I am now in the presence of pure Being, and immersed in the Holy Spirit of life, love, and wisdom. I acknowledge Thy presence and Thy power, O blessed Spirit; in Thy divine wisdom now erase my mortal limitations and from Thy pure substance of love bring into manifestation my world, according to Thy perfect law.

—Charles Fillmore
Every day, Silent Unity receives thousands of requests for prayer support by phone, mail, and email. And every day, it is our honor and privilege to share statements of truth to uplift, encourage, and empower those seeking to reclaim and reshape their lives.

Although we receive a wide variety of prayer requests, many fall into five categories: Healing, Prosperity, Inner Peace, Harmony, and Divine Order. Many others are for everyday comfort and inspiration.

This booklet provides affirmative prayers in each of these major categories to help you master life’s changes and challenges. Often a simple reminder that God is always with you, loving and guiding you, can give you the courage to step out in a new direction.

We have also included a special essay from beloved former Unity poet laureate James Dillet Freeman that eloquently illustrates the meaning and purpose of prayer. You'll find additional prayers and scripture verses sprinkled throughout this booklet.

May these empowering prayers remind you of the unique and beautiful expression of God that you are, ever-unfolding into your highest good. God is here, and all is well!

Love and blessings,

Your friends in Unity
The Way of Attunement

By James Dillet Freeman

There is a way to get the power of God to do what we want it to do; to heal us when we need healing; to supply our needs when we feel lack; to comfort us when we are troubled; to bring us friends when we are lonely, joy for grief, and peace for pain; to light our path when we are lost and wander frightened in the dark.

It is the way that a rainbow is made after rain. It is the way that morning is made to follow night and spring is made to come after winter.

It is the way that a bare branch brings forth green leaves.

It is the way that the mist rises out of the sea, and the way that an ugly waterbug changes into a dragonfly.

Do you know this way?

It is the way of attunement.

It is the way of being one with the way of things.
At the core of being is a rhythm; when you place yourself in tune with this cosmic rhythm, all things work together for you and you work in harmony with all things.

There is a way of things. That is all you can say of it.

But learn the way of things and follow the way—walk in the way, work in the way—and everything will go your way.

The universe is God’s work. He made it very good. He made it to bring forth good. He made it to move and grow, to unfold and expand. When you move with the universe, the universe moves with you—and through you and for you.

Then there is nothing you cannot do or be because all the forces of the universe—all the expanding energies of life—are focused in you and pour through you to come into expression.
Prayers for...

HEALING

But they who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

—Isaiah 40:31 (RSV)
Aligned with God, I enter the stream of healing energy that restores my health and well-being. I am strengthened by the mighty currents of God’s healing energy moving through me now. My body is the temple of the living God, sustained and vitalized by the healing and renewing stream of life. I give thanks for the eternal flow of life, sweet life.

I am in the flow of life, infused with God’s restoring energy. Free of any stress, strain, or worry, I claim perfect health and wholeness. I deny any health condition or diagnosis having power over me. I know the truth of my being: that I am made in the image and likeness of God, and my body has the innate capacity to heal. The miracle of life works its wonders in me, and I am grateful.

Every cell of my body is indelibly stamped with a clear picture of radiant life. I claim that life now and see it manifest in every part of my being. The spirit of God is active within me, promoting order, harmony, and healing. God is the life energy in every breath I breathe. With each breath, this life energy fills and renews me.
I see myself as God sees me, strong, robust, healthy, and perfect in mind and body. Spirit strengthens both my soul and my body, and I bask in wholeness and health. I praise and give thanks that I am strong and well. God’s pure life and substance are constantly renewing and rebuilding my body temple. The harmonizing love of God is mine, and I am restored to peace and health.

The joy of health and happiness fills my body with new life, and I am made whole. Good health everywhere is made manifest. The new, pure radiance of God is made manifest in me. By thy light and thy life, I am strengthened and healed. My understanding of Truth reveals the unreality of sickness and the reality of health. I am radiant with the understanding that abiding health is my divine inheritance. I am whole and free. Thank you, God!

