

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.

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★ ★ The Serenity Prayer was written by Dr. Reinhold Niebuhr. In 1939, the prayer was shown to Bill W., and after showing it to his staff, they adopted it in a slightly shortened version as Bill felt it fit the need of AA perfectly. Cards were printed and passed around and thus this prayer became an integral part of this AA philosophy.

Extended Version of the Serenity Prayer:

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.

Living one day at a time;

Enjoying one moment at a time;

Accepting hardship 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.