

Silent Unity

January 2019 Prayer Service



Here and now, as we draw a calming breath, we easily and rapidly withdraw attention from the activity of the day. We switch our focus from without to within—where we slow and still—entering the inner sanctuary of divine life, love, and wisdom. Here and now, we open our hearts and minds, as we pray.

I am centered in infinite peace.

Drawing a calming breath, I bathe my mind in infinite peace. No circumstance can disturb or distract me, for inner peace is my natural state of being as I am centered in God. God is peace. I am peace, as I pray in the Silence ... ≈

Divine wisdom is the light shining upon my path.

At times I cannot see the road ahead. I rely upon the light of divine wisdom, shining a step or two ahead of me. The light of wisdom cannot be dimmed or extinguished, for it is always shining. It shines now, as I pray ... ≈

Realizing my divine nature, I am healed.

I deny belief in limited health or well-being. Instead, I turn my mind toward the knowledge of my divine nature. God's life is my life. I claim vitality and wholeness, strength, and well-being. I heal by realizing my true nature and living fully, starting with this moment of conscious prayer ... ≈

I thrive as I live in awe and gratitude.

My eyes can perceive lack and limitation but are also able to see plenty and possibility. I bravely and boldly know I am divine, fully able to prosper by looking for reasons to celebrate and appreciate the good I can see. Plenty and prosperity are mine, in grateful prayer ... ≈

Openhearted and open-minded, I promote peace.

I live in peace with all people. Truly and unselfishly I love my neighbor as myself. Willing to listen, learn, and understand others, I keep my heart and mind open. I seek solutions that unite us. I forge partnerships that strengthen us. I promote peace, in this moment of silence ... ≈

From our inner sanctuary of divine life, love, and wisdom, we emerge to be the light of the world today. We light the way by being the power of peace, wisdom, well-being, and prosperity in all we do. The light we shine in the world around us shines first within our own being. We are blessed as we close by reciting the “Prayer for Protection” together:

**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.**


unity[®]
Silent Unity
24/7 Prayer Support

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

Note: ≈ indicates a pause.

For prayer support, download the uPray app, visit silentunity.org, or go to [facebook.com/silentunity](https://www.facebook.com/silentunity).

© 2019 by Unity (Bible quotation from the New Revised Standard Version.)