I acknowledge the relation between mind and body, between thought and substance. I agree with what I eat and what I eat agrees with me. I am at peace with all people and all things. I do not resist or antagonize anybody or anything. My body is strong, wise, and energetic, and I always think and speak of it as in every way capable of doing the work given it to do. I do not impose on my body by overloading it. I am guided by divine wisdom in eating and drinking, and I follow its dictates.
God is the strength of my life. I do not believe in exhaustion of strength. Strength is always present in supreme completeness, and I am eternally strong. Spirit is the strength in my body and I am free from any thought of burdens. My life is divinely ordered, and I have no fear of weakness, old age, or death. The spirit of God strengthens and sustains me. I am calm, centered, and at peace.

God’s life is my life, and I vibrate with harmony and wholeness. I am free with the knowledge that all is good. God’s love flows through me, calming my emotions, freeing my mind, and healing my body. God in the midst of me is mighty to heal. I have faith in the strengthening, revitalizing power of the Christ within me, and I enthusiastically accept the healing that is mine.

I am one with the ever-renewing, ever-unfolding expression of infinite life. The spirit of God flows through my body in a purifying, cleansing, healing stream that removes all obstructions and brings peace, health, and harmony. My body is the temple of the living God, restored to full strength and wholeness.
The Presence

*By Frank B. Whitney*

The Christ—the presence of light, peace, joy, love, life, and substance—is ever within, about, before, and beside me. The Christ guides, inspires, comforts, heals, and prospers me. My thoughts are filled with light and joy. My body is purified, strengthened, and healed. I realize my oneness with the Christ life, truth, and love. I have faith in the Christ to direct my every step, to relieve me of all anxiety, to cure every disease, to manage all my interests, to protect and bless me. Looking to the presence of the Christ, I behold my own perfection and the perfection of the whole world!
Prayers for...
PROSPERITY

Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?—Matthew 6:28-30
God is my help, and God is here now. Despair is transformed into faith; darkness becomes light. I meet every situation and view every appearance with a fearless heart and a confident spirit. God is my abundant supply; in this I am confident. I am confident that I am able to accomplish all things demanded of me. I am confident that God’s wisdom in me is continually guiding and inspiring me. I am confident that my capabilities and talents have their source in God. I am confident that my every undertaking will be attended by success, for the powerful and accomplishing Spirit of God is with me.

There is no place where the activity of God is not present. As the spirit of success, God moves through every financial understanding, every business venture, every transaction. The activity of God occurs right on time, bringing about perfect solutions and joyous progress. God’s perfect action directs my efforts, guides my desires, and prospers my endeavors. I am a radiant channel, overflowing with the perfect activity of God!
There is no lack in the kingdom of God. I praise and bless God's bounty. I rejoice that plenty is my heritage. God enriches my mind with divine ideas—ideas of wisdom, light, and inspiration. God blesses my body with life, strength, wholeness, and vitality. God blesses my affairs with every conceivable form, including food, clothing, and housing. I have plenty of all I need, for God is my supply.

Plenty of every good and needful substance is all about me. It enriches my mind, sustains my body, overflows my home, prospers my activities, fills my purse, and enlarges my bank account. Plenty is my heritage. I claim and accept it now. I do not strive or struggle; I entertain no doubts; I ask no questions. I let go and let my good come to me as God directs. I do not beg or plead or scheme. I acknowledge the truth that God is the Spirit of plenty, the giver of all good, and I open my heart to receive of God's everywhere present, abundant, and all-sufficient supply.

