

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

Proverbs 3:3-8 New Revised Standard Version (NRSV)

- ³ Do not let loyalty and faithfulness forsake you;
bind them around your neck,
write them on the tablet of your heart.
- ⁴ So you will find favor and good repute
in the sight of God and of people.
- ⁵ Trust in the LORD with all your heart,
and do not rely on your own insight.
- ⁶ In all your ways acknowledge him,
and he will make straight your paths.
- ⁷ Do not be wise in your own eyes;
fear the LORD, and turn away from evil.
- ⁸ It will be a healing for your flesh
and a refreshment for your body.

Quotes Used in Lesson 2:

Here's the first quote from pg 36

“Many people think that acceptance is a passive, doormat stance...But, acceptance is much deeper and more spiritually active than a stance of resignation. Acceptance allows us to see the world, ourselves, and our loved ones as they really are.”

What does this quote say to you? Do you agree with the premise? How does it inform your working definition of acceptance?

Second Quote – from page 35

The prayer cannot begin with ourselves and our ability to control things. That is a self-centered prayer. The first step has to be about serenity and acceptance. These two actions ground us in the idea that something bigger – God, God’s creation, and God’s sovereignty – is at play.

What does this quote say to you? Do you agree with the premise? How does it inform your working definition of acceptance?

Third quote – from page 37

“There are reasons why many people have rejected the practice of this kind of acceptance in their spiritual lives. For one, it can be very hard to give up control of a situation that we desperately want to turn out differently. Another significant reason is that this line of reasoning has been used to excuse harm after harm in the name of God.”

What does this quote say to you? Do you agree with the premise? How does it inform your working definition of acceptance?

Fourth Quote – pg 39

Acceptance can be an extraordinary gift for several reasons. First, it is actually quite impossible to change everything that we cannot accept. Accepting the things we cannot change releases us from the anxiety of living in a false reality.

What does this quote say to you? Do you agree with the premise? How does it inform your working definition of acceptance?

There are three steps to welcoming prayer:

1. Focus, feel, and sink in – becoming aware of whatever is happening in your body and soul.
2. Welcome and Name – actually giving a name to what is present within you
3. Let Go and Let God – releasing yourself physically and emotionally.