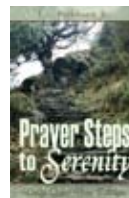




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Prayer Steps to Serenity
The Twelve Steps Journey
The 12 Steps in 12 Days

A Special Celebrate Serenity E-book Edition
Based on the 12 Steps and the Serenity Prayer
A Short Introduction & Daily Meditations

L.G. Parkhurst, Jr.
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Thank you for your interest in *Celebrate Serenity* and *Prayer Steps to Serenity*. This free E-book is a special 12 Days edition condensed and edited from *Prayer Steps to Serenity the Twelve Steps Journey: New Serenity Prayer Edition*: from Agion Press. Visit www.AgionPress.com

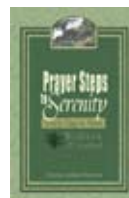
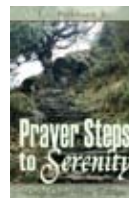
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The 12 Steps in 12 Days***

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About This Book

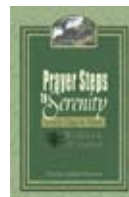
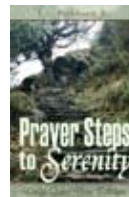
Many people have read the 84 meditations and have completed the Twelve Steps Journey Workbook in *Prayer Steps to Serenity the Twelve Steps Journey: New Serenity Prayer Edition*. During their 12 week study, they received peace and power from the daily practice of these prayer steps. Some have been introduced to the *Prayer Steps* principles from reading the 60 meditations in *Prayer Steps to Serenity: Daily Quiet Time Edition*. These *Prayer Steps* books and program have been endorsed and used by Serenity Groups.

The *Celebrate Serenity* program freely offers *Prayer Steps to Serenity the Twelve Steps Journey: The 12 Steps in 12 Days* which contains 12 daily meditations on each of the 12 Steps and *The Serenity Prayer* taken from *Prayer Steps to Serenity the Twelve Steps Journey: New Serenity Prayer Edition*. Free group study guides are available at CelebrateSerenity.org.

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Contents

Day 1. The First Step and the Serenity Prayer

2 Timothy 2:25, 26 — Page 6 (p. 43 in original)

Day 2. The Second Step and the Serenity Prayer

Psalm 119:66, 67 — Page 9 (p. 61 in original)

Day 3. The Third Step and the Serenity Prayer

Proverbs 19:20, 21 — Page 13 (p. 79 in original)

Day 4. The Fourth Step and the Serenity Prayer

Psalm 106:43, 44 — Page 17 (p. 97 in original)

Day 5. The Fifth Step and the Serenity Prayer

Psalm 103:2-5 — Page 22 (p. 115 in original)

Day 6. The Sixth Step and the Serenity Prayer

Joshua 1:9 — Page 26 (p. 133 in original)

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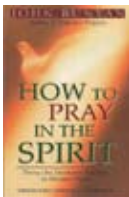
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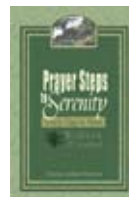
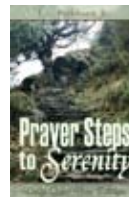
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7. The Seventh Step and the Serenity Prayer

Matthew 18:3, 4 — Page 30 (p. 151 in original)

8. The Eighth Step and the Serenity Prayer

1 Peter 3:8-12 — Page 34 (p. 169 in original)

9. The Ninth Step and the Serenity Prayer

Romans 12:17, 18 — Page 38 (p. 187 in original)

10. The Tenth Step and the Serenity Prayer

Colossians 1:9-12 — Page 42 (p. 205 in original)

11. The Eleventh Step and the Serenity Prayer

Revelation 7:11, 12 — Page 46 (p. 223 in original)

12. The Twelfth Step and the Serenity Prayer

Ephesians 1:3 — Page 50 (p. 241 in original)

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Day 1 *The First Step and the Serenity Prayer*

We admitted we were powerless to overcome our weaknesses—that our lives had become unmanageable. —The First Step

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. —The Serenity Prayer

Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil. —2 Timothy 2:25, 26

When we took the *First Step* we acknowledged that we were trapped in our addictive or compulsive behavior. After repeated efforts in our own strength to overcome our weaknesses, we recognized that we were powerless to achieve our goals. The Bible teaches that we can be trapped by the devil to do his will. In a similar way, we can be trapped by an addiction to alcohol, our drugs of choice, food, gambling, sex, other people or other behaviors; such as, lying, cheating, gossiping, not forgiving, hardness of heart, stealing, or slandering others. The devil can also work to

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keep us enslaved to harmful choices. God wants to free us from our sins, while the devil wants to keep us in bondage to him and lead us to destruction.

Thankfully, neither the devil nor our weaknesses need keep us in bondage. When the Bible says that gentle instruction and prayer to God can help us repent or turn around, we are encouraged to follow the Bible's teachings, to take the *First Step*, and to pray *The Serenity Prayer*. By praying *The Serenity Prayer*, we can enjoy personally and individually a conversation between "God" and "me." "God, grant me." When I pray *The Serenity Prayer*, I trust that God will grant me the freedom I seek and the serenity that will help me stay free from the traps that I have fallen into in the past.

When I completed the *First Step* and began praying *The Serenity Prayer* daily, I started a new life of striving for pure humility. I opened my eyes and ears to look and listen for what God wanted me to do. As I prayed and surrendered all that I knew about myself to God, He did His part and released me from the trap that was too strong for me to escape by myself. As God did His part, I responded by doing my part in following Him and the *Twelve Steps Journey*. Daily, I am admitting the fact that I cannot, but God can, so I am asking Him to help me overcome my weaknesses.

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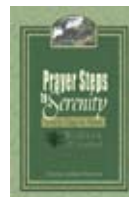
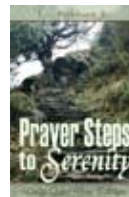
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When I pray, “God, grant me,” I am admitting that I do not deserve His help. Precisely because I am powerless and my life has become unmanageable, precisely because I am unworthy to ask Him, God has promised me His love, grace, and mercy when I repent and turn to Him. In the *First Step*, I am completely giving up and not just asking God to fix a thing or two. In *The Serenity Prayer*, I am trusting in God to grant me a total life change as I trust in Him for deliverance. When I took the *First Step*, I admitted that when I tried to manage my life without relying on God that my life became unmanageable. When I pray *The Serenity Prayer*, I ask God to manage my life and give me the fruits of His labors and His Spirit, which are the Serenity, Courage, Change, and Wisdom I need each day.

Prayer for Today

Dear God, I am truly powerless to overcome my weaknesses. I have proven my powerlessness to myself by trying over and over again to help myself. Everything I have tried apart from you has failed. Therefore, I am admitting my weaknesses and powerlessness today, and I pray once again, “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.” Help me now as I continue to pray and bring before you this day my greatest concern and fear . . .

