

The Prayer of Serenity

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God, give us grace to accept with serenity
the things that cannot be changed,
Courage to change the things which should be changed,
and the Wisdom to distinguish the one from the other.
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 forever in the next.
Amen.

《 求 賜 寧 靜 》

上主，給我們恩典，
去寧靜地接受那不能改變的事物；
給我們勇氣，去改變那應該改變的事物；
給我們智慧，去識辨兩者的分別。
生活在每一天，享受著每一刻；
接受生活的困苦，作為通往安寧的道路。
像耶穌那樣，接受這罪惡的世界，
如其所是，非我所願；
深信只要我順服你的旨意，你將匡正萬有，
因而我今生欣悅有度，來世與你永享至福。
阿們。

(伍渭文譯，二〇一一年四月一日)

