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# *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.*

*The Serenity Prayer* was written by Reinhold Neibuhr in 1926. AA adopted the short form of the prayer early on as a helpful meditation (see above). Because of the prevalence of using this prayer in *Twelve Step* programs, we have created maps to help people consider how to apply its tenets to their lives.

**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.**

God **GRANT** me the **SERENITY** to **ACCEPT** the things I cannot change,

↓ Def

This is what grant means to me.

1

↓ Def

This is what serenity means to me.

2

↓ Def

This is what accept means to me.

3

**COURAGE** to change the things I can, and **WISDOM** to know the difference.

↓ Def

This is what courage means to me.

4

↓ Def

This is what wisdom means to me.

5

Def = Definition

**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.

**God grant me the serenity to accept the things I cannot change,**

Def



This is what this phrase means to me.

1

Here are some things I cannot change.

2

Ex



This is how not being able to change these things makes me feel.

C



This is how having serenity about these things will make me feel.

C



Def = Definition

Ex = Example

C = Characteristic

3

4

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.

**courage to change the things I can,**

Def  
↓

This is what this phrase means to me.

1

These are some things I can change.

Ex →

2

This is how courage will help me make these changes.

Ex →

3

This is a picture that shows how I will feel when I have the courage to make these changes. (Draw or describe.)

C →

4

Def = Definition    Ex = Example    C = Characteristic

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.

**wisdom to know the difference.**

Def  
↓

This is what this phrase means to me. 1

Ex  
↑

These are some of the times I haven't been able to tell the difference. 2

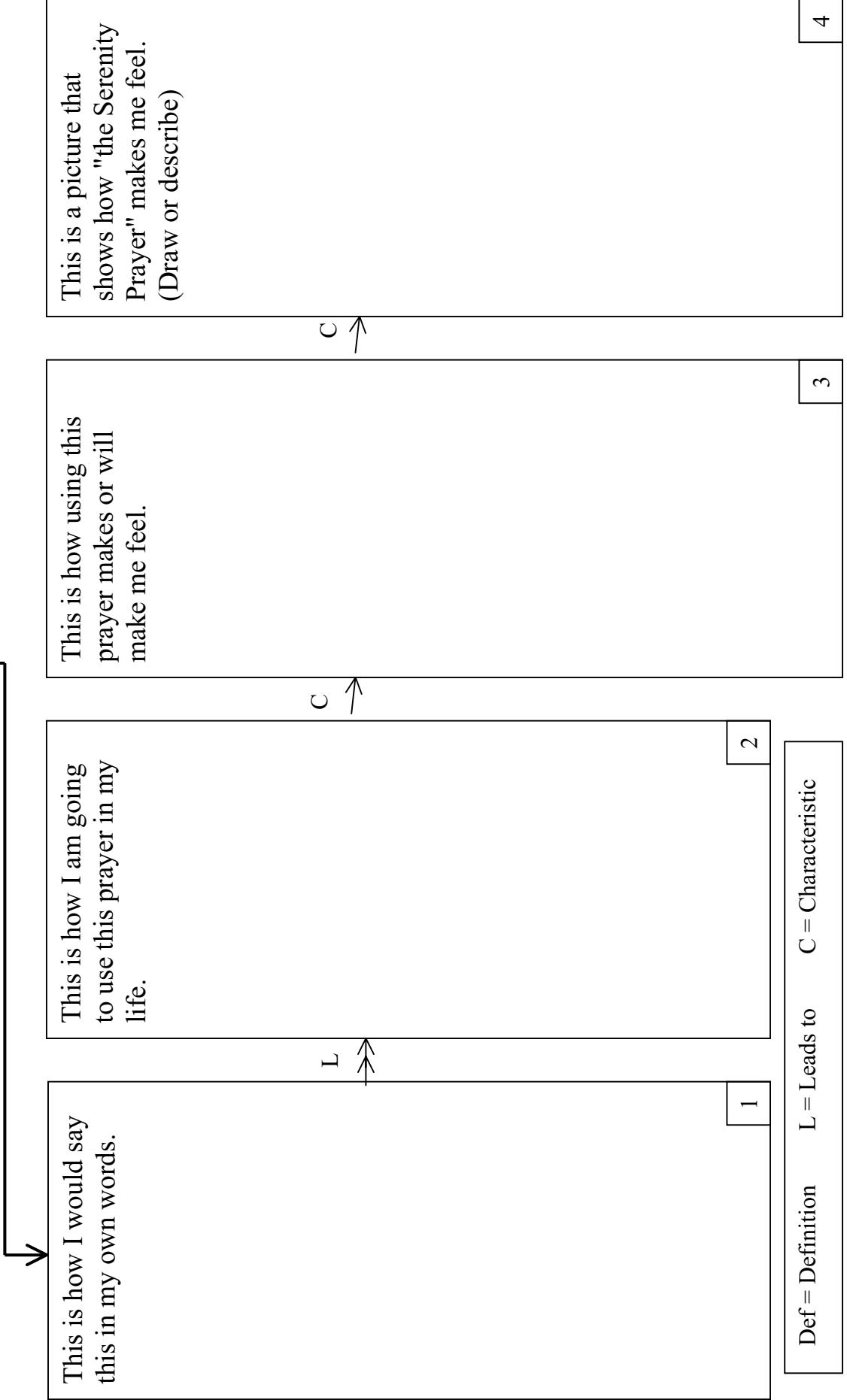
Ex  
↑

This is how I will tell the difference from now on. 3

Def = Definition      Ex = Example

**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.**

Def



## **Discussion Topics for *The Serenity Prayer* Maps**

**Discuss any new insights you have gained on the meaning or use of “*The Serenity Prayer*.”**

**When has “*The Serenity Prayer*” been helpful to you in the past?**

**How do you plan to use “*The Serenity Prayer*” in the future?**

**How can “*The Serenity Prayer*” help you with your *Twelve Steps*?**

**How can you apply “*The Serenity Prayer*” to the Step you are currently working on?**