



God, give us grace to accept with serenity
the things that cannot be changed,
courage to change the things
which should be changed,
and the wisdom to distinguish
the one from the other.

Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.

Amen.

the serenity prayer - reinhold niebuhr - original version

American theologian Reinhold Niebuhr composed this prayer in the early 1930s. He is known to have quoted it in a 1943 sermon at Heath Evangelical Union Church in Heath, Massachusetts and again in a sermon published in the 1944 *Book of Prayers and Services for the Armed Forces*. There is also another version adopted by *Alcoholics Anonymous*.