



Serenity Now
Philippians 4:4 - 10 (NIV)

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We often think of Seinfeld (1997):

George Costanza and his father, Frank



ASK YOURSELF:

What is serenity? How do you achieve it?

On a scale of 1 to 10, how stressful is your life right now?

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.

(Reinhold Niebuhr)

1. The prayer begins with _____ as the source of serenity.

Rejoice in the Lord always. I will say it again: Rejoice! (v. 4)

- Typically, we try to escape or take control of the people, places and things that stress us out. Consider, how is this working for you?

2. Serenity is a _____ that is given by God – we cannot produce it ourselves!

Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything... (v. 5 – 6a)



The kind of serenity God gives is more like a rolling river, than a placid lake.

“When peace like a river, attendeth my way, when sorrows like sea billows roll; whatever my lot, thou hast taught me to say, It is well with my soul.”

3. Acceptance is the _____ of learning to trust God, who is in control.

...but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (v. 6b – 7)

SO WHAT? Serenity is the coming together of gentleness, peace, and joy and these flow out of a heart surrendered to God.



Doggy Bag for the Week:

1. Where is the first place you heard the Serenity prayer?
2. What is your idea of Serenity? Is this a type of peace you want?
3. Is acceptance something you struggle with? Consider why.
4. Read Philippians 4:10-13. Do you want this type of contentedness?
5. What areas of your life can Philippians 4:13 help support you?
6. Do you struggle with or know someone who struggles with control?
7. Take a moment to memorize the Serenity Prayer above so that you can pray it when needed.