



Silent Unity

Prayer Service

March 2010

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

As the winds of spring sweep across the landscape, our outer world is refreshed and renewed. And as we take a deep cleansing breath, life sweeps in and we are refreshed and renewed. Life is in our every breath and in every beat of our hearts. We take this time to breathe fully and deeply and settle into this sacred space. As we quiet our bodies, we also quiet our minds. We let go of any anxious thoughts or concerns. We begin this time of prayer with a renewed sense of peace, centered in an awareness of “I AM” with these life-affirming words ... ≈

I am at peace when my heart and mind are on God.

Inner peace is mine in this very moment. I am refreshed as I allow all worry to diminish with each breath I breathe. I relax deeply as peace fills my heart and mind. I am one with God, one with all life, safe, loved and deeply grateful for each blessing. I breathe in deeply as I think peaceful thoughts in the Silence ... ≈

I quietly tune in to the wisdom of God and receive divine direction.

The wisdom of God dwells within me now. I call forth this innate power of wisdom and know what to do in every circumstance and situation. My intuition is the power of God that protects me. My intuition is the wisdom of God that expresses in my life. I connect in the Silence and readily access my intuition throughout the day. My inner wisdom is revealed in the Silence ... ≈

I am grateful for the energy and strength of my healthy body.

My body and mind are energized and strengthened as I pray. I open my mind and heart to the energy of pure health and vitality. I feel it now, renewing me, revitalizing me, reminding me that God and I are one. I feel God's love as I hear sweet whispers of reassurance in the Silence ... ≈

God's unlimited good flows to me and through me.

I breathe deeply and silently affirm God's unlimited good. This infinite good is available to me now. I am prosperous ... it is my birth right, and I claim it. Abundance is flowing to me. I am open and receptive to God's unlimited good. I am grateful for abundance that is mine as I relax into the Silence ... ≈

As we express the peace of God, our world is transformed.

I express fully in life, doing what is mine to do. My joy of being moves out into the world and peace is made manifest. Peace in the world begins with peace in my life. Living from my heart's desire, I express peace. No matter what kind of work I do, carrying it out with joy is peace expressed. I bloom where I am planted as I discover and affirm my life's work, in the Silence ... ≈

Although this time of prayer has come to a close, we affirm that the peace of this quiet time will continue. We have touched the Silence, if only for a few moments, and allowed the fresh energy of Spirit to move through us. Breathe, release and enjoy the wonder of the day. 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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Note: ≈ indicates a pause.

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