

## Wisdom and Serenity by Larsen Kronstad

### For Some Context

My name is Larsen, and I am about to enter my first year as a graduate student at Colorado School of Mines. I originally came to Colorado for my undergraduate degree (also at Colorado School of Mines) about 5 years ago. I grew up in Minnesota with a Christian family, and am grateful for the community at Lakewood Church of Christ.

While in my undergraduate degree I experienced a great deal of anxiety, and turned to various forms of media for entertainment. This temporary fix only exacerbated the problem, which became untenable. Entertainment offers a temporary release from anxiety, which seems to fix the problem in the moment, but the greater truth lies in properly addressing the problem. For me, the problem was burnout from involvement in too many campus activities. Worldly wisdom and emotion are not a sufficient substitute for divine wisdom, which comes from knowing God.

### Devotional

- Read the “Serenity Prayer” (opposite).
- Read Ecclesiastes 2:15-17.
- Discuss / Reflect on the following:
  - Where do we see the value of wisdom?
  - Why do we value wisdom?
  - What do you want to be remembered for?
- What does God want you to be remembered for?

- What frustrates you the most right now?
- How do you think God can use this frustration?
- Read Jeremiah 22:13-16
- Discuss / Reflect on the following:
  - If you do know God, how?
  - Could a stranger see God working through you? How?
- Pray the “Serenity Prayer.”

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### 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 forever in the next.***

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