

The Serenity Prayer

使我心境平靜的禱告文

神啊！

求你賜我平靜的心，
來接受那些改不了的事實。

求你賜我勇敢的心，
去改變那些可改變的事情。

並且賜我智慧的心，
能分辨二者。

能盡力活好每一天，
能切實享用每一刻，
更能視苦痛為達致
平安的途徑。

學效救主的榜樣，克勝世界的罪惡，
全心向主降服，信靠祂能引導，
使我今生重獲喜樂，
更在永世得享恩福，
奉主名求，誠心所願，
阿門！

作者：尼布爾

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 hardship 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.

By: Reinhold Niebuhr

