

Unity Prayer Service

August 2023



Be still, and know that I am God!”
(Psalm 46:10) This is our instruction, an invitation to quiet our minds and anticipate spiritual realization in prayer. As we know God, we know our true nature, which is divine. We are empowered to live in a spirit of wisdom, love, and order. We begin by affirming inner peace.

With God as my peace, I rest deeply and breathe easily.

Quieting my thoughts, I become still and simply be. I am present in this moment, recognizing God as the central presence and power within my being. I relax, rest, and still myself in peace. I am peace, in the silence of prayer ... ≈

I am guided by infinite wisdom in all matters.

Settling deeper into prayer, I open to the light of divine wisdom, illuminating my mind. I am full of light, and I know that light shines upon the path ahead of me, each step revealing the next. I see. I realize. I know ... ≈

I am one with and now fully flourish in divine life.

In the stillness of this moment, I know I am one with and now display the glory of divine life. Releasing any thought that does not reflect life, I attune to the energy of life pulsing through me. I am pure vitality. I am whole and free ... ≈

Through wind and storm, I stand steady knowing God is my strength.

Being still and knowing I am one with God, I am strong and steady. Nothing can throw me. No trouble can break me. I know that my nature is spiritual strength and that by my word, I can calm any storm ... ≈

I am willing to be a presence of divine love in all my relationships.

My heart blooms with compassion as I meet others in love. I bless them, seeing only their divine identity. Wherever I go and whomever I meet, my heart hears a call for love and holds the sweetest desire to sow the seed of love ... ≈

Returning focus to each breath, we bring inner peace with us into the atmosphere around us. We close this prayer time with deeper knowledge of God and our divine nature, essential knowledge with which to be the light of the world. We are thankful, restful, and joyful in spiritual service. Together, we pray 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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