

# *Week 1*

*The Serenity Prayer*



*Seeking  
Serenity  
Devotional Book*



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# *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.**

**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.**

**Amen.**

MONDAY

## *The home of our heart and soul*



**John 15: 4 & 5** *Remain in Me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in Me.*

We have all known a sense of emptiness, restlessness, or discontent. And have been at a loss as how to overcome it. Perhaps it is not so much a desire for circumstances to change but about finding peace in them.

We try the things that bring temporary relief: a holiday because I need a change; a more healthy life-style because that will make me feel and look better; we spend time in nature because that is beautiful; a new job or hobby, or more socializing because the company will help. But slowly we realise that the hollowness is still there.

The heart of man has a deep desire to connect to his Creator. But only as we cultivate a

**relationship** with God can peace and serenity be found. *“Abide in Me, and I in you.”* When we drift away from this Divine connection, our lives become restless.

The Serenity Prayer goes right to the heart of this longing! It is the peace that God gives even while we are buffeted by stormy winds. *“It is an assurance that, ultimately, all is well.”* (Trevor Hudson)

There is a caring, strong God whom we can completely trust with the well-being of our heart and soul. Venture then, line by line, to cultivate this relationship with your divine Friend.

God, grant me serenity



**Prayer:** Lord, grant me the peace that is not of this world. Help me to find that place where You are – where my heart and soul can rest, where my mind can find the courage to venture out again, and where my body can find the strength to continue. Lord, please grant me that serenity. AMEN

TUESDAY

## Gifts



**James 1: 17** *Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.*

A gift is something special. It can make you feel appreciated, it can make you smile, it can make you feel loved. It can also be a surprise and unexpected. Today we look at two gifts which God gives us.

The first gift is unexpected. Emptiness, restlessness, discontentment and hollowness can be a gift to us from God. It is His way of gently prompting us to turn to Him. Reminding us that He is where peace is found. Instead of letting these feelings become a negative driving force in our lives, we can use them to remind ourselves to focus on the Serenity Prayer. When the news is depressing, or you have a longing for relief from the effects of this difficult year, pause and ask “GOD

GRANT ME SERENITY.” And to look for something positive in that moment.

Then there is the gift of serenity. We cannot cultivate it ourselves. It can only be found in God. A God who is “totally good, totally loving” and when we turn to Him and ask for serenity the tiny seeds of peace are planted in our lives.

Peace from the things of the world CAN be found but it will be fleeting. God’s peace, God’s serenity remains – even through the dark times. Let us learn to say:

God, grant me serenity



**Prayer:** Lord, may I learn to take my feelings of anxiety, restlessness and negativity as promptings that my heart and soul need to turn to You. We so easily turn to other means of trying to find peace, help me to realise that in these moments of disquiet, all I need to do is ask You for Your serenity.

AMEN

WEDNESDAY

## Seeds



**Matthew 13: 31 & 32** *He presented another parable to them, saying, "The kingdom of heaven is like a mustard seed, which a man took and sowed in his field; and this is smaller than all other seeds, but when it is full grown, it is larger than the garden plants and becomes a tree, so that the birds of the air come and nest in its branches."*

The tiny seeds of peace and serenity are planted in our lives when we ask God for them.

Peace is not instantaneous. It is not without effort. In the process of germination, the seed is sown, covered with soil and left in the dark and damp. After some time a tiny green shoot appears; with caring and nurturing, a bloom of beauty will appear. That is how it is when God plants that seed of serenity in our hearts. Perhaps nothing changes for a while, and it may feel like we have been left in the dark, but growth is happening.

As Trevor Hudson says *"It [seed] still needs to be nurtured. At the very least, this will require us to face the different sources of 'unpeace' in and around our lives,*

*changing the way we think and live, and working for peace in the practical realities of our daily living."*

What are the sources of your 'unpeace'?

This prayer is a practical guide to quietening your heart and soul. You will become aware that peace is beginning to bloom in your life. Don't give up on the working of the Holy Spirit.

God, grant me the Serenity  
To accept the things I cannot change...



**Prayer:** Lord, there are so many things that unsettle me. Quieten my heart and mind when I start to feel overwhelmed. Help me to have the patience to nurture and germinate the seed of serenity.

AMEN

THURSDAY

## *The moment of truth*



**Galatians 5: 1** *It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*

Perhaps the greatest gift we can give ourselves is to learn to accept the things we cannot change.

*"We cannot force unchangeable circumstances into a particular mould."* (Trevor Hudson). In trying to do so we become frustrated, impatient and angry. It is indeed an 'aha' moment of truth when we realise: "I can't change this." It is at this moment that we open ourselves up to the power and grace of God, and acceptance begins to take hold.

Acceptance of:

Past regrets – the clock can never be turned back; but God helps us to make amends, forgive, develop new intentions or find new meanings.

Unchangeable situations – death, divorce or terminal illness. Praying for acceptance when we

don't want to accept it, is perhaps the hardest of all. But God has promised that His seeds of peace are growing even as our tears are falling.

Or simple everyday situations – endless traffic, poor governance, waiting on others, the weather or even the pandemic. God is saying "I can give you peace, **even** in these.

Each day we need to assess which circumstances we can or cannot change. As Trevor Hudson says, *"By praying this prayer, we open our hearts to the miracle of acceptance happening in our lives."*

**The miracle of acceptance.** Let us not be slaves to the burden of control. Christ has set us free from that.



**Prayer Focus:** Bring the situations in your life that you cannot change before God. All the frustrations and feelings that go with them and pray again for the Serenity to Accept the Things You Cannot Change.

AMEN

FRIDAY

## *How I begin and end the day*

*"This is the day that the Lord has made,  
I will rejoice and be glad in it.*

As we strive to gain peace or serenity in our lives, it is important that we begin and end our day by handing to God all that it will be and all that it has been.

We need His strength to accept the things we cannot change. Each morning reflect on what you need to do and face, hand those situations over to God. And pray for His strength and courage. At night reflect on the day. We won't always get it right. Serenity and acceptance will not always be part of the day: but that is okay. Hand the day back to Him and pray for His sustaining grace.

Beginning and ending each day in quiet reflection with God, "*quietens our hearts, refreshes our bodies and signposts the path to serenity.*" (Trevor Hudson).

Pray the Serenity Prayer from your heart. Use it to speak directly to God. Each time the feelings of 'unpeace' surface, offer this prayer up to Him in quiet supplication. If we are to be peacemakers in our families and world, we first need to find peace in our own lives and hearts. Peace does not lie in circumstances: it lies in the hands of our loving and powerful God

*"The day thou gavest, Lord, is ended..."*

May I rest in Your peace.



**Prayer:** Lord, You hold me close, You know my struggles and You know my situations of 'unpeace.' I need the serenity and quietness within my soul that only You can give. Please grant me the serenity to accept the things I cannot change.....

AMEN