“Just enough” is not my heritage. Plenty is my free gift from a loving God. I do not accept less. I open wide my consciousness to the truth that God loves me and gives to me in overflowing measure. I willingly cooperate with the law of plenty by seeking new ways to give. I give of myself, my time, my ability, my talents. I give honestly, sincerely, naturally. I give generously, lovingly, in the manner and to the degree that I can. As I give, I see my fund and reserve of plenty grow. Good is flowing into my life from every direction. The very windows of heaven are opened to me. Plenty is my heritage!
The One reality is quickened in me, and I am alive with the radiant substance of Spirit. I affirm the law governing God’s abundance. Divine substance flows in all its fullness into my consciousness and through me as prosperity into all my affairs. God is the source of my supply, and I bless all the channels through which it is manifest.

What I imagine in mind is molded in omnipresent substance. I behold plenty for everybody. Spirit substance fills my mind and floods my affairs. New and rich ideas arise in my mind, and I demonstrate prosperity. The Spirit of industry, energy, and honesty now stirs me to action, and I am truly prosperous. I praise and give thanks for the plenty, visible and invisible, that I feel and see everywhere.

The rich substance of the kingdom of God is pouring its plenty perpetually into my mind and affairs, and I am in all ways prospered. My mind no longer clings to the complexity of mortal finances. I am open to the splendor of the kingdom of God within, and a flood of plenty follows. I praise the Spirit of plenty now manifest everywhere.
I am brave and bold with the knowledge that I am Spirit and therefore not subject to any opposing power. Plenty and prosperity are mine by inheritance from God, and by my steady, persistent word I now bring them into manifestation. I call forth the gifts of God within me, and I am blessed with happiness, success, and true achievement.

I am a child of God, filled with God’s light, love, and power. I am in command of my life and circumstances. I am guided by the light of God, strengthened by the love of God, and successful through the power of God. Through the Christ within me, I can do all things. I am wise; I express myself perfectly; and I succeed in all that I do.

God Is!

*By Rich Fagan*

Wherever I am, God is.
Wherever I go, God is.
Let everybody know: God is!
And all is well.
Whenever I give, God is.
Whenever I love, God is.
There’s always gonna be enough
’Cause God is
And all is well.
Prayers for...
INNER PEACE

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.—John 14:27
I now release anything that disturbs me. My body is still and centered. I expand my awareness to the earth and sea and sky, feeling my oneness with all that is. Spirit streams, pours, and shines through me, restoring peace to my soul and blessing the world. I am serene and in perfect harmony. I know that in Truth, all is well in my world, and I am grateful.

Nothing can disturb the calm peace of my soul. Awash in the love of God, I am at ease in my body. I allow grace into my life to make light my burdens. I am calm and poised. I release any worries, cares, or concerns, and feel the love, peace, and presence of God with me now and always.

The same peace is in me that was in Jesus the Christ in his earthly ministry. It fills my spirit, soul, and body with “the calm that passeth all understanding.” It is the same peace that fills the hush before dawn and the night with quiet beauty. It is the peace that whispers in the rustling leaves; that settles like soft rain on the land; that twinkles in the stars of the night sky. The circumstances of my life rise and fall like the ocean tide, yet I am centered in the midst of it. All of nature joins in the perfect, harmonious melody of peace that arises from oneness with our Creator. Thank you, God, for the peace that lies at the heart of my being.

God has not given me a spirit of fear, but of love, joy, and contentment. In the silence of prayer, I receive inner strength, peace, and faith. The presence of God within me is a limitless source of faith, strength, and power. I rest in the knowledge that God is in charge. I relax, let go, and allow God’s peace to come forth in my life.
When I have gone as hard as I can all day long; when fears for loved ones have harried me; when my courage has faltered and the worries of the day crowd in on me; when I wonder how I can take another step, smile another smile, lend another helping hand—I take a moment to be still and listen to the voice of God within me. I whisper in the depths of my soul: “Peace, peace. I am filled with whole, complete, and perfect peace. My eyes see peace, my ears hear peace, my lips speak peace, my whole being radiates infinite, omnipresent peace. From the top of my head to the tip of my toes, I am the perfect expression of peace. It cleanses, heals, purifies, renews, and revitalizes me now. I am at peace.”