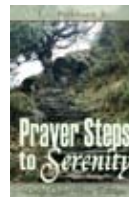
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Day 2

The Second Step and the Serenity Prayer

Came to believe that a Power greater than ourselves could restore us to sanity. —The Second Step

*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.* —The Serenity Prayer

Teach me knowledge and good judgment, for I believe in your commands. Before I was afflicted I went astray, but now I obey your word. —Psalm 119:66, 67

The dis-ease that many of us sometimes suffer can come from our inability or unwillingness to remain focused on God, our Higher Power, as the source of our serenity, our peace of mind. We need to keep reminding ourselves: “Trust God! Trust God! Trust God!” As we trust in God, our dis-ease gradually gives way to the calming presence of His Spirit within us.

We seek deliverance from the sometimes-insane situations we must cope with each day. We seek relief from the feelings of temporary insanity that make us feel a tempest is brewing in the calm

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spirit we want to maintain. Our turning to any unhealthy person, substance, or behavior that has promised temporary relief from our emotional pain has only made matters worse in the long term. We have finally discovered that the lasting sanity and serenity we need only comes from trusting in God and the good judgment He gives as we believe in His commands and obey His word. God has been waiting for us to come to the end of “doing it ourselves.” God invites us to turn to Him just as we are. God sincerely wants to help us, and He has offered tried and true guidance in the Bible. When we begin to obey His commands and trust in His word, He begins to give us the sanity and serenity we have been seeking.

I can have peace, or a measure of peace, when I trust that God can do what I cannot do. The lesser powers that I have sometimes tried to use have truly hurt me. As I trusted in them, they abused me. I need to believe that peace from God, the Highest Power, is really possible for me. Just knowing that I can trust in God gives me peace. Truly trusting in God can help me find the peace I seek in every situation.

When I feel anxiety and I need my peace restored, I can pray *The Serenity Prayer* and trust in God as I pray. When I truly “pray” *The Serenity Prayer* (and not just repeat it from an unthinking memory), God gives me the peace that has eluded me. God

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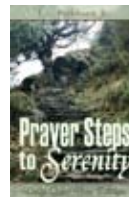
grants me His answers to *The Serenity Prayer* in ways that seem absolutely astounding. I know He has the power to turn insanity to sanity, and give me a serenity that rests on sanity instead of destructive actions. Moving more and more toward sanity will give me a firmer and firmer grip on serenity and reality.

We have discovered that sanity means wholeness. God can make me whole, but more importantly to me, God wants to make me whole and seeks to do so through the Holy Spirit that will indwell me when I invite Him into my life. If I have no recollection of sanity, of what it means to be sane, of a sanity to be restored to; then surely, God's blessings upon me will be new every morning and throughout the day. If I sincerely want to know what it looks like to live a sane life, I only need to read the gospels and learn how Jesus lived and treated others. I know I cannot become like Jesus in my own strength, but He will give me the power I need to live like Him daily. He will tell me what to do and what to say through His Spirit in me. Today, I pray that I will feel His leading in my heart and hear His gentle voice giving me the guidance I need.

Prayer for Today

Dear God, through painful recollection, I know how powerless I am over my weaknesses, but I believe that you can help me—for you are

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all powerful and you are greater than I am. While I am weak, you are strong. O God, please bestow your peace upon me when I trust in you, your power, and your love to do for me what I cannot do; especially as I pray, "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." Help me now as I continue to pray and bring before you this day my greatest problems; for I know that you will give me the grace and power to overcome . . .

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Day 3

The Third Step and the Serenity Prayer

Made a decision to turn our will and our lives over to the care of God. —The Third Step

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. —The Serenity Prayer

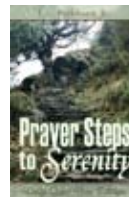
Listen to advice and accept instruction, and in the end you will be wise. Many are the plans in a man's heart, but it is the Lord's purpose that prevails. —Proverbs 19:20, 21

What stops me from turning my will and my life over to the care of God? Could it be that I still have too much pride, even after I have suffered so much personal pain and have traveled this far in my *Prayer Steps to Serenity*? Am I too proud to listen to good advice and accept sound instruction? Will I turn my life and future over to the care of God? Through His wise instruction and discipline, God has been trying to bring me back to Him. Now, will I give myself back to God? Many in my Fellowship have discovered that they saved themselves lots of trouble and everlasting suffering when they turned their lives and their

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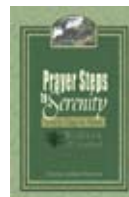
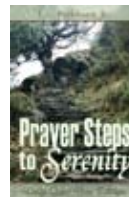


will over to the care of God. Will I do that today? Now? This moment?

Ultimately, God's purposes will prevail. If my plans do not succeed, I know that God's plans will; therefore, I pray that God will work out His plans in my life. God will not force His will upon me. The *Third Step* teaches me that I am the one who can choose or refuse to turn my will and life over to God, the Great Architect of the universe. Do I think that I am smarter than the One Who created all things; or can I believe that the Highest Power in the universe can be trusted to work out all things for my benefit and the happiness and well being of all His creation?

I cannot change God. I cannot make God into someone God is not. What if I did remake God into my own image or according to what I want God to become? What kind of a God would I have? Would I have a god of obsessions, compulsions, and addictions? Would my god become the great enabler of my destructive habits? To find and maintain serenity in this complex and troubled world in which I live, I need to accept the care of the One True God over my life. I need to trust in God's love and care for me daily. I will not even begin to experience lasting serenity until I accept the true God and His care over me.

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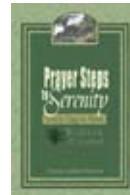
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When I truly pray *The Serenity Prayer* (and do not simply mouth the words as I hear the prayer recited in my meetings), I make a decision. I ask God for acceptance, change, courage, and the wisdom to live my life on God's terms instead of mine. When I pray *The Serenity Prayer*, I make a decision to accept the consequences of praying that prayer, of turning my life and will over to the care of God, to have God's purposes established in my life once and for all time. When I pray *The Serenity Prayer* and walk in the *Third Step*, I tell God that I want Him to rule over me and overrule any unwise plans I might make, plans that might bring distress or needless suffering to others or me.

When I pray and walk the 12 Steps, I know that God will not turn me into a puppet, a mindless automaton, or a robot. Rather, God respects me and the mind and heart He has given me. He will give me instructions in the Bible; give me advice through His faithful followers (who should never contradict the scriptures in giving guidance, but who may be mistaken sometimes), and give me the leading of the Holy Spirit that He has sent into my heart. God will walk with me through the *Twelve Steps* as I take each one. God will help me distinguish between His will and my will, so I will not confuse my will with His and turn back to a destructive life of hopelessness. God's will is the door to serenity. Today, I will open that door and take the *Third Step* over that threshold to lasting joy and peace as I pray.

