

# Silent Unity

## March 2018 Prayer Service



**C**entered in God, our source of spiritual strength, we steady our thoughts in prayer. We enter the sanctuary of silence within, devoting precious time toward unifying our mind, heart, and being with God, our Source. Our human thoughts are now elevated, and we know the truth that is spiritual strength.

### **I release all to God. My spirit is peaceful and free.**

*Easily, gracefully, I release what has passed so that I am free in this moment for all that is possible now. In trust that the helpful, useful content of my past has carried over into the present, I rest in spiritual peace and freedom, in Silence ... ≈*

### **I open my mind to divine inspiration and follow my divine direction.**

*Wise thoughts flow as answers to my heart's desires. Courageously, I am attuned to divine inspiration, confident and sure with every step. Never am I without a sense of direction, for everywhere I am, God is. I am inspired, in prayer ... ≈*

### **Every atom of my being is invigorated with healing life.**

*A universal, eternal pattern for life is at the core of my body and being. Vital divine life is natural to me, for I am ever one with God, the Source of Life. I champion my vitality with every word of strength I speak to every atom of my being, here in the Silence ... ≈*

### **I am prospered by divine love.**

*The prospering power of divine love is my rich inner resource. Love is within me. Love flows from me. As I lead by love, I feel full and fulfilled. Whether giving or receiving, leading or following, abundant love is mine. In love I pray ... ≈*

### **I am an emissary of peace and harmony in the world.**

*From my core of spiritual strength, I am a steady presence of peace and harmony. Vigilant with my thoughts, I transform any inner discord into peace. Words of inspiration, encouragement, and support flow from my peace-filled mind to bless others. I love the world into peace and harmony, as I pray ...*

As we breathe, renewed and refreshed, we proceed by spiritual strength to fulfill the purpose of divine wisdom, life, and love. We agree to live based upon realizations arising from our time in prayer. Gratefully, we conclude by reciting 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).**

  
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Note: ≈ indicates a pause.

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