



Silent Unity

Prayer Service

May 2010

It is not I, but the Christ within who does the work.

As we begin this time of quiet contemplation and prayer, we evoke a fresh new feeling of excitement within us and all around us. We feel it in the very air we breathe. Taking a deep breath, fresh new thoughts and ideas wash over us. We allow a peaceful anticipation to fill our hearts and minds. We breathe from our heart space and find appreciation for this time of stillness. In the Silence, all seeming obstacles fall away and we are free and unlimited. In the Silence, we commune deeply with God and know the peace that passes all understanding, allowing these words to become our own ... ≈

I affirm the peace of God within me.

The great power of Love moves in my life now. From this divine love comes deep peace. I know as I rest in the presence of God's love I am safe; I am whole; I am serene. The peace I feel now stays with me no matter what is going on in my outer world. This peace is at the core of my being and sustains my sense of balance and harmony. I affirm peace, and in the Silence I am peace ... ≈

I turn to God within and know my path is directed.

The power of wisdom is within me. As I rest in the Silence I become more aware and more attuned to my inner wisdom. This inner wisdom out-pictures in my life as clarity and intuition. It is the still small voice that I call forth to guide my decisions. I am always one with this guiding force, and as I stay open, I move with ease and grace through the big and small decisions in life. I practice this ease and grace each time I am in the Silence ... ≈

I bless my mind and body with thoughts of perfect health.

Wholeness is mine and I embrace it now. I release all fear, worry and anxiety about any apparent condition in my body and mind. I feel the healing energy that comes with surrender and release. I bask in thoughts of perfect health without clinging to them. I allow the life-giving flow that comes with surrender, that comes with release, that comes from letting go and letting God. In the Silence I rest and restore my body and mind ... ≈

My life is abundant, and I share my abundance by serving others.

I am alive with the joy of abundant living. From this zeal comes a willingness and longing to serve. The more I understand and trust true prosperity the more I give and receive. I find my understanding in the Silence, in God. It is a sacred experience to give from a place of abundance, to give from a heart that is filled to overflowing with gratitude. From this place there comes a wellspring of ways to serve from my happy heart. I am inspired to give and receive in the Silence ... ≈

I promote harmony by being at peace.

Peace is mine now. I affirm that peace is prevalent in the world and in the hearts and homes of many. This harmony is growing and spreading out into the world as I experience peace within myself. Consciously and mindfully, I am peaceful. Consciously and mindfully, I know that what goes on within me makes a difference in the world. I promote harmony by being at peace ... in the Silence.

As our time of prayer and meditation comes to a close, we feel the loving energy of Spirit flow through us. We are mindful to rely on this free-flowing power of good as we move throughout the day ahead. Sacred knowings of peace, healing, wisdom and prosperity are quickened and we are blessed.

And so it is ... AMEN

Let us conclude by praying together the "Prayer for Protection":

**The light of God surrounds us;
The love of God enfolds us;
The power of God protects us;
The presence of God watches over us.
Wherever we are, God is!**

For loving prayer support night or day, call or write:

SILENT.
unity®

1-800-669-7729
1-816-969-2000
1901 NW Blue Parkway
Unity Village, MO 64065-0001
www.silentunity.org

Note: ≈ indicates a pause.

© 2010 by Unity (Bible quotation from the New Revised Standard Version.)