

## Resource 1 (Activity 1)

# The Uncontrollables

The table below can be used to help you consider the areas of your life that you do not have much control over. You may want to consider people, places, things or situations.

<b>Why I can't control it.</b> (What do you 'lose' by trying to control this situation?)				
<b>Why I want to control it</b> (What do you 'gain' from trying to control this situation?)				
<b>Reason why it is uncontrollable</b> (What do you have no control over?)				
<b>The 'Uncontrollable'</b> (What would I like to control, that I can't at present?)				
	1	2	3	4

### Resource 2 (Activity 1) Prayer For Serenity

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 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.

#### Questions

- 1 What qualities are needed to have 'serenity'?
- 2 Describe what someone has to do to be able to 'accept the things they cannot change'.
- 3 What does 'wisdom to know the difference' mean?
- 4 Rewrite the second verse of the prayer in your own words.