

SHARING *Sheet*

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.

"When I got to Alateen I fell in love with the Serenity Prayer. Saying the Serenity Prayer so many times in my mind helped me to learn about myself. I learned that I was worrying about the past, even though the past is something that I can't change....I can change the present...It isn't always easy, but it's possible. Thanks to Alateen, I can live in the here and now."

Courage To Be Me (B-23), page 168

What does the Serenity Prayer mean to you?

How do you use the Serenity Prayer?

Use additional paper if needed.

Your Name _____ Your Age _____

Your Group's Name _____ State/Province: _____

Send your sharing to: *Alateen Talk*

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Check here if you do NOT want your name listed