

Silent Unity

May 2018 Prayer Service



This is the moment! Here is the place! We agree, as we share in the experience of prayer, to be attentive, connected, and centered in the power of God. All that we have on our minds and in our hearts right now, we lift up into the possibility of instantaneous transformation, in this time and place of prayer.

The Silence is my place of peace and renewal.

With my next outgoing breath, I slow down and still my thoughts. I relish this moment of deep spiritual awareness. God is peace in the midst of me, a peace deeper than thought or feeling. In the Silence, I experience peace. I am renewed in spirit, in silent prayer ... ≈

I am a radiating center of light and understanding.

God is light in the center of me. My mind is one with divine mind. With every breath, my mind seeks and finds spiritual understanding. The light of understanding guides my way. Thoughts become productive and the way ahead becomes clear in the light of Spirit, in the Silence ... ≈

I am an expression of infinite life.

I breathe the breath of Spirit. I breathe the breath of life. Every breath supports and strengthens me, renews, and refreshes me. I am one with the spirit of life— infinite and eternal. Breath by breath, I heal. I live. In the Silence, I claim life ... ≈

I live in a world of plenty, and I have a consciousness of abundance.

Breathing deeply in awareness of God within and all around me, I settle in to a conscious moment of appreciation. All that I could ever need may be found here, in divine mind brimming with divine ideas. Overflowing with gratitude, I open my mind, open my heart, and pray ... ≈

I hold the world in a vision of harmony and peace.

I am one with the world around me. Every man is my brother, every woman my sister. We are one in God. In a state of oneness, I imagine holding hands, embracing arms, walking together on earth. I hold this image, in love with the world, as I pray ... ≈

In spiritual realization, we complete this time of prayer. Gratefully, we trust the truth of divine peace, understanding, life, and abundance, in which all our desires are fulfilled. All that God is, is available to us in every breath. In gratitude, we close with the “Prayer for Protection”:

The light of God surrounds us;

I AM light.

The love of God enfolds us;

I AM love.

The power of God protects us;

I AM power.

The presence of God watches over us.

I AM presence.

Wherever we are, God is!

I AM Divine.

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Note: ≈ indicates a pause.

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