



Acceptance Activity

How to live the Serenity Prayer in Daily Life

For decades, the Serenity Prayer has been a source of strength, comfort and motivation. The first three lines are commonly heard; we suggest we use the whole prayer to build acceptance.

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.
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 in the next.
Amen.
(Attributed to Reinhold Niebuhr, 1892-1971)

Name it. Take a moment to think about something that is on your mind that you wish you could change. It could be an event, a relationship, or a person that is upsetting or is just not working out as you had hoped. Write it down, including all the feelings that come to mind when you mull this situation over _____

Fill in the blanks. Using the long version of the Serenity Prayer as a guide, write specifics about your situation after each line of the 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 _____

Living one day at a time _____

Enjoying one moment at a time _____

Accepting hardships as the pathway to peace _____

Taking this 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 in the next _____

Now What? Once you have completed this activity, share it with a trusted friend if you need or want the support. Next, take whatever action(s) you identified through this work. Be proud that you have been able to accept your situation, person, place, or thing!