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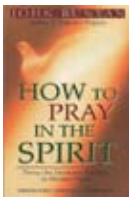
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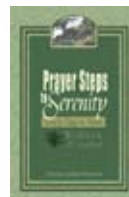
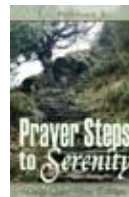
Prayer for Today

Dear God, as I think about doing what taking this Third Step requires, I confess that in the past I have sometimes felt that you have let me down. I have felt that you have failed me; so it is difficult for me to trust you again. Thank you for being so big, and so big-hearted, that you do not hold this sin and confession against me but truly understand my inmost being. Dear God, as a matter of simple faith, faith in you, faith in this Step, faith in the testimony of others who have taken it successfully, faith that where so many have found recovery and serenity I will find it too, faith in your infallible word, I take this Step today. I truly pray The Serenity Prayer as I have never prayed it before. And, right now, I turn my life and will over to you and ask you to please care for . . .

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Day 4

The Fourth Step and the Serenity Prayer

Made a searching and fearless moral inventory of ourselves.

—The Fourth Step

*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.*

—The Serenity Prayer

Many times God delivered them, but they were bent on rebellion and they wasted away in their sin. But God took note of their distress when he heard their cry.

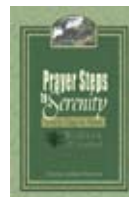
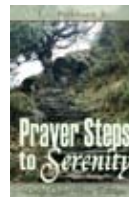
—Psalm 106:43, 44

When we took the *Fourth Step* the first time, most of us did not know that we needed to list both our good character traits as well as our bad character traits. Some of us were too low at the time to even think anything good about ourselves. If anything, our list on the good side would have been almighty short. Moreover, rather than thinking about our character traits, most of us thought only of the bad deeds we had done, and did not consider how these had led to the formation of our character, deep seated resentments, and irrational fears. Still, God honored our honest efforts and granted us the joy and serenity that comes from completing

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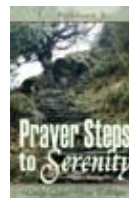
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an inventory of ourselves.

As we pray *The Serenity Prayer*, we come to accept “the things” we cannot change. The more we work the Program, the more we understand that “the things” are real; just as real as a sofa, table, or vase of lovely roses. The unwise things we said and did in the past had real and lasting consequences, and they have stayed with us and others far longer than many of the material things we have owned. The hurtful things that others said or did to us, even as children, have lasted far longer than the box of crayons and pencils we took on the first day of school. Sometimes, “the things” have led us to resent others and others to resent us. We need to list all “the things” in our moral inventory, and remember that many of these things have had lasting consequences in our lives and in the lives of others. As we list “the things” in our moral inventory, the good and the bad, we can say *The Serenity Prayer* every time we relive the pain and shame of the past and feel as though we cannot finish this Step: “God, grant me the serenity to accept *the things*.” He will answer this prayer! He will give us the courage and strength to complete our task.

As we create our moral inventory, we list “the things” in writing, just as we might take a business inventory at the end of each year (and some in recovery take a new moral inventory at the close of each year). In addition to listing some of the good things we have

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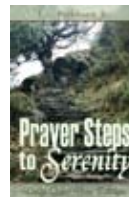


done along with the bad, we can also list some of the things we lack. Before baking a cake, a cook will often check to see if they have all of the ingredients and enough of each one. Likewise, our moral inventory can list “the things” we lack: lack of love, lack of contact with God, lack of faith, lack of healthy relationships, lack of self-control, lack of wisdom in making decisions, lack of persistence, lack of self-confidence or God-confidence. What we lack are also some of “the things” we need and “the things” we need on our list.

In taking the *Fourth Step*, we do not need to think ahead of ourselves. We do not need to fear taking the *Fifth Step* as we are taking the *Fourth Step*. We do not need to think about how to forgive others. We do not need to spend time trying to figure out how to overcome our resentments or resenting the need to overcome our resentments. We do not need to find out the root cause of “the things.” We do not need to try to fix blame on others or ourselves. We just make a list. God will help us do all of the necessary things when the time is right, and He will do so in ways that cast out our fears, give us serenity, and fill our hearts with true happiness. He will do so in ways that give us the release and true recovery we seek.

The Bible gives us a reliable record of God’s performance, and when people in trouble called out to Him the Bible says, “God

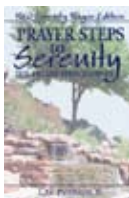
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delivered them.” Likewise, God will deliver us no matter what we have done or failed to do in the past. As we follow the *Prayer Steps to Serenity*, God will give us all we need for substantial wholeness in this life. As we take our moral inventory, we can do so while constantly calling out to God, trusting that He will deliver us and enable us to complete *The Twelve Step Journey*.

As we neared the completion of our moral inventory, we recognized with deep agony of spirit that we had been bent on rebellion for many years. In rebelling against God, we rebelled against commonsense. We rebelled against ourselves and those who tried to help us. Our rebellion led to the state in which we found ourselves. We could identify with those the Bible speaks of when it says, “they wasted away in their sin.” But thankfully, this was not the final word! When we called out to God in our misery, when God heard our cry, we found that God took note of our distress. God loved us in spite of ourselves and our rebellion. God loved us in spite of our moral inventory. When we cried out to God and He saw our serious plight and sincere prayer, He took note and led us to the Person and Program that met our needs. When we saw that God loved us enough to send His Son to die and rise again for us, we knew that He would give us a meaningful recovery and the everlasting joy we needed through faith in Jesus.

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Prayer for Today

Dear God, as I think about what the Fourth Step requires, help me to not look too far beyond this Step. Show me if I need to learn more before I make my inventory list, but please help me avoid procrastination. As I continue to pray through these Steps, help me to focus intently on completing this Step. Today, I pray that you will encourage me by forgiving me and giving me serenity in spite of my having...

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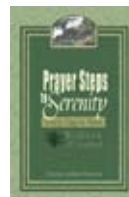
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Day 5

The Fifth Step and the Serenity Prayer

Admitted to God, to ourselves and to another human being the exact nature of our wrongs. —The Fifth Step

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. —The Serenity Prayer

Praise the Lord, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. — Psalm 103:2-5

The things “I cannot change,” which I pray about daily in *The Serenity Prayer*, are precisely those things I have listed in my moral inventory in *Step Four* and confess in *Step Five*. As I take the *Fifth Step* with God and a trusted Counselor or Sponsor in the Program, I do so with *The Serenity Prayer* foremost in my heart and mind. Praying *The Serenity Prayer* enables me to keep in contact with God and receive His loving Spirit of forgiveness as I admit to Him and another human being the exact nature of my

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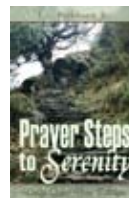
wrongs—the things “I cannot change.”

