

## **THE POWER OF SERENITY**

The chorus of a popular song titled “Collide” begins with these lyrics, *“Even the best fall down sometimes...”* No life is perfect and even the best laid plans are vulnerable to great adversity and setbacks. The champions in life not only know this, they expect it and persevere. It is a right of passage.

Times in our life when it appears we have no control over our situation actually work to help us grow as human beings, if we have faith.

We grow abundantly in spirit and grace when we let go and trust that turbulent and stormy times will make us stronger, if we believe. We can always use help to remind ourselves of this spirit driven phenomenon via the following words.

***“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...”***

Now most people believe the Serenity Prayer concludes there. I’m often reminded by one of my favorite clients that it does not, so let’s continue.

***... “Living one day at a time; Enjoying one moment at a time; Accepting hardships 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.”***

How’s that for a supercharged dose of daily perspective? ***Amen!***

### **Coaching Prompts:**

- ❖ What area in my life need I pray for serenity?
- ❖ What can I do each day to embody the words of the Serenity Prayer?
- ❖ With who can share the benefit of these powerful words today?



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