Every anxious thought is stilled. The mighty confidence and peace of God enfold me. Nothing irritates or upsets me, for I am poised and centered in the mind of God. I place all circumstances of my life lovingly in God’s care. I have faith that only good shall come to me.
There is a place deep within me where all is still, all is quiet. As I turn my thoughts from outer things, I find this still and quiet place. It is my refuge, my source of strength and faith. Here I connect with God. I feel my Oneness with all that is. Any concerns melt away. I am calm and confident. All is well with me, and I am at peace.

The light of Christ fills my mind;  
The life of Christ fills my body;  
The love of Christ fills my heart;  
The substance of Christ shines forth through me  
As faith and freedom, joy and courage, power and peace.

Prayer for Protection

*By James Dillet Freeman*

The light of God surrounds me;  
The love of God enfolds me;  
The power of God protects me;  
The presence of God watches over me.  
Wherever I am, God is!
Prayers for...
HARMONY

You shall love your neighbor as yourself.—Mark 12:31
No one can take my good from me. Attuned to the presence of God, I am in harmony with myself and with others. I consciously choose love over hate; peace over conflict; compassion over fear. Differences disappear as I focus on the love of God moving in and through me. I behold the Christ in others and give thanks that, in Truth, we are one.

My life is peaceful and harmonious. I relate easily and lovingly, with patience and understanding, to all persons. The presence of God in me is my rock, my strength. I am clear, courageous, and compassionate in every circumstance. I live in the flow of life and see through the eyes of love. Thank you, God, for the grace that lifts my heart and sustains my spirit.

I am now in harmony with God and all of humanity. I am an expression of God’s infinite love. All of my personal relationships are harmonious and joyous as I allow God’s love to express through me. I am peaceful and relaxed knowing God’s spirit and harmony are flowing through me to bless my life and bless others. All is well in my life and in my relationships.
The love of God is at work in and through me. As I express this love to others, my life is filled with meaning, rich blessings, and right companionship. I am a radiating center of divine love, mighty to attract my blessings and to radiate blessings to others.

I behold the Christ in others, however challenging the circumstances. Everything and everyone is my teacher, and I open myself to the divine lesson I am to learn. If I am upset or disturbed, I pray: “Help me see this differently, God.” I patiently await divine guidance on what to say and do. I trust the still, small voice within me to guide me in right ways to express myself honestly and lovingly, and to listen with an open heart. All is made clear and my relationships come into perfect order and alignment. Thank you, God, for the wisdom that leads to compassion and understanding.
Peace in my relationships begins with peace within me. God is my refuge, and as I center myself in the love of God, I radiate peace to others. I am caring, kind, and compassionate. I respect the views of others and hold them in the light of God. In our Oneness of Spirit, I affirm peace, love, and understanding.

I am a spiritual being, ever unfolding in the light, love, and wisdom of God. God guides me to take the high road that leads to true understanding and fulfillment. I cultivate forgiveness and release any blame or resentment. I forgive myself for any perceived shortcomings. Peace and harmony are mine as I let go and let God fill my heart with love and compassion.

I am at peace with all humankind. I truly and unselfishly love all men and women. I now acknowledge the perfect law of justice and equality. I know that “God is no respecter of persons” (Acts 10:34 KJV), and that every man and woman is my equal in the sight of God. I love my neighbor as myself and I do to others as I would have them do to me.
Make Me a Blessing, Lord

By James Dillet Freeman

Make me a blessing, Lord! Help me
To help those needing help, to be
A blessing to my fellow men.
Instruct me when to speak and when
To hold my speech, when to be bold
In giving and when to withhold;
And if I have not strength enough,
Then give me strength. Lord, make me tough
With my own self but tender toward
All others. Let there be outpoured
On me the gentleness to bless
All who have need of gentleness.
Give me a word, a touch to fill
The lonely life, faith for the ill,
And courage to keep hearts up though
My own is feeling just as low.
When men have bitter things to meet
And quail and would accept defeat,
Then let me lift their eyes to see
The vision of Thy victory.
Help me to help; help me to give
The wisdom and the will to live!
Prayers for...

