PRAYER

(for Today)

God, grant me the **SERENITY** (*tranquility, composure and peace*) to **ACCEPT** (*gratefully receive*) the things I cannot change (*others, outcomes and old stuff*), **COURAGE** to change the things I can (*my feelings, attitudes and behaviors*), and **WISDOM** (*understanding*) to know the difference...

LIVING ONE DAY at a time...

ENJOYING ONE MOMENT at a time (*mindfully observing, describing and participating*) **IN THE PRECIOUS PRESENT...**

ACCEPTING hardship as a pathway to **PEACE... TAKING**, as Jesus did, this sinful (*wicked, corrupt and broken*) world as it **IS**, not as I would have it...

TRUSTING that You are making all things right as I **SURRENDER** (*give in*) to **YOUR** will...

So that I am reasonably (*sensibly*) **QUITE HAPPY** in this life and **SUPREMEY HAPPY** with You forever in the next.

AMEN (*So be it!*)

—Adapted from Reinhold Niebuhr's Original
by Heidi Vermeer-Quist