

Reflection

I have long been a fan of the famous “Serenity Prayer”, but it was only recently that I learned there was a longer version of this prayer. There have been times in my life that I have uttered this prayer many times in a single day. But I really like the long version and I am committing it to memory as well.

My good friend and I often bemoan our membership in the over-thinkers’ club. I sometimes think my “super-power” is to worry. I can go from zero to sixty in imagining the worst- case scenario or lay awake wondering “what if...?” At these moments especially, I am learning to earnestly say this 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.**

Although there is some controversy about the origin of this famous prayer, it appears that the Lutheran Theologian *Reinhold Niebuhr* was the actual author. *Niebuhr* was a major influence on the German Pastor and Nazi resister, *Dietrich Bonhoeffer*.