DIVINE ORDER

Do not be afraid, little flock, for it is your Father’s good pleasure to give you the kingdom.—Luke 12:32
God’s perfect order is unfolding through me and every circumstance of my life. With ease and grace, Divine Order manifests by blessing me, lifting me, and bringing forth good. God moves through my body to harmonize, to heal, and to strengthen me. God moves through my heart to uplift, to cleanse, and to purify me. God moves through my life to prosper, to satisfy, and to bless me. God moves through my thoughts to collect them in spiritual order and strength, revealing my true purpose and clarifying my vision. The perfection of God directs my every thought and activity, and all is well.
I now give my whole being—spirit, mind, body, and affairs—to the power of God. I let go and let God form in me the perfect receiving consciousness. I willingly let God do the transforming work within me. My consciousness is lifted. God expresses through me according to my highest good. I am open, humble, receptive, flexible, and ready to do what is mine to do.

I AM THAT I AM. Through the Christ I am the master of every realm of consciousness in my being. Through the Christ I enter into a full and complete understanding of how to handle all states of consciousness to the glory of God. I am illumined with the light of Spirit. I commit my works to God and my purpose is established. Every plane of consciousness in me is transformed by the renewing of my mind.

I am now free from fear, anxiety, worry, dread, or suspense. I have faith in God and I trust in God to protect me, to provide for me, and to bring all of my affairs into divine order. I look past any troubling outer appearances or circumstances and affirm a higher good unfolding in my life. Through the power of the indwelling Christ, divine order is now established in my mind and body and in every aspect of my life.
God is at work in my life to bring about order, justice, and harmony. I claim my right to a safe, peaceful, and harmonious life. As I remember God's abiding presence, I become a willing channel through which God brings about the right solution in the right way and at the right time to serve the highest and best interests of all involved. I am open to Divine guidance as order, justice, and harmony are established in me and in every situation.

My mind is poised and my heart is serene, knowing God works in all and through all to bring forth great possibilities in my life. I set my inner world in order, and a pattern of order is expressed in my life. I open to divine blessings, and I expect even more blessings to come forth as I attune to the guidance and wisdom of the presence of God within me. All that I need is amply provided. I rest in this truth, knowing divine order is at work in my life.

Divine order is unfolding to create my highest and best life experience. I trust God to reveal the blessing in every situation. I suspend any judgment and center myself in abiding faith. God is in charge, and I rely on God's law of good to bring order into every area of my life. I am grateful for the blessings that grace my life every day.
The Prayer of St. Patrick

I arise today
Through the strength of heaven;
Light of the sun,
Splendor of fire,
Speed of lightning,
Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.
I arise today
Through God’s strength to pilot me;
God’s might to uphold me,
God’s wisdom to guide me,
God’s eye to look before me,
God’s ear to hear me,
God’s word to speak for me,
God’s hand to guard me,
God’s way to lie before me,
God’s shield to protect me,
God’s hosts to save me
Afar and anear,
Alone or in a multitude.
Christ shield me today
Against wounding
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in the eye that sees me, Christ in the ear that hears me.
I arise today
Through the mighty strength
Of the Lord of creation.
Prayers for...
EVERY DAY

This is the day that the Lord has made; let us rejoice and be glad in it.—Psalm 118:24
This is God’s day. In God I live and move and have my being. Every experience that comes to me is God’s opportunity for more expression through me. I need do nothing alone, for the wisdom, peace, understanding, love, joy, and enthusiasm of God radiate through me. I am a shining, progressive, successful expression of God manifesting in ever-greater glory.