I need to remember that I cannot go back in time and make things different, as much as I might want to in order to remove my regrets. These are things I cannot change, but these are precisely the things that God will forgive and others may also forgive by His grace. God can enable me to have a relationship with Him and others that is unhindered by the things I have done in the past and the regrets I feel today.

As I talk to God and another person about my wrongs, God will not change history any more than the person I admit my wrongs to has the power to change history. But I have learned that God’s loving mercy will help me change my attitude toward the past and the people I have wronged (and who have wronged me). Changing my attitude, granting me the assurance of forgiveness, filling me with His Spirit of love, mercy, forgiveness, and power will give me the serenity and ability I need to face tomorrow and everyday—one day at a time.

On the day I take my *Fifth Step*, I can praise the Lord for the benefits He has given me personally, through this Program, and in my Fellowship. He promises me in the Bible that He will not only forgive me but also heal all my diseases. The disease of resentment, the disease of addiction, compulsion, co-dependency,

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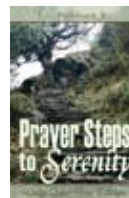


and other illnesses can all be healed by God. Some of my diseases He will heal in this life; other diseases He will heal in the life to come. Some of the consequences of my behavior in the past “I cannot change,” but God can. He can and will give me substantial healing in many areas of my life as I practice the *Prayer Steps to Serenity* and trust in Him and His word.

I have heard some say as they reflect on the almost universal experience of those working the Program, “I was so far down that all I could do was look up.” God has promised to redeem our life from the pit, and the testimony of most in the Program is that God did that for them. If life is ever “the pits,” the good news of God includes His desire and ability to lift us out of “the pits” and give us courage, wisdom, and power to change.

Why does God do so much for us when we complete the *Fifth Step*? Not because we have earned His favor as we take the Step, but because God is the God of love and compassion. Moreover, after we begin practicing the *Prayer Steps to Serenity*, we can go into the presence of God wearing the crowns He has placed upon our heads. We cannot see these crowns physically, for they are the crowns of love and compassion—the very character of God himself that He bestows upon us when He pours His Spirit into our lives. By His Spirit working in us, others will be able to experience personally the changes that wearing these crowns make in us.

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Eventually, many of the good desires we felt when we entered the Program will be given to us by God himself, and He will return a measure of our unspoiled youth to us.

Prayer for Today

Dear God, as I think about what the Fifth Step requires, help me to trust fully in you and your wonderful promises to me. Help me to find just the right person, the person of your choice, who will hear me take Step Five. Prepare us both, mentally, spiritually, and emotionally to deal with all of the issues on my list that we must discuss. Give them the courage and the wisdom to share with me what I need to hear as I complete this Step. Open my heart and mind to receive the truths that you have revealed to them to share with me. Today, help me face and resolve in my heart and mind the one big thing, or things, that may be keeping me from taking this Step. Grant me peace that passes understanding as you and I prayerfully discuss my problems with . . .

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Day 6

The Sixth Step and the Serenity Prayer

*Were entirely ready to have God remove all these defects of character.
—The Sixth Step*

*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. —The Serenity Prayer*

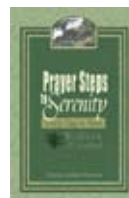
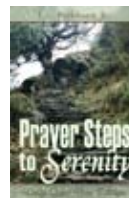
Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go. —Joshua 1:9

We may be so addicted to some of our cherished bad habits that we do not believe we can live without our drugs of choice, unhealthy relationships, unwholesome pleasures, or defects of character. Perhaps we have deceived ourselves into thinking that we need to continue doing some of the things that we know will harm us simply because these things seem to help us cope “for now.” Once we begin to grow spiritually through walking *The Twelve Steps Journey*, we become more serene, secure, and able to break away from our compulsions, dependencies, and character defects. Even though we have almost completed half of the twelve

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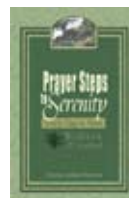
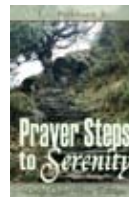


Prayer Steps to Serenity, we still need to trust more in God and ask God to help us come to that place of total reliance on Him, where we can become completely ready for God to remove all of our defects of character.

When we consider how much we have come to depend on unhealthy habits and relationships to get us through the day, we come to realize how much *The Serenity Prayer* means to us when we pray for “the courage to change the things we can.” A good character trait is choosing to live courageously; making the courageous choice a matter of habit and a settled conviction when tempted. Acting courageously can become the way we almost instinctively choose when we are tempted to cave in under the pressure to use again or act compulsively. Acting compulsively, instead of thoughtfully and prayerfully according to God’s purposes for us, is one of the character defects we pray that God will help us become ready to remove. It takes courage to face all of our character defects, admit them to God and one other person, and then become ready for God to remove them.

Only God can remove our character defects. We have discovered that we cannot remove them ourselves; for if we could have removed our defects, we would have removed them long ago with all the resolutions to do better that we made over and over again. We had “the best” intentions, and we made “the most” sincere ef-

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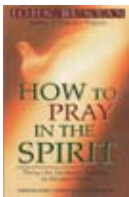
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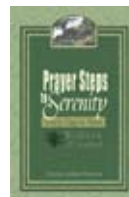
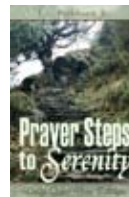
forts, but we could not do what only God can do for us and in us. We have found it difficult to believe that God can meet our needs in the best way, when for so long we have depended on other things or people to relieve our pain or give us temporary pleasures. With a measure of faith, and while praying to God for more faith, we pray *The Serenity Prayer* especially for “the courage.”

Joshua had many fears within and foes without. Surrounded by his enemies, God called him to lead His people and defeat them. To do so, Joshua needed to obey God’s command to be strong and courageous. Likewise, when we face our enemies within and without, God commands us to be strong and courageous. God will not do for us what He commands us to do for ourselves, but God does promise us (as He promised Joshua) that He will be with us wherever we go. Moreover, when we ask God, He will give us the strength we need to be strong. The *Twelve Steps* are a program of action. God takes action in our behalf, and God expects us to take action in our behalf, and do so courageously. Through daily prayer, God will give us the faith and hope we need to be courageous. God will remove our character defects and replace them with the good character traits that come from trusting in and obeying God day by day. Joshua overcame his fears, and with God’s help we can have the confidence we need to complete this step.

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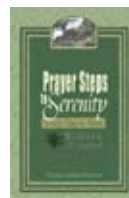
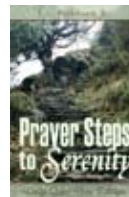
Prayer for Today

Dear God, for a long time I felt I was a victim, doomed to suffer at the hands of others and needing dependencies that I knew were destroying my life and peace. Now I know that I was deceived. What I thought were just bad habits were actually manifestations of my character defects. To overcome, I needed to be strong and courageous. I needed the courage to change the things I could change. I needed to know what I could change and not burden myself with false guilt and feelings of inadequacy over those things I could not change. I am learning that many things in this life I cannot face or do without Your guidance and help. Today, please give me the courage I need to . . .

