



THE SERENITY PRAYER

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.*

Living one day at a time,

Enjoying one moment at a time,

Accepting hardship as the 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 PRAYER OF ABANDONMENT

Father,

*I abandon myself into your hands; do with me
what you will.*

Whatever you may do, I thank you:

I am ready for all, I accept all.

*Let only your will be done in me, and in all your
creatures.*

I wish no more than this, O Lord.

*Into your hands I commend my spirit; I offer it
to you*

*with all the love of my heart, for I love you,
Lord,*

and so need to give myself,

*to surrender myself into your hands, without
reserve,*

and with boundless confidence,

for you are my Father. Amen.

—Blessed Charles de Foucauld

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