

The Serenity Prayer



祈求平靜的禱告

God, grant us the serenity to accept things we cannot change,



上帝啊，求你赐给我平静之心，去接受我们不能改变的事物

Courage to change the things we can,



赐给我勇气，去改变我们能够改变的事物

and the wisdom to know the difference



赐给我智慧，去分辨两者之间的区别

Patience for the things that take time



賜給我耐心，去等待需要花時間完成的事情

Appreciation for all that we have,



赐给我感激之心，来看我们拥有的一切

Tolerance for those with different struggles



賜給我寬容之心，來對待遭遇不同困難的人

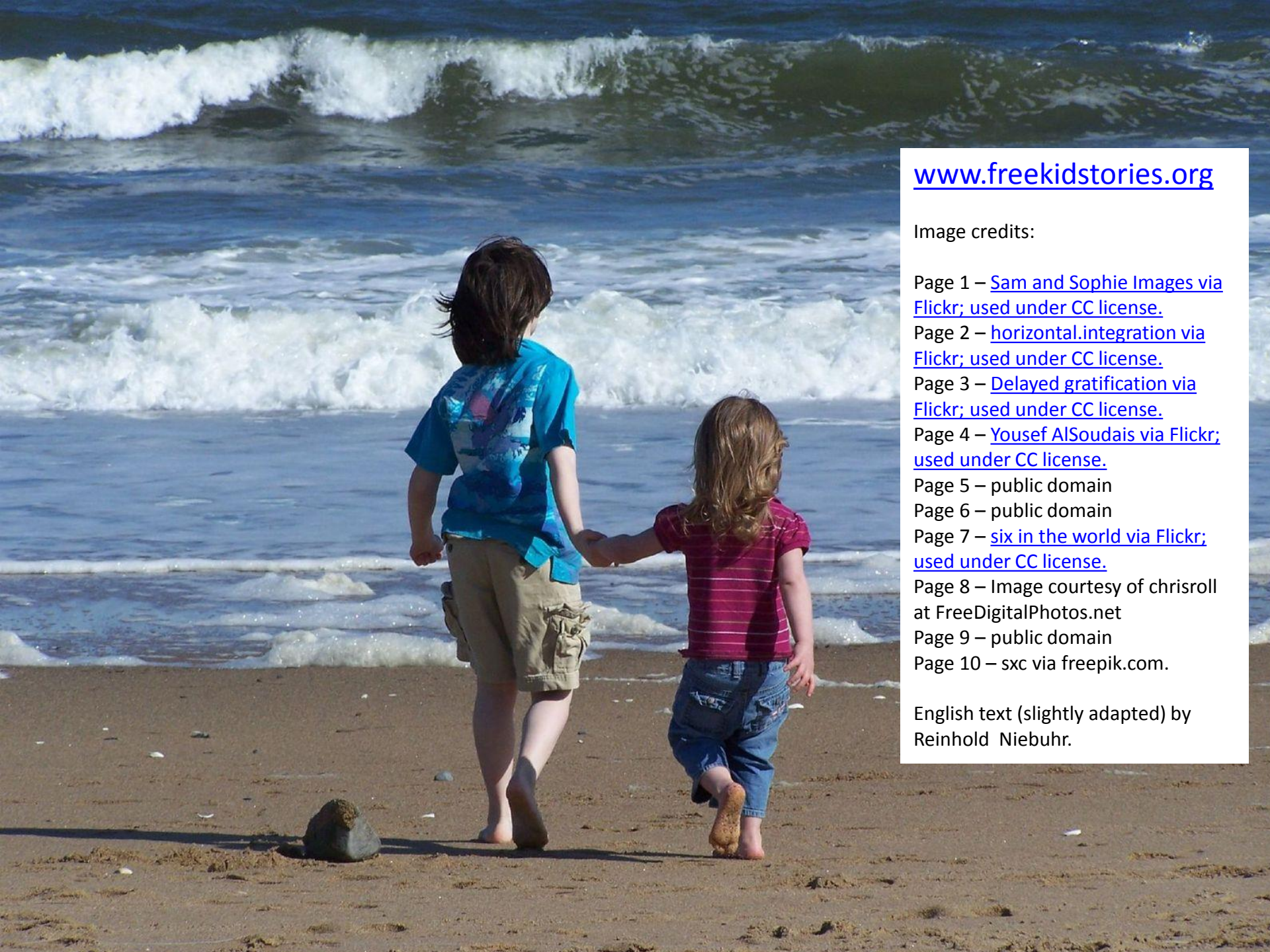
The ability to feel your love for us and our love for each other,



赐给我能力，去感受你对我们的爱，还有我们彼此之间的爱

*and the strength to get up and try again even when we feel it is
hopeless.*

赐给我毅力，使我们即使在感到绝望时，仍能站起来，再次尝试。



www.freekidstories.org

Image credits:

Page 1 – [Sam and Sophie Images via Flickr; used under CC license.](#)

Page 2 – [horizontal.integration via Flickr; used under CC license.](#)

Page 3 – [Delayed gratification via Flickr; used under CC license.](#)

Page 4 – [Yousef ALSoudais via Flickr; used under CC license.](#)

Page 5 – public domain

Page 6 – public domain

Page 7 – [six in the world via Flickr; used under CC license.](#)

Page 8 – Image courtesy of chrisroll at FreeDigitalPhotos.net

Page 9 – public domain

Page 10 – sxc via freepik.com.

English text (slightly adapted) by Reinhold Niebuhr.