

Serenity Prayer

'God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.'

'The Serenity Prayer', written by Reinhold Niebuhr, is a tool we can use in our own prayer times. The word serenity means: 'the quality or state of being serene; clearness and calmness; quietness; stillness; peace'. Sometimes this is hard to find in our busy world.

The Life Recovery Bible describes serenity 'as having an inner calm in the midst of the ups and downs of life. It involves learning to be content with the things in our life that cannot be changed.'

Serenity is something many of us desire, but we just don't find the time to pause.

Psalm 46:10 instructs us to 'Be still, and know that I am God...', to pause, and embrace the pause long enough to sit in God's presence and feel his peace.

As we sit—we ask God for serenity so that we can consider and reflect on our lives. In the stillness—we can consider the things we cannot change. With courage—we can think about what we can change and we can ask for wisdom to know the difference. In the quietness—we surrender our will and our lives to the care of God.

As we come away from a time of quietness, our aim is to carry that serenity in our hearts. To live every moment with the assurance that we know God's peace.

With God's wisdom and guidance we can live content with the knowledge that there are things that we cannot change; act courageously and make the necessary changes in our lives where needed; go through the ups and downs of life knowing that we don't go alone, that God is with us.

By Major Bronwyn Aldersley

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