

# Unity Prayer Service

May 2023



**E**very moment begins with breath, with an inflow of vitality that is a beginning point for the next divine idea. Breathing in, we begin to know the truth of all-sufficiency, our very source and inner resource, God. We begin this period of prayer by breathing in.

## Centered in God, I am secure and peaceful.

*As I shift my focus from outer activity to God, my source and inner resource, I realize God is peace. All cares and concerns diminish in the presence of peace. God is peace in my quiet mind and my compassionate heart. In silence, I realize peace ... ≈*

## Within the silence of prayer, I gain a clear sense of direction.

*Anytime I need greater clarity or wisdom, I turn within. Centered in the silence of prayer, I open my mind to see more clearly the possibilities ahead. I open my heart to feel my way forward. Relying upon the spirit of wisdom, I know what is mine to do ... ≈*

## By the power of divine life, I thrive.

*The light of divine life shines within the cells of my body and in every crevice of my awareness. The promised fullness of life is mine as I bask in the light of wholeness, vitality, strength, and well-being. God is the light of life that I realize in the Silence ... ≈*

## I welcome every blessing in a spirit of gratitude and generosity.

*As I reflect on the many ways my life is blessed, I overflow with gratitude. Realizing God is the source of every creative idea, I am prosperous. I am purposeful. I am thoughtful and kind. All that I can be and all that I can do flows from the Silence ... ≈*

## My eyes can see the beautiful potential within me and all around me.

*By the power of faith, I have inner vision. I can see beyond appearances to the truth. I can perceive the ripened fruit before the first blossom appears on the tree. As I breathe into the silence of prayer, I am filled with faith and I am faithful ... ≈*

Gently, guided by easy breathing, we close this time of prayer. In the hours ahead, let us choose to be anchored in peace, wisdom, life, and faith. Let gratitude be our guide for all we will say and do next. Let us conclude with 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.



1-816-969-2000  
1901 NW Blue Parkway  
Unity Village, MO 64065-0001  
[unity.org/prayer](http://unity.org/prayer)

For prayer support, visit [unity.org/prayer](http://unity.org/prayer)  
or go to [facebook.com/beunity](https://www.facebook.com/beunity).