

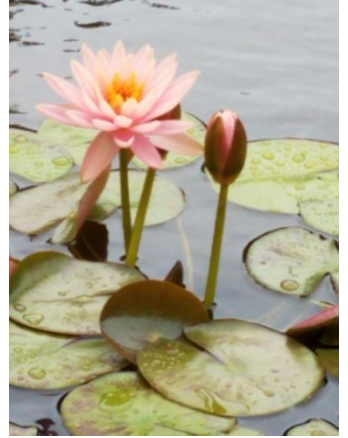
Reflection on the “Serenity Prayer”

Contributed by Sr. Lorraine Durkalski

Thank you for being willing to participate in this reflection on the “Serenity Prayer.” Hopefully it will be one part of a process that can assist in reconciling our inability to always have control over life circumstances.

There are several ways in which you may begin your reflection. It is important to quiet and soothe your soul so as to be open to the Spirit. The following are some options.

1. **Watch a YouTube presentation on meditation on mindfulness:**
(ctrl + click (enter) on this link)
<https://youtube.com/watch?v=YFSc7Ck0Ao0&feature=share>
2. **Listen to a favorite song.**
3. **Write your thoughts and feelings in a journal.**
4. **Take a moment to just breathe and be in the moment.**
(breathe in to the count of 4, hold, breathe out slowly to the count of 8)
5. **Read a favorite passage in Scripture or other inspirational passage.**



Most of us are familiar with the Serenity Prayer but may not have taken time to reflect on the different parts of it. You are invited to reflect and perhaps journal your thoughts and feelings about each part of this prayer.

God....*How do you name and experience God in your life?*

Grant me the serenity....*What does it feel like to be “serene?”*

To accept the things I cannot change....*What “things” can’t you change in your life? How does this affect your mood and spirit?*



**The courage to change the things I can...Describe "courage" for yourself.
What "things" CAN you change and what do you do to change them?**

**And the Wisdom to know the difference....How have you experienced
"wisdom" in your life? What techniques do you implement to access your
personal wisdom?**

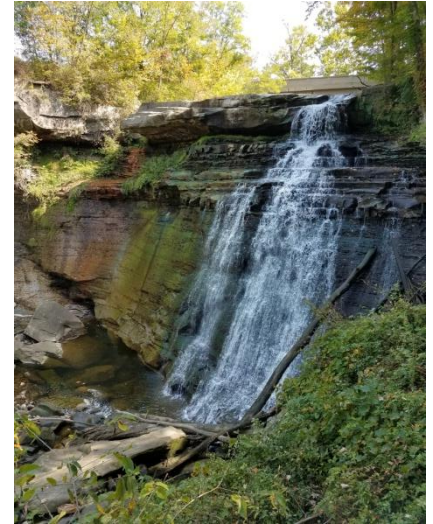
**If you are interested, the following is the next part of the
Serenity Prayer:**

*Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right
if I surrender to His Will;*

*that I may be reasonably happy in this life and supremely happy with Him];;] forever in
the next.*

Amen.

Reinhold Niebuhr (1892-1971)



**When you are finished reflecting on the Serenity Prayer, take a moment to
review how you responded to each question and consider how it may influence your
perspective on your life. Did you have any new insights? How can you be more resilient
in accepting the ambiguities of life? What difference can resiliency be in your daily
living?**

***When you have concluded your time of reflection,
use one of the techniques mentioned at the beginning to bring closure to this quiet
time.***

Peace and all good!