

# Silent Unity

## February 2018 Prayer Service



In the heart of winter, we devote time to our feeling nature of love. Love, the spiritual power at the center of being, is our prayer and our practice. Focusing attention in our heart center, we unite in divine love as we pray together.

### I relax and breathe in the peace of God.

*With every breath, my body responds by becoming peaceful. My nervous system relaxes, body processes slow, and my mind stills. I become keenly aware of God as peace in the heart of me. God is peace. I am peace, in this moment of silence ... ≈*

### As a creation of divine love and wisdom, I am guided in all that I do.

*By the power of divine love, I foster harmony and unity in all situations. All that I need to know, I discern by the power of divine wisdom. I trust my intuition, for it arises in the harmony of divine love. In silence I bless divine love and wisdom at the heart of me ... ≈*

### My body is energized by the healing life of Spirit.

*Spirit is life, and the spirit of life is my life. Celebrating the breath of life, I experience healing in every cell of my body and in every dimension of my being. Vitality is mine. Wholeness is mine. Life is mine, now and in the Silence ... ≈*

### I am a channel for the flow of abundance.

*Divine love flows from me as a spirit of generosity. I know that as I give generously, I enter the flow of abundance. Every good possibility comes into view as I swim in the stream of abundance. I am the harmony of divine love, blessed and overflowing, in silence ... ≈*

### Open to infinite love, I practice peace.

*I am one with infinite love, one in the love that knows no other. The love I am cherishes and nourishes all of life. I practice the love of God as I practice peace, broadcasting peace with every thought, word, and action. I am peace, as I pray in silence ... ≈*

As we close this period of prayer, we breathe in peace, love, vitality, and generosity. We envision these divine qualities at the heart of everyone requesting prayer support from Silent Unity. We confidently bless ourselves and one another as we breathe together in divine love that unites us, closing 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.

**For prayer support, download the uPray app, visit [silentunity.org](http://silentunity.org), or at [facebook.com/silentunity](https://facebook.com/silentunity).**

Note: ≈ indicates a pause.

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