



Silent Unity

Prayer Service

December 2017

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

December is both sacred and joyous—a time when we celebrate the birth of Jesus, our model for spiritual living. As we take time to pray and reflect during the busyness of the season, we regroup and recenter ourselves.

As we reflect on the reason for our celebration, we become mindful of our divine nature, of the qualities of light, life, love, and power within. We let these be our focus as we begin our prayer time.

I am at peace—one with the Presence of pure Being.

Centered in the Christ within, I open to the peace that flows from the depth of my soul and soothes every part of my being. I relax my body, clear my mind, and allow complete serenity to enfold me. I feel Infinite Love sustaining me as I enter this time of silence in the awareness of peace. I am at peace as I pray ... ≈

Divine light shines in and through me as a beacon of understanding.

The quiet radiance of my inner light shines like a star in the still night sky. I center myself in divine light, giving thanks for this constant source of wisdom and guidance. I rely on this light of understanding and intuition to guide my thoughts, words, and actions. In the stillness of prayer, I reflect on my inner light, knowing I am one with the divine power of understanding ... ≈

I am the ever-renewing expression of Infinite Life.

Continuing to relax, I breathe deeply into this moment. Each breath clears the way for the renewing power of God within. As an expression of Infinite Life, I am grateful for the continuous flow of life-sustaining energy throughout my body. Attuned to this energy, I envision every cell of my body aglow with life. I affirm strength and wholeness as I return to the silence of prayer ... ≈

My life is filled with an overflowing measure of God's goodness.

In this quiet time, I reflect on the gifts that fill my life. I see the abundance of the universe as the overflowing goodness of God. Unlimited blessings are mine to claim and to use. In this awareness, I give and receive, knowing that God's goodness is without end. I am sustained, supported, and prospered in all ways. I take this truth into the silence of prayer ... ≈

I am one with God and all humanity in a universe of love and peace.

This is my prayer: for all people to realize their unity in a world of diversity. Recognizing and celebrating our differences, I know the truth for each individual on the planet: We are one. Holding this truth in mind and heart, I encircle the world in love and envision each person acting from a place of love and understanding. Affirming harmony and peace for all, I pray ... ≈

It is now time to bring our prayer service to a close. We do so with a breath of thanks. The spirit of love and joy that unites us in this prayer experience will remain in our hearts as we return to our day. We are one in spirit, and we will remain mindful of this truth going forward.

Let's conclude with our "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:



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