



February 1, 2019

Serenity

"I have trusted, leaned, and relied on the Lord without wavering, and I shall not slide."

—Psalm 26:1

Many people are familiar with the "Serenity" prayer, although most probably think of it as a prayer to be said in the morning hours or during a time of crisis. Consider again the words of 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." Can there be any better prayer to say at the day's end?

Those things which are irreversible, we have no control over, or are solidly fixed, we need to relinquish. True peace of mind comes when we trust God and God's understanding of our situation when we can't do anything about it. We then can rest easier.

Those things we can change, we must have the courage to change. And, we should accept that in most cases, we cannot change things until morning comes. We can rest in the interim, knowing the Lord will help us when the time comes for action.

The real heart of the Serenity prayer is revealed in its conclusion, that we might know the difference between what we need to accept and what we need to change. That takes wisdom. Wisdom we already have and wisdom we gain through God's guidance.

At the day's end, the Lord's wisdom may not be given to us before we sleep, but perhaps as we sleep. So that when we awaken, we have the answer we need. This is something Bishop Elaine would often tell those of us on her staff to rely on when we had worked into the evening on some difficult situation before us. She taught us how by going to bed with whatever problem we might be working on, and turning it over to God in prayer, we would almost always come back together in the morning with a solution that seemed so clear in the light of day.

I hope you will ask the Lord to give you true serenity tonight!

In Christ's grace,

Pastor Deb