

THE SERENITY PRAYER

a word-by-word reflection

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

Sometimes we know the words by heart and still need to slow down enough to hear what they are asking of us.

GOD

I acknowledge a Higher Power — something greater than myself.

GRANT

I open myself to receive help, guidance, strength, and grace.

ME

I bring the prayer home to myself — to my choices, my healing, and the work that is mine.

SERENITY

I ask for enough inner calm to pause, breathe, and respond rather than react.

TO ACCEPT

I practice meeting reality as it is in this moment, even when I wish it were different.

THINGS I CANNOT CHANGE

Other people. The past. Someone else's choices or feelings. Outcomes I do not control. Acceptance is not approval; it is releasing the fight with what is already true.

COURAGE

I ask for the strength to face what is mine to face without abandoning myself.

TO CHANGE

I become willing to act where action is possible — one choice, boundary, conversation, habit, or next step at a time.

THE THINGS I CAN

My choices. My words. My behavior. My boundaries. My responses. My willingness. My participation. This is where my power lives.

AND WISDOM

I ask for discernment — the patience to pause and see clearly before deciding what belongs to me.

TO KNOW

I seek understanding rather than assumption. I listen, notice, learn, and stay curious.

THE DIFFERENCE

I practice knowing when acceptance is wisdom and when action is needed; when something is mine and when I am carrying what belongs to someone else.

A Coming Home Pause

What is mine to accept? • What is mine to change?
What am I carrying that was never mine? • What would trust look like here?