



Silent Unity

Prayer Service

November 2009

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

GratITUDE nourishes our souls and radiates throughout our lives. We are enriched and blessed to overflowing when we openly and lovingly express our gratefulness to those around us. We move into this time together aware of our many blessings. We take time to go within and connect with our wellspring of good.

We breathe and go deeper—moving from the outer world to the place of peace within us. We enter a blessed state—a place of profound gratitude. We are thankful for life itself as it bubbles up and expresses in and through us.

We begin this time of prayer steeped in the fullness of gratitude. Moving into a time of communion with Spirit, we allow these words to become our own:

I am grateful for life. I am at peace.

Life is sweet and full when I take time to rest in the peaceful presence of God. Leaving behind the busyness of the day, I feel the peace of God growing within me and gratitude fills my heart. This centeredness is reflected in my words and actions. A peaceful planet begins with peace-filled hearts. I am grateful as I allow peace to permeate every cell of my body and radiate out into the world, in the Silence ... ≈

Spirit guides and directs me in all my choices.

Each season of life brings new discoveries and new opportunities and new decisions to make. Centered in God, I release any outer distractions and turn within to find the right answers at the right time. Though my attention sometimes waivers, as I turn within, I am assured that Spirit is continually guiding and directing me in each choice I make. I release any concerns and turn within to find all I need to know. I listen for the still small voice within me. “Be still and know ...” in the Silence ... ≈

I am open and receptive to the divine healing power within me.

The vitality of God fills every cell of my body. I am open and receptive as God’s love flows through me as healing energy. I breathe deeply and allow this perfect energy to restore me to full health and balance. I am God in expression—whole and well, radiating health and well-being. I give thanks for this revitalization, in the Silence ... ≈

Note: ≈ indicates a pause.

I am blessed by the goodness of God.

From a grateful heart springs abundant good. I am open to the Divine flow of abundance as I pray. I claim my good from all-providing Spirit. Connected to God, I count my blessings and see them multiply. My heart’s desire is coming to me now. In this holy instant, I realize that I am the Beloved of God. All good things come to me as I stay open and receptive, in the Silence ... ≈

I see God in every face.

I breathe in and know my oneness with humanity. In the stillness of prayer, I embody world peace. Right here and right now, I gratefully contribute to a world that works for everyone. I see our Earth bathed in love and compassion. I see God in every face. In this brief moment, in this very room, as the peace in my heart joins with others, the world is changing. The world’s consciousness is expanding as we expand in consciousness, deepening as we deepen in understanding, loving more fully as we become more loving. All is possible beginning with this very breath, this very prayer, in this very room.

Prayer is our foundation—a silent reminder of our eternal God-Self. We have opened our hearts and minds in momentous ways. As we return to our day, we take with us the energy of gratitude and open-heartedness. We move with ease and grace, allowing Spirit to flow through us and as us. We give thanks that this is so, 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:

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