

# Silent Unity

## September 2018 Prayer Service



**W**e become present, focused, and intentional as we begin this time of prayer. We are present in the kingdom of divine ideas, focused on the goodness of God, our source. We intend to be immersed in and aligned with all that God is, in a consciousness of peace.

### Peace is mine as I still myself in spiritual silence.

*Silence is my sanctuary. Retreating from habitual thought and action for the refreshment of silence, I am immersed in peace. I AM peace. Peace calms my nerves, harmonizes my feelings, and opens my mind. I AM peace in this moment of silence ... ≈*

### The light of divine wisdom guides my every step.

*Any question on my mind, any concern in my heart, I now direct to divine wisdom. Wisdom arises as an intelligent signal and I recognize it as both an answer and as a sense of direction. God is wisdom therefore I am wisdom making wise decisions. Wisdom is my guide, as I pray ... ≈*

### Every thought of God life strengthens and heals me.

*Present in my body temple, I focus on the truth of divine life. I choose thoughts aligned with life, vitality, vigor, flow, health, and wholeness. Every thought of truth strengthens my body's systems and functions. Every thought of truth blesses and heals. I am one with divine life, in this silent moment ... ≈*

### I live expectantly, gratefully, abundantly.

*I am present and fully aware of the bounty of blessings in my life. As I focus on all that is good and right, I exude gratitude. To any thought of lack I might have, I say "Be present! Be grateful!" I am an overflowing well of gratitude, in prayer ... ≈*

### My thoughts, words, and actions contribute to a peaceful world.

*Focused on the great truth of oneness, I think of all people as my sisters and brothers. My thoughts, words, and actions encourage and uplift others. I contribute my conviction of one God, one humanity, and one world, in silent awe ... ≈*

As we conclude this session of prayer and return to the day's activities, we choose to sustain our awareness of truth. We will to remain present, focused, and intentional as we brighten the world with the light of God expressing as peace, life, love, and wisdom. Let us recite together 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.