# A Parent’s Prayer for Wisdom

## O God, Grant me the Serenity to accept circumstances in my son’s life which I cannot change – which can only be changed by my son.

## Grant me also the serenity to accept circumstances in my son’s life which cannot be changed at all, neither by me, nor by my son.

## Grant me the courage to influence and change my son’s life for the better – but only in the ways and areas appropriate for me to change.

## Grant me also the courage to stand aside when others must be the ones to change my son’s life. Others who, perhaps have yet to touch my son’s life.

## Grant me, finally, the wisdom to know the difference between helping and holding on; between loving and controlling out of fear, between addressing my son’s needs and my own needs.

## Amen

Author unknown