Each day I choose what I will serve. I put my confidence in God and serve faith rather than fear, happiness rather than unhappiness, peace rather than confusion. I take into my heart and mind a new confidence, remembering that I am the beloved spirit of God, that I have not been given “a spirit of fear but of power and of love and of a sound mind.” I remember that God’s divine and perfect purpose for me is good, that God is with me as power and life, wherever I am and whatever I do. God has given me everything I need to accomplish all the good my heart desires. And I am grateful!

God is always with me, mighty to direct my life, quick to give me peace and health, and powerful to guide me to success and safety. I am enfolded in God’s loving presence and blessed with a life of purpose and meaning. I trust in God for the fulfillment of my every need. As I pray, my faith is renewed and I am open and receptive to abundant blessings.

I am poised, patient, and positive as divine blessings unfold in my life. The transforming power of God is at work in me. I am open and receptive to my highest good. I honor the presence of God in me and know I am deserving of every good thing. I am wise, loving, prosperous, free, and peaceful.
I am not alone. God is always with me, supporting and guiding me through any challenge. I trust every circumstance in my life to God’s care. My faith is strong and sure. I live in the assurance of God’s peace, no matter what is happening in my life. In times of fear or uncertainty, I remember that God is with me, loving, uplifting, and guiding me into the light. I am blessed with strength and courage, and I rest in the knowledge that, in Truth, all is well.

The presence of God in me is greater than any fear. I trust in God’s protecting, guiding presence. Wherever I go and whatever I do, God guides and guards me. I am safe in God’s loving care. I am divinely protected, secure, and at peace.
The Prayer of Faith
By Hannah More Kohaus

God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of the day.
I now am wise, I now am true,
Patient, kind, and loving too.
All things I am, can do, and be
Through Christ, the Truth that is in me.
God is my health, I can’t be sick;
God is my strength, unfailing, quick;
God is my all; I know no fear,
Since God and Love and Truth are here.
Amen.
Unity Five-Step Prayer Process

Prayer is a means by which to commune with God. This Five-Step Prayer Process is designed to help enrich your experience and your awareness of the Divine Presence.

1. **Relax**
   Close your eyes. Relax, breathe deeply, and let go of outer concerns.

2. **Concentrate**
   Quiet your mind. Begin to focus your thoughts on the spirit of God within you.

3. **Meditate**
   With an open mind and a receptive heart, feel the peace of God’s presence. “Be still, and know that I am God” (Psalm 46:10 RSV).

4. **Embrace the Silence**
   In the silence of your soul, know that you are one with God. Allow this realization to permeate your being.

5. **Give Thanks**
How May We Serve You?

Through prayer, publishing, and spiritual education, Unity is always here to support you in expressing your divine potential for a healthy, prosperous, and meaningful life:

**Prayer Support**

Call Silent Unity® at 1-800-NOW-PRAY (669-7729) for personal prayer anytime, day or night, or visit www.silentunity.org to submit your prayer request online.

**Inspirational Publications**

Call 1-800-669-0282, Monday-Friday, 7:30 a.m.-4:30 p.m. (CT), or visit www.unity.org.

- *Daily Word®* in regular, large type, digital, or Spanish (*La Palabra Diaria*)
- *Unity Magazine®*
- Books, both in print and e-books
- CDs and DVDs

**Spiritual Education**

For information, call 816-251-3535, Monday-Friday, 7:30 a.m.-4:30 p.m. (CT), or visit www.unityinstitute.org for courses offered.

**Unity Conferences and Events**

Call 816-251-3540 or (toll-free) 1-866-34-UNITY (1-866-348-6489), Monday-Friday, 7:30 a.m.-4:30 p.m. (CT), or visit www.unityvillage.org to see detailed information for workshops, retreats, and special events.

**Online Resources**

- Articles, prayers, meditation, news, and information at www.unity.org.
- Spiritual online radio programming 24/7 at www.unityonlineradio.org.

Unity is a 501(c)(3) nonprofit organization, supported primarily by freewill offerings, including planned giving. To give a donation, please visit www.unity.org/donate. Thank you in advance for your support.