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Day 7

The Seventh Step and the Serenity Prayer

Humbly asked Him to remove our shortcomings.

—The Seventh Step

*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.*

—The Serenity Prayer

Jesus said: "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven."

— Matthew 18:3, 4

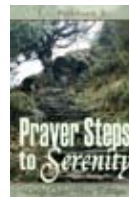
The Twelve Steps Journey leads me into a better understanding of myself and Step by Step makes me more humble. After I humbly ask Him, God gives me the courage to change the things I can change. However, as I make improvements in my way of living, I almost become proud of my achievements—forgetting that my Higher Power was the only One giving me the courage I lacked.

Early in my recovery, I also recognized that no matter how much I prayed for the courage to change some things, I needed more

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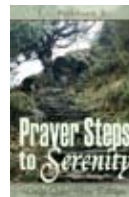


than courage. I humbly needed to admit that even with all the courage in the world, I still could not remove all of my shortcomings—not all by myself. I discovered the importance of that very first word and the very first person mentioned in *The Serenity Prayer*—God. I learned that my only hope was asking God to remove my shortcomings—trusting that God would continue the good work that He had begun in me, even before I took my *First Step* in the Program.

When I continue to humble myself before God, I move ahead in the Program. Through prayer, God restores my serenity. Through prayer, God gives me His power when I begin to crumble under the pressures of my old habits and temptations. As I pray and trust in God, He slowly changes the things I cannot change, and I experience the spiritual growth and character development that following the *Twelve Steps* promises. My love for God increases daily as I think Him for substantially healing me and removing my addictions, compulsions, and obsessions—one day at a time.

As I continue to practice the *Prayer Steps to Serenity* in all of my affairs, I need to remind myself that no matter how much I want to change some things, no matter how much I want the courage to change some things, my highest endeavor must be humbling myself even more and asking God to remove those shortcomings that only God has the power to change and take away completely.

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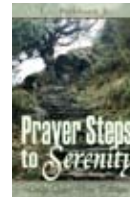
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As I remain humble in prayer, God will show me what I can do with His help, what God and I can do together, and what only God can do for me.

Jesus promised that I could change and become like a little child. Whatever He asks me to do He will give me the power to do through prayer—if I need His strength to obey Him, I ask Him for His strength. Little children depend totally on others to meet their needs. I need to become so humble that I learn how to depend on God for everything, without this becoming another unhealthy dependency. Walking in the *Prayer Steps* helps me find and maintain a healthy dependency on God as my Higher Power. I can depend on God to help me find, maintain, and restore healthy relationships. I can rely totally on God to meet my needs and help me find the right things to do with my life. I can trust God to remove my unhealthy dependencies and obsessions. I am convinced that God will teach me how to pray as I ought to pray for myself and others. I believe God will answer *The Serenity Prayer* when I begin to pray this prayer in the midst of extreme circumstances. I can depend on God to make me over into the kind of person that God wants me to become. Such total dependence on my Creator, Redeemer, and Friend will eliminate either immediately or in God's timing the unhealthy dependencies that I unknowingly substituted for depending on the true God as a little child of God.

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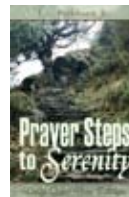


When I think about those in my Fellowship who have gone the furthest in their spiritual development, I recognize that they are also the most humble. Those who are the greatest help to me and others are also the most humble about the help they give. They do not help me and others because they think they are better than the rest of us. No. They have walked the Steps and they know what we need. Their kind and merciful words and actions toward us flow through the loving and humble spirit that God has given them as they walk *The Twelve Steps Journey*. I pray that God will someday help me to humbly help others as I have been helped.

Prayer for Today

Dear God, you are my Creator and loving heavenly Father. Your Son is my Savior, Lord, Elder Brother, and Friend. Your Spirit lives in my heart, gives me power, and teaches me how to love you, others, and even myself. O God, Father, Son, and Holy Spirit, you are everything to me and I depend on you for everything. Help me to always come to you humbly as a little child. Help me to pray to you when I feel the pressures to begin doing again those things that I have renounced with your help. Remove from me all of my shortcomings; and as I think of one of my worst shortcomings right now, I humbly ask you to remove as soon as possible my shortcoming of. . .

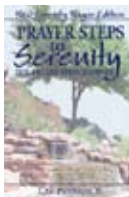
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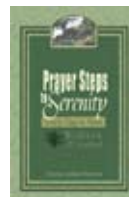
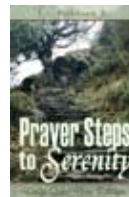
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Day 8

The Eighth Step and the Serenity Prayer

Made a list of all persons we had harmed and became willing to make amends to them all. —The Eighth Step

*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.* —The Serenity Prayer

All of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing. For, "Whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech. He must turn from evil and do good; he must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer. — 1 Peter 3:8-12

I can pray for the Holy Spirit to help me make a complete list of all the people I have harmed in any way. As I do so, I can also pray for the Holy Spirit to show me the things I did wrong and what I can or cannot do to make things right with each person. The Holy Spirit can give me the courage to change the things

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I can, and since I cannot change the past, that means the Holy Spirit can show me the right things to do in the future that might in some way reverse the effects of the harm I did. Making this list as complete as possible will help me become willing to make amends according to the Spirit's leading. In my list, I will need to be specific about some of the things I did that caused harm to the persons I seek to bless when I make amends to them.

As I begin to list all the persons I have harmed, I need to be careful and avoid trying to justify the things I did that harmed them. Left unchecked by the Holy Spirit, I could begin to magnify and resent some of the things they did to me. I could become indignant by imagining how they may have done harmful things to me first. I could begin to feel that I was justified in striking back at them and then delete them from my list. And yet, if I take this shortcut, I will not enjoy the serenity that the *Prayer Steps* offer. By taking shortcuts, my spiritual progress will slowly come to a halt and I may return to my compulsive actions and dependencies.

Working the Program includes my refusing to repay evil with evil and insult with insult. Even if I think I punished someone else justifiably, I might have actually been repaying evil with evil and doing them harm. I need to include these people on my list and become willing to make amends to them. However, I will

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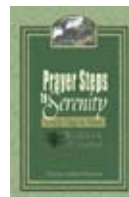
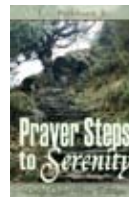


also need to pray and ask the Holy Spirit to show me how and if I am to make an effort toward making amends to these people. The Spirit may show me that my willingness to make amends is enough toward some—at least at this time. Perhaps the Spirit can use some of the hurtful things I did with a wrong intention to help them make the changes in their lives that they need to make. I can pray this will be so.

As I make my list, I can do so without crushing and overwhelming regrets if I begin to think of ways I can bless or bring happiness to the persons I harmed. God called me into the Program so He could bless me and I could bless others. As I bless others, I open my life more and more to the work of God and to receiving His blessings. True joy can fill my heart as I think of the things I can do that will bring a greater happiness to those I harmed—a blessing greater than the harm my actions caused. I can only bring this glorious blessing to the people I have harmed if I pray for the Holy Spirit to show me exactly what I can do and when I should do it.

Those in my Fellowship who seem the happiest and most serene are those who express love and sympathy toward others. I need love and sympathy toward those I have harmed. If they have also harmed me, I will need to pray for the Holy Spirit to give me the love and sympathy that God has for them. If I want to truly

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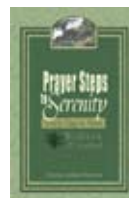
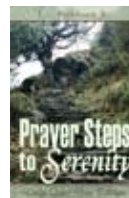


help others as I help myself when making amends, I will need to develop the virtues of compassion for others and humility. If I express even a hint of arrogance or personal pride over my success in the Program when I make amends, then those I am seeking to bless may refuse my overtures and my relationship with them may become worse instead of better. If I approach those on my list with the goal of restoring harmony, even though I may not desire or seek to reestablish a relationship with them, then I will more easily achieve the goals I seek—that of blessing them and inheriting the blessings that flow from completing the *Eighth* and *Ninth Steps*.

Prayer for Today

Dear God, I pray today that your Holy Spirit will guide and direct my thoughts as I make a list of all those I have harmed. Fill me with love for each one. Grant me the spirit of forgiveness for each one who has harmed me. Help me to assess accurately and exactly the extent of the harm I have caused. Help me to be willing to make amends to each person that goes beyond what strict justice might require. Help me to be merciful as you are merciful. May I learn to focus my thoughts and prayers on blessing each one even more than I think they deserve. And now, I pray about the most difficult amend for me to make as I pray specifically for . . .

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Day 9

The Ninth Step and the Serenity Prayer

Made direct amends to such people wherever possible, except when to do so would injure them or others.

—The Ninth Step

*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.*

—The Serenity Prayer

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone.

— Romans 12:17, 18

After I read the Ninth Step, I thought, “I can’t.” Nevertheless, *The Serenity Prayer* affirms that “I can.” When I read through all the *Twelve Steps* for the first time, for almost every Step I paused and thought, “I can’t.” However, as I prayed for God to give me the courage and strength I needed, I discovered the truth: “I can!” If I can complete *Step One* through *Step Eight*, surely I can complete *Step Nine*—with God’s help one Step at a time. If others in my Fellowship have and can complete the *Ninth Step*; then I can too. *The Serenity Prayer* gives me the assurance that with sufficient prayer I can complete every Step the Program requires

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for my full recovery.

With each Step I become more humble. When I worked *Step Five*, I found it difficult to confess my wrongs to another human being. It will be more difficult to admit exactly what I did wrong to the people I harmed, even with the intention to make things right. However, as I think of each person on my list, most of them know that I hurt them. It will probably not surprise them when I tell them that I wronged them. What may surprise them is my admitting this fact to both them and me. It will probably surprise them even more to learn that I now want to do what I can to make up for the harm I caused them. They will be amazed to learn that I truly want to do what I can to remove the pain I caused them and bring them true joy as I try to restore the happiness I stole from them.

It may be impossible to make amends to some people, for the harm I caused was so long ago that I can no longer find them. If I know where they are, then *Step Nine* requires that I make amends to them unless “to do so would injure them or others.” I need to prayerfully ask God to make it clear to me if my making amends to some of the people on my list would injure them or others. Through prayer, the Holy Spirit will show me the easiest and most important people I need to make amends to first, and the order in which I need to make amends. He may only show

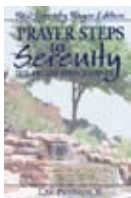
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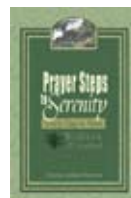
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me one person at a time, and after I have made amends to that person, He will show me the next person to approach. If I have doubts about whether or not I should make amends to someone, because I do not know if doing so will injure them or others, then I will not make amends until I know that the time and place is right to do so. When the Spirit leads me to make amends, He can do so while removing all doubts about whether I should or not. However, He does not guarantee that the other person will receive my good faith efforts to remedy the harm I caused them.

As I make amends, I need to pray about exactly what God wants me to do. Making amends may not be the same for every person, and will probably be different for each person. While I pray, the Holy Spirit can show me what the other person needs for me to truly repay them for the things I did that hurt them. As I take the *Ninth Step* for my recovery, I cannot forget that part of my purpose is to bring a blessing to, and not to injure, the person who needs my amends. They need to see that I want to do the right thing insofar as that lies within my ability. Making amends may be something I must do over time as God gives me the resources and strength. As I pray, I can pray for the Holy Spirit to reveal to us both the right things that God wants me to do, so I can do what is right for us both.

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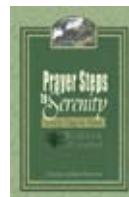


When I make amends, my sense of peace and well-being will deepen and God's peace within me will help me live more peaceably with others. I know that others can receive the peace of God through me as I make my amends, and I pray that they will rejoice in this new work of God that they experience through my efforts to restore their loses.

Prayer for Today

O God, I truly want to work the Program fully and completely. Help me know exactly what I am to do as I work the Ninth Step, for I do not want to bring harm to anyone as I seek to repair some of the damage that I have done to others. If I am not to reach out to any person, show me the person that I am not to approach. If the time is not right for me to reach out to them, show me the right time by your Spirit. Prepare their hearts and minds to receive my amends according to your perfect timing. As I pray today, give me the name of the first person you want me to reach out to so I can pray for . . .

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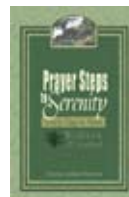
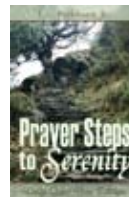
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Day 10

The Tenth Step and the Serenity Prayer

Continued to take personal inventory and when we were wrong promptly admitted it. —The Tenth Step

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. —The Serenity Prayer

We have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. We pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father. — Colossians 1:9-12

Though Socrates did not originate the Greek aphorism, “Know Thyself,” he focused on this maxim in his philosophical discussions. Several in my Fellowship have shown me that true humility and wisdom can result from knowing myself as I truly am. Having completed the *Fifth Step*, I know more about myself, and have

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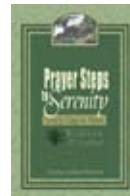
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acknowledged more about myself, than when I entered the Program. I now see myself more clearly, as others probably saw me when I was at my worst. After completing the *Ninth Step*, I saw the kind of person I could become—one who walks with honesty, honor, and integrity. As God removed my character defects and I made amends to others, those closest to me began to thank God for the person I was becoming—one *Prayer Step* at a time. Because I know myself better, I know that I could never have completed this much of the Program apart from the grace of God and His answers to my prayers and the prayers of others.

In order to continue my spiritual growth and progress, make wise decisions, and maintain a good relationship with others insofar as that is possible, I need to take personal inventory everyday. Some in my Fellowship pray to God when they first awake in the morning. They pray for God to help them overcome any remaining character defects throughout the day. They pray for God to give them the wisdom to do those things that will help them maintain their serenity that day—thus remaining open to God's grace when temptations come their way. Others in my Fellowship end the day with a *Quiet Time* and an evaluation of how their day went—confessing to God any wrongs they committed during the day. Then, they ask God for the wisdom and strength of character to make amends and seek the forgiveness of those they wronged.

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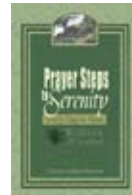


The *Tenth Step* wisely directs me to promptly admit my wrongs. Praying and taking personal inventory throughout the day will help me avoid destructive situations and correct my errors immediately—when correction will be the easiest and most effective for others and me. The wisdom I receive from opening my heart to God's direction and protection moment by moment all the day long can help me see the way of escape when temptations come my way. God will give me the power to follow His guidance if I work the *Tenth Step* with prayer whenever needed throughout the day. I can pray *The Serenity Prayer* and ask God for the wisdom to live in such a way that my wrongs will be few. Each evening, my daily personal inventory can become a happy time when my conscience commends me for my decisions, words, and actions.

Socrates encouraged us to know ourselves. The Bible also teaches us to know God and the will of God. Spiritual wisdom and practical understanding flow from knowing and following the will of God, which I learn from the Bible, the example of Jesus Christ, and the leading of the Holy Spirit—Who will always lead me in ways that are consistent with the Bible's commands and teachings.

God removes my character defects as I prayerfully focus on living in such a way that others can see the beauty and glory of Jesus Christ, Who lives in me. If I make it my goal to please Jesus Christ in every way, then when I am tempted to do wrong, I will

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follow Him and turn from all my temptations. If I ever fall into a temptation and do wrong, then I can go back to Him immediately, admit my wrong promptly to Him, ask Him to forgive me, and pray that He will give me the wisdom and strength to make right the wrongs I did.

As I practice the *Prayer Steps to Serenity*, God will remove my character defects, enable me to live in ways that are not characterized by wrong doing, give me the endurance to keep standing strong and resist temptation, help me remain patient in my afflictions and trials, and give me a joyful heart toward God.

Prayer for Today

Dear God, help me become more humble before you and others, so I can admit my wrongs promptly and begin to make things right immediately. Give me the wisdom to avoid situations and relationships that almost always lead me into wrong doing. Help me remember those times and recognize those situations when I will need to be the most prayerful and remember to pray The Serenity Prayer the most fervently. And now, I pray that you will give me the wisdom, the perseverance, and the courage to practice a daily Quiet Time and take a daily personal inventory each day at the special time of . . .

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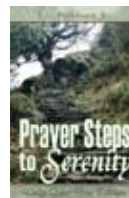
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Day 11

The Eleventh Step and the Serenity Prayer

Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.
—The Eleventh Step

*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.*
—The Serenity Prayer

All the angels were standing around the throne and around the elders and the four living creatures. They fell down on their faces before the throne and worshiped God, saying: "Amen! Praise and glory and wisdom and thanks and honor and power and strength be to our God for ever and ever. Amen!"
— Revelation 7:11, 12

Now I see more clearly how every meditation in *Prayer Steps to Serenity* intentionally applies *Step Eleven*. The true power in the Program comes from my conscious contact with God—an awareness that God is walking with me and holding the light to show the way. Every Step in *The Twelve Steps Journey* improves my conscious contact with God and opens my heart more wisely to

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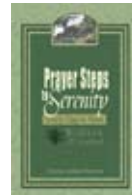


receive His loving influence. When I pray *The Serenity Prayer* on the *Eleventh Step*, God helps me know Him better, the difference knowing God makes, and the difference His wisdom makes over merely human opinions.

As I practice the *Prayer Steps* up to the limits of my understanding, I grow spiritually and God substantially heals me in undreamed of ways. After taking the time to reflect on the meaning and value of each *Prayer Step*, I know that for the last several weeks in my journey I have been praying very consciously every day for the knowledge of God's will and the power to carry it out. I know He has graciously heard my prayers. He knows my need of Him and His powerful guidance, so His Spirit encourages me to pray. I can know His purposes and the difference His power makes when I seek to do His will in everything, so I want to practice *Step Eleven* everyday.

In my Fellowship, we remind each other *First Things First*. I need to start each day with prayer and meditation, and not just prayer. To know more about God and His will for me, I need to spend time quietly meditating on God's word, the Bible. Those who seem to work the Program with the greatest serenity and success have learned the secret of maintaining a daily *Quiet Time*. The *Prayer Steps* help me more when I quiet my mind, read the Step and the Scriptures, and then pause a few minutes and focus on

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their meaning for me. Only after reflecting on what the Step and the Scriptures mean to me do I then read and contemplate the meditation for the day.

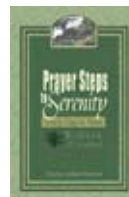
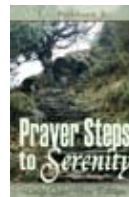
My Serenity Group also gets more from the *Prayer Steps* when we first quietly focus on and think about the Step and the Scriptures. After our group *Quiet Time*, we discuss their meaning for us before reading, discussing, and applying the rest of the *Prayer Steps to Serenity* meditation. When we pray *The Serenity Prayer* at the start of our meetings, we consciously practice the *Eleventh Step* and come to know by experience the difference working the Program with God and each other can make in our lives and in our recovery.

The angels and the people gathered for worship around God's throne know God with an understanding far greater than mine. They know that God is worthy to receive my praise and thanks—not only for what God has done in my life and world, but also for God's holy, loving character. His character influences Him to bless me and meet my needs. I can learn more from the example of those who gather in heaven to worship God. From the Bible and my praying through the Program, I know that God has the wisdom, power, and strength to meet the needs of those who seek Him with all their heart. God's nature, loving character, and actions show that He is worthy of my worship and all the glory

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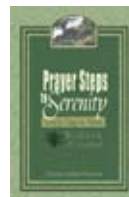
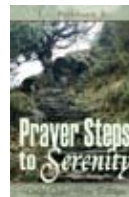
that I can attribute to Him for all that He has done and continues to do. I know that God deserves the humble adoration of every creature.

I can know God better when I take time each day to praise and worship God before I even begin to think about myself and my needs. By focusing first on worshipping God, I overcome my fears and find freedom from my addictions, compulsions, dependencies, and resentments. In worship, God fills me with joy, love, power, and serenity. Taking the time to honor God for the wisdom and strength He gives me throughout the day will help me improve my conscious contact with God and give me a more accurate of knowledge of His will for me and the power to carry it out.

Prayer for Today

Dear God, you are truly dear to me and closest to my heart. You have done more for me through the Program than I deserve. You have done more for me through my Fellowship than I can ever repay. You have done more for me through my practicing the Prayer Steps than I ever imagined possible. Help me to always put you first at the beginning of each new day. Help me to humble myself before you and ask you to do with me whatever you will throughout the day. Today, I want to praise you first and foremost for . . .

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Day 12

The Twelfth Step and the Serenity Prayer

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.
—The Twelfth Step

*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**.*
—The Serenity Prayer

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.
— Ephesians 1:3

I may not be able to make someone else's life better, but I can introduce them to the *Prayer Steps* and Program that can change and transform their life forever. No one needs to keep on living as I did before I found the *Twelve Steps* road to recovery and serenity. The *Twelfth Step* requires me to share the Program with others, and I know their walking in *The Twelve Steps Journey* can make an everlasting difference in their lives and in the lives of those they love.

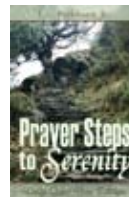
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Part of the power in the *Prayer Steps* rests in their universal application with God's help. No matter what problems my neighbors, friends, relatives, or even strangers face, I know that some of the solutions to their problems can be found in one or more of the *Prayer Steps to Serenity*. They may not be ready to work the whole Program, but I now know enough to share with them some of the time-tested truths that can make the difference in their lives.

Before I completed *The Twelve Steps Journey*, I had many hidden faults and character defects; some hidden not only from others but also hidden from myself. During my journey, I discovered that God had the power to remove these defects of character and bring wholeness back into my life, a wholeness that made the difference in all of my relationships. Almost everyone that I meet will be trying to hide something from others, and even from themselves. Knowing this universal human trait and the difference ridding ourselves of these defects can make, I know the value and importance of sharing the *Prayer Steps* message with others.

If I want to avoid new defects of character, I need to keep praying *The Serenity Prayer*; asking God to help me keep on applying the *Prayer Steps* principles in all I do. Committing myself to *Twelfth Step* work as I pray *The Serenity Prayer* daily will continue to make the difference in the way I live. If I start denying and hiding new defects of character, I will be robbed of my serenity and

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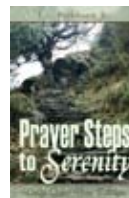


recovery. I need to keep practicing the principles I have learned in the Program for the rest of my life. As I grow, I will change everyday. Spiritual growth instead of spiritual decline depends on my actively practicing the *Prayer Steps* that restored my sanity and serenity. Remembering the difference that the *Twelve Steps* can make inspires me to keep pursuing the goals of the Program rather than settle back into a mind-numbing complacency, a false satisfaction that will influence me to forget about seeking God and His will for my life daily.

For my spiritual well-being and that of others in my Fellowship, I need to go to my group meetings regularly. However, my Fellowship and Support Group meetings must not exist just for me and my friends. Working the *Twelfth Step* means I need to keep reaching out to others. I need to pray for those who need the help that I found to find me and my Fellowship—so we can share with them the solutions we received from the Program. By giving away what God has given us through the *Prayer Steps*, we not only help others, we also help ourselves.

As I prepare to walk again through the *Prayer Steps*, I praise God for the difference He has made in me. God has blessed my walking in the path that He planned for me when He arranged for me to discover *The Twelve Steps Journey*. He brought the people and the Program into my life at just the right time, the time that

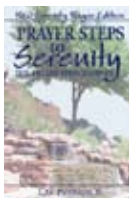
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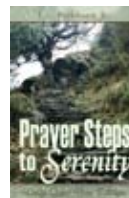


I was most ready. And His Spirit moved me in answer to many prayers—my prayers and the prayers of others—to begin working the *Twelve Steps*. I now know God more fully as my heavenly Father. I see how the *Prayer Steps* have drawn me closer to the Lord Jesus Christ. I know by experience the fullness of the Holy Spirit as He shares with me all the spiritual blessings made available to every believer in Jesus Christ. I pray that God will help me to always remember the difference that Jesus Christ has made in my life so I can be strong in His might and not fall back into compulsions and dependencies that will rob me of my serenity and sobriety.

Prayer for Today

Lord Jesus, you reign as the Lord of my life and Lord of the universe. You have shown me your love and the love of the Father for me. When I was hopeless, you gave me hope in you and you never failed to live up to my trust in you. Increase my faith in you and in your power to keep on working in my life as I live a life of prayer, praying as the Holy Spirit leads me and teaches me how to pray. Give me such a sense of your loving desire to help others that I will seek to share with them the truths that have saved me, for now and forever. Today, I trust in you and pray that you will help me share the spiritual blessing of knowing you and your saving grace with . . .

Serenity Groups
Web Site



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Taking Our Twelfth Step

Making this new condensed edition of *Prayer Steps to Serenity* freely available to you is a part of my *Twelfth Step* work. If you have found any of the *Prayer Steps to Serenity* books (including this special e-book edition) helpful to you or others, please drop me an e-mail at: lgp@CelebrateSerenity.org.

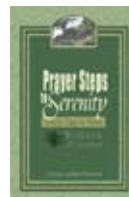
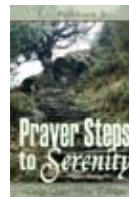
You, too, can take a *Twelfth Step* today if you take the time to forward this e-book to others or tell them about it, if you found it helpful. Pray also about starting a free *Celebrate Serenity* program or a free *Serenity Group* in your area, home, church, or other location.

Either of the two *Prayer Steps to Serenity* books are available from Amazon.com by clicking on either of the book covers to your right or to your left. *Prayer Steps to Serenity* can also be ordered through your local bookstore. Thank You! L.G. Parkhurst, Jr.

Celebrate Serenity
Web Site



Serenity Groups
Web Site



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Recommended Books

Prayer Steps to Serenity: New Serenity Prayer Edition

Prayer Steps to Serenity: Workbook and Journal

Prayer Steps to Serenity: Daily Quiet Time Edition

Serenity: A Companion for Twelve Step Recovery

The Twelve Steps for Christians

The Life Recovery Bible

12 Steps: A Spiritual Journey

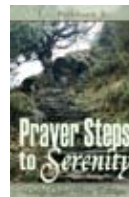
How to Pray in the Spirit

Principles of Prayer

Celebrate Serenity
Web Site



Serenity Groups
Web Site



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