



Most of us are familiar with the 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.”**

This short prayer is one of the most **cherished** in America, if not in the whole world. It can be found in many forms—bookmarks, wall plaques, bumper stickers, and collections of inspirational poetry. **Millions** pray it each day in **Twelve-Step** recovery programs and millions more use it to help sort through the **stressful issues** in their lives.

But many people are **not** familiar with the **second part** to this beautiful prayer that is **essential to living the first part**. Here it is:

- Living one day at a time;
- enjoying one moment at a time;
- accepting hardships as the pathway to peace;
- taking, as God did, this sinful world as it is, not as I would have it;
- trusting that God 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.”

This seldom-quoted second part really contains the **ingredients** for living the first part well. For we are more **serene**:

- when we **live** one day at a time and enjoy one moment at a time;
- when we **calmly** accept things as they are, not as we would have them;
- when we **trust** that God will make all things right if we surrender to His will;
- when we realize that our **ultimate** happiness is not to be found in this world but in Heaven.

**Serenity. Peace.** Each of us longs for these gifts. The wisdom of the **Serenity Prayer** is that it puts our longing into words and shows us ways to **Serenity**: living, enjoying, accepting, trusting, surrendering.

Next week, I will continue with a reflection on the **two** ways to pray this prayer. I think you will find that most interesting because it shows how a **comma** in the right place makes a difference. And then, you can apply that to other prayers!