



**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.**

Meditation:

First focus on your breath.

Read the first line, then pause.

Reflect on the words.

Return to your breath.

Repeat this process line by line.

Read the prayer through in its entirety.

Return to your breath.

Give thanks.

## *Notes and Reflections*

