



## 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 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 things right  
If I surrender to His Will;  
So that I may be reasonably happy in this life  
And supremely happy with Him  
Forever and ever in the next.  
Amen".*

*Reinhold Niebuhr*

Picture this: You're at a crossroads in your life, not sure which way to go. You're dealing with challenges that seem insurmountable, and you're desperately looking for help, guidance and peace. In times like these, the Serenity Prayer can come to your rescue. It was written by Theologian Reinhold Niebuhr in the 1930s, and even though it's simple, it has a deep meaning. People who are going through hard times say this prayer to find acceptance, comfort, courage and wisdom, offering peace in times of uncertainty.

Addiction is a beast that can consume one's life, no matter their faith. From substance abuse to harmful behaviours, addiction manifests in various forms and affects countless individuals worldwide. However, the Christian perspective on addiction offers a unique lens through which to understand and approach this struggle. Christians think that life is really important and that addiction happens when things go wrong and people go away from what God wants for them. They see addiction as a big fight that involves your spirit, body, and mind. Christians believe in the sanctification of life, recognising that addiction is a result of brokenness and a departure from God's plan. They emphasise on compassion, grace, and the possibility of redemption.

For Christian people who are struggling with addiction, the road to recovery is paved with a fair share of tough challenges. It's like there are temptations everywhere and around every corner, just waiting to make them to derail and relapse. To resist these temptations, they need to be really strong, never give up, and have a support system that is based on their faith. Sometimes, Christian addicts feel alone and judged by the people in their religious community as they see addiction as a moral failing. This can make them feel really ashamed and make it harder for them to get better. Breaking free from addiction needs kindness, understanding, and a willingness to break down these barriers.

When battling addiction, harnessing the power of scripture can provide an anchor of hope and strength. The healing power of God's Word offers comfort, encouragement, and guidance to us seeking recovery. Bible verses such as Philippians 4:13 **"I can do all things through Christ who strengthens me"** and Psalm 40:1-3 **"I waited patiently for the Lord; he turned to me and heard my cry"**, reminds us Christian addicts that we are not alone in our struggles. These scriptural promises serve as beacons of light, reminding us that with faith, perseverance, and the support of our community, we can find the strength to overcome addiction and rebuild our lives.

The Serenity Prayer has become a guiding light for many of us seeking peace and serenity in our lives, particularly when we struggle with addiction. Breaking down each line of the prayer can help us gain a deeper understanding of its wisdom. "God, grant me the serenity to accept the things I cannot change" reminds us to surrender control and accept that there are circumstances beyond our power. "Courage to change the things I can" encourages us to take action and make positive changes in our lives. "And wisdom to know the difference" emphasises the importance of discernment and understanding our limitations.

The Serenity Prayer is like a roadmap that helps us on our journey. It teaches us to accept that we cannot control everything and to let go of unrealistic expectations. It also reminds us that we have the power to make changes in certain areas. Seeking wisdom and discernment will help us develop the ability to differentiate between what we can and cannot change. Incorporating the

principles of the Serenity Prayer into our daily lives can bring a sense of peace, guidance, and serenity.

Breaking free from addiction involves a transformation of the mind. The Bible teaches that our minds need to be renewed. Rom 12:2 **“Do not conform to the pattern of this world, but be transformed by the renewing of your mind”**. By replacing negative and destructive thoughts with positive and empowering ones, we can break the chains of addiction. Scripture offers encouragement, strength, and guidance to help us renew our minds and develop a healthy perspective on ourselves and our circumstances.

One of the really important things in Christianity is forgiveness and redemption. That is crucial in addiction recovery too! We have to repent, be humble and admit when we mess up, and then ask Jesus for forgiveness. He died for our mistakes, so we have to accept and be grateful for God's grace. When we admit our flaws and say sorry to God, we can also forgive others who hurt us. It is like a big door opens up for us to heal and change. God's love and mercy are totally unconditional, which means He loves us no matter what. And that gives us hope for a fresh start and the strength to beat addiction.

Real-life stories of addicts in recovery who have battled addiction and found healing through faith can provide inspiration and encouragement. That is why this website has been born, so that I can share my own story of how I beat addiction and found recovery. It's all about spreading hope and encouragement.

Personal testimonies highlight the transformative power of Scripture and its role in recovery. Hearing the experiences of others who have walked a similar path and found redemption, you too can find hope and belief in your own journey towards healing. This is a testimony of strength that can be found in surrendering and embracing a relationship with God.

The Serenity Prayer serves as a powerful tool. Reflecting on its words and meaning will provide a source of inspiration and guidance on your journey. Accepting what cannot be changed, having the courage to change what can, and seeking wisdom to discern between the two, you too can find peace in the face of life's challenges.

It is through the power of faith and the transformative principles of the Serenity Prayer that freedom can be attained. Seeking serenity in God, you will know that with Him, all things are possible. Phil 4:13 ***“I can do all things through Christ which strengthens me”***.