

Unity Prayer Service

April 2024



With conscious breathing and a shift from external to internal focus, we enter the field of prayer. Attuning to infinite life, love, and wisdom, we let go of stress or struggle as we allow our divine nature to flow in our thoughts. We let go and allow the flow in prayer.

I allow peace to permeate my being.

I am anchored in peace, secure knowing that spiritual peace is possible regardless of my circumstances. I allow peace to replace discordant thoughts. As I focus on my divine nature, I am empowered to express divine peace in any moment. In silence, I allow peace ... ≈

I allow wisdom to reign in my mind.

The spirit of wisdom is a constant stream of guidance I rely upon. As I turn inward to wisdom again and again, I grow in trust of my ever-ready sense of direction. I trust and I proceed in confidence. I let go and allow wisdom ... ≈

I allow life to flow in my body.

I bless my body, its structures and functions, as I allow the power of divine life to freely flow. Affirming divine life is my life, I celebrate my capacity for conscious living, healthful habits, and physical healing. I let go of any sense of helplessness as I embrace divine life. I allow life to flow ... ≈

I allow abundance to be my experience.

I catch hold of and am inspired by divine ideas with which to live in purