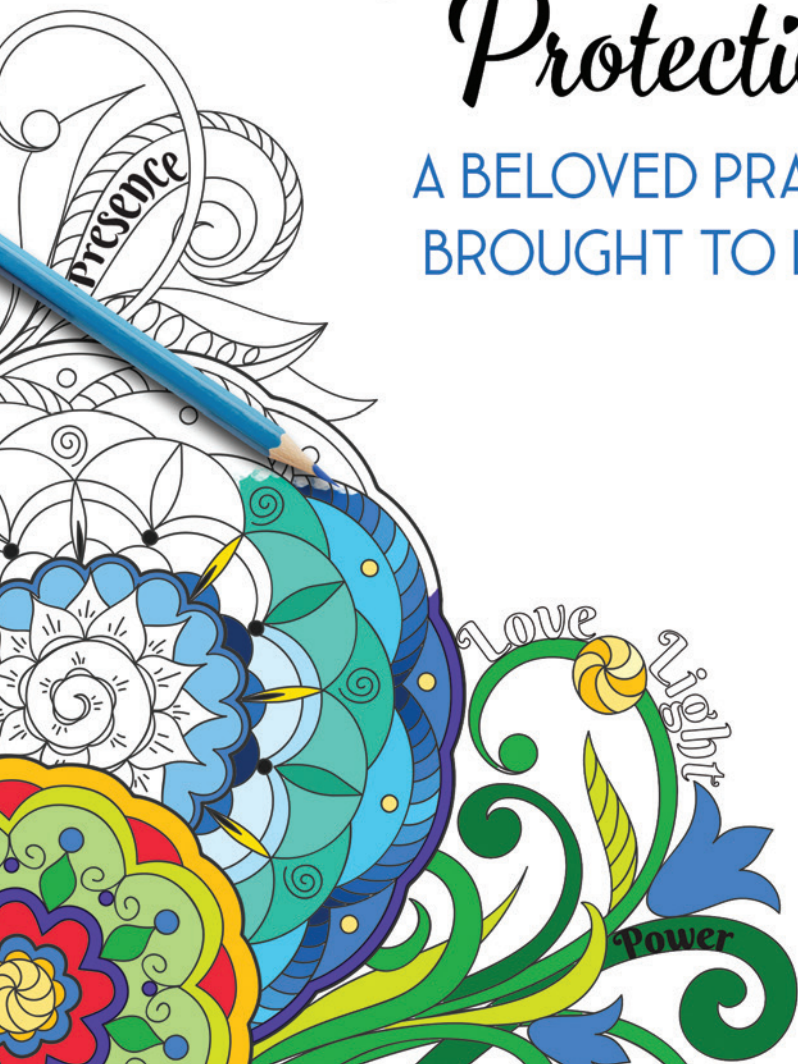


The Prayer for Protection

A BELOVED PRAYER
BROUGHT TO LIFE



Writing the "Prayer for Protection"

James Dillet Freeman

*Let me tell you how I wrote the Unity
"Prayer for Protection."*

When World War II was raging in Europe, we received many letters and phone calls from people caught in the conflict, but for a long time we did not have a prayer for protection that we were all satisfied with. This is how one came.

The Silent Unity® Prayer Ministry had always written a special Christmas Prayer Service just for Silent Unity workers. And in 1940 I was asked to prepare this service. We had never before needed a prayer for protection, but in 1940 we needed one, so I wrote one to go with the Christmas service. What I wrote was a little four-line verse:

"The light of Christ directs me; the love of Christ enfolds me; the power of Christ protects me; the presence of Christ upholds me."

I had hardly finished this Christmas service before Silent Unity came to me again and asked me to write a protection pamphlet that we could send to people, so I did. It was called *His Protecting Spirit*.



AN EVOLVING POEM

I had written the “Prayer for Protection” just for Silent Unity, but now it came rolling up to the front of my mind and demanded that I pay attention to it. It enticed me to see what I could make of it.

First, I took the rhymes from it. I felt it would be more universally received if it was not a rhyme. Then I changed *Christ* to *God*. It had been *Christ* because it was a Christmas prayer, but I felt if we were going to send it around the world, *God* might be more acceptable to more people. So the little prayer became:

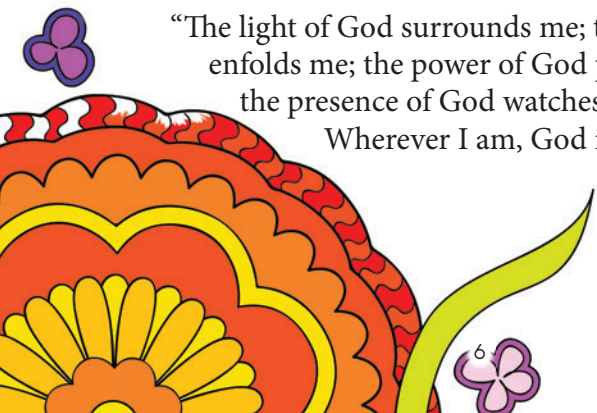
“The light of God surrounds me, the love of God
enfolds me, the power of God protects me,
the presence of God watches over me.”

That is the way we first printed it. Then a line came to me that I felt would make the prayer even more powerful. The line was:

“Wherever I am, God is.”

I added it as the fifth line. The “Prayer for Protection” first appeared as a four-line prayer in 1941, but when we reprinted it in 1943, it appeared in the form it has had ever since.

“The light of God surrounds me; the love of God
enfolds me; the power of God protects me;
the presence of God watches over me.
Wherever I am, God is!”



GOD'S MESSAGE OF LOVE

It is possible that no prayer Unity has ever printed has reached as many people as the “Prayer for Protection,” for not only has Unity printed it over and over, but almost every Unity church uses it to conclude its services.

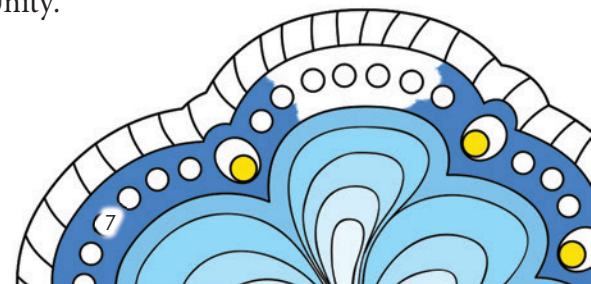
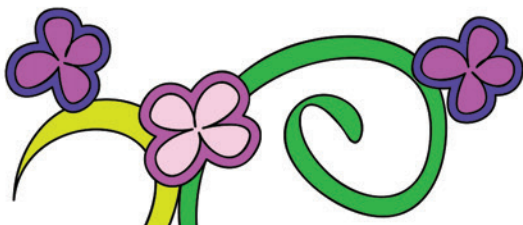
On the very first moon landing, on Apollo 11, astronaut Col. Edwin “Buzz” Aldrin carried the Unity “Prayer for Protection” with him. He did not know me or Unity.

It has appeared in hundreds of different publications that have no connection with Unity, and millions of people have carried it around on cards that fit into their pocketbooks, pockets, and billfolds. It has been translated into many languages. Sometimes it appears with me as the author. Often no author is given. Sometimes other people are named as the author.

It had been changed and changed again before it reached the form that it now has that best meets people's needs. This prayer is the product of much thought and concentration and of a mind that was willing to stay open to receive divine inspiration.

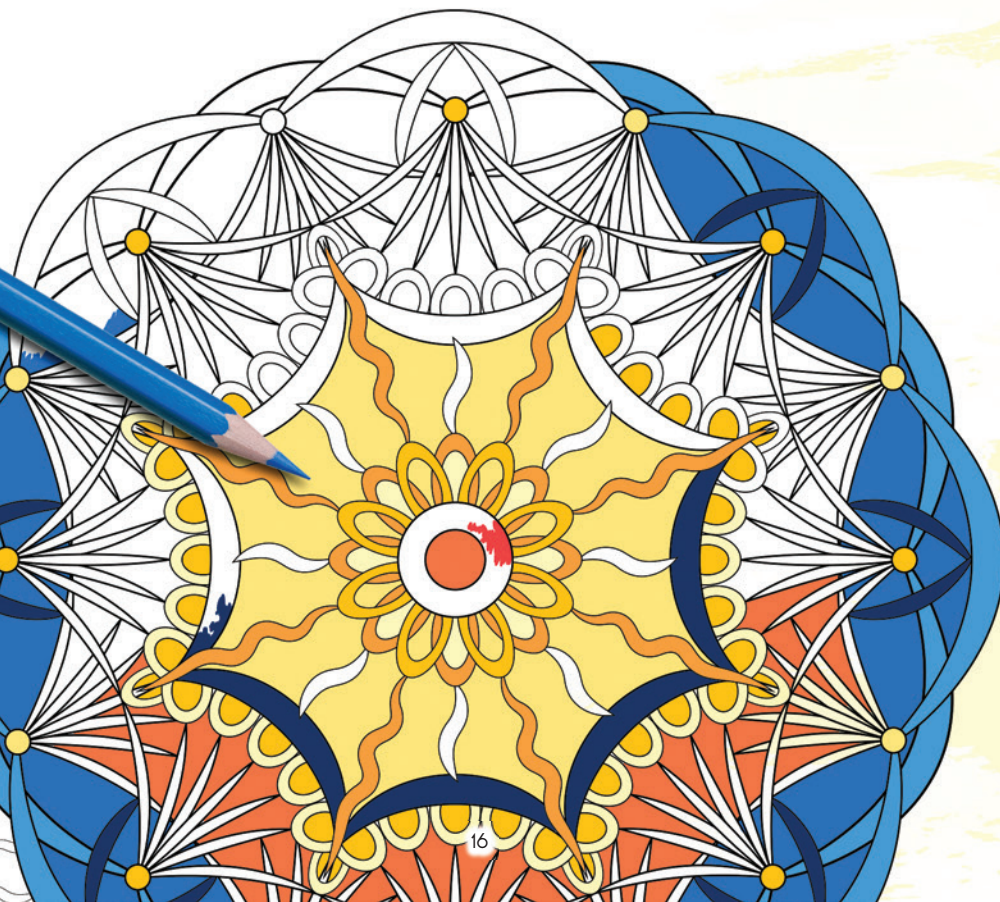
This article was adapted from a column that first appeared in Unity Magazine.

James Dillet Freeman (1912–2003) was an internationally acclaimed poet, author, and lecturer. Unity created a retrospective of his writings in a booklet titled I Am God's Song. He also wrote the book The Story of Unity.



THE SCIENCE OF LIGHT

Blanche Kimble-Wilson




I am intrigued by the statement, *The light of God surrounds us*. To me, it is like saying the air of God not only surrounds us but also is within us as the breath we breathe. It is ever available and everywhere present in all parts of our universe. Though we can't see air itself, we see the effects of its action, like clouds blowing. In like manner, we don't see God, but we see the effects of the activity of God in the animated, created universe.

To truly understand the enormity of visible and invisible spaces, I have been on a mind trip to discover little ways to unpack the light of God as a spiritual tool when appreciating the many blessings in my life. As I seek to understand these two concepts—God as light and air—prayer and meditation become my spiritual tools to keep my thoughts centered on the light of God always surrounding me, revealing itself to me even in my darkest moments as guidance and illumination.

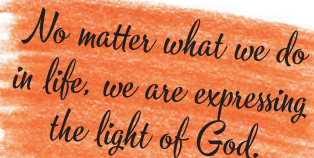
In science and biology studies, I am learning to see the light of God as the basic energy of cell-making in both animate and inanimate objects. Each atom is light energy moving at varying speeds, frequencies, and orbits within each created cell.

I am learning to look at the seemingly mundane or complex objects we use every day as visible, tangible, functional expressions of the light of God. I am moving from appreciating the obvious sources of light like the sun, moon, and stars or lightning in a storm to looking at the various man-made objects that emit light—or power that can be converted into light, such as dams and power stations—to help us live better lives as we, too, embody the light of God.

Think of all the ways light illuminates our world. Infrared light is invisible to the naked eye. Laser light can be focused to cut



metals or perform delicate surgeries. We have lights in operating rooms or onstage, lamps and track lights in houses, headlights on vehicles, and lights on all other forms of transportation. Inside cars, warning signals that use light and sound help us check our blind spots or alert us if we are leaving our lane. Moving from functional to fun, we have lights in digital games, backlit computer screens and keyboards, arcades, casino games, toys, and rides at a park or on a riverboat. The list is endless.



No matter what we do in life, we are expressing the light of God.

No matter what we do in life, we are expressing the light of God as intelligence and creativity working through the minds of humanity as we devise more and more ways to display the light of God in ever-expanding modalities and uses. I give thanks for the light of God that surrounds everything!

Blanche Kimble-Wilson is a longtime writer for Daily Inspiration, a publication of the Universal Foundation for Better Living.

The Love of God Enfolds Me ...



The Power of God Protects Me ...

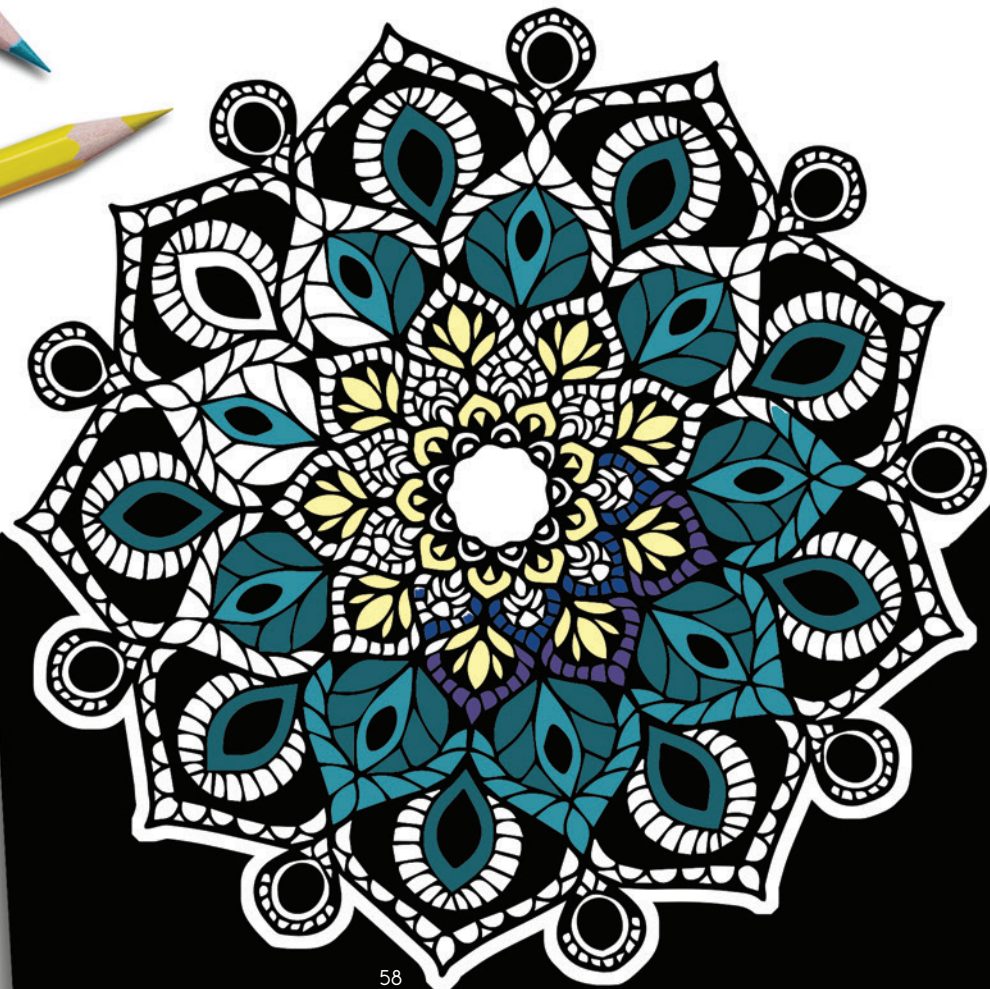
PRAYING THROUGH PAIN

Rev. Todd Humphrey



LEARNING HOW TO BE

Rev. Sandra Campbell



When I was first introduced to Unity, my friend Joann insisted that I needed to learn to “just be!” Those words meant nothing to a 21-year-old in a hurry to get on with life. The more I learned Unity teachings, the more profound those two words became.

For me, the last verse of the “Prayer for Protection” summarizes how to be patient and calm no matter what is occurring in my life. That simple phrase, *Wherever I am, God is*, brings clearly into focus that *I AM* is my beingness. It is my peace in the midst of the storm.

One of the first things we learn in English grammar is how to conjugate the verb “to be”—I am, you are, we are, she is, he is, they are. In two simple words, *I AM* describes the essence of who we are—our divinity.