

## **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 a 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 in the next.**

--Attributed to Reinhold Niebuhr  
(see "Change Your Brain Change Your Life," Daniel Amen, pg.175)

### **Niebuhr, Reinhold**

Niebuhr, Reinhold, 1892–1971, American religious and social thinker; b. Wright City, Mo. He taught (1928–60) at Union Theological Seminary, New York City, and became interested in social problems. In the early 1930s he shed his liberal Protestant hopes for the church's moral rule of society and became a political activist and a socialist. His writings include *Moral Man and Immoral Society* (1932), *Christianity and Power Politics* (1940), and *The Nature and Destiny of Man* (2 vol., 1941–43). His brother, Helmut Richard Niebuhr, 1894–1962, joined the faculty of Yale Divinity School in 1931. His thought was early influenced by KIERKEGAARD and BARTH; later, however, he turned his attention to the personal nature of mankind's relationship to God and advocated a reworking of Christianity in light of the developments of the 20th cent.<sup>1</sup>

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<sup>1</sup>*The Concise Columbia Encyclopedia*, (Columbia University Press, 1991), Microsoft Bookshelf 1992, s.v. "Niebuhr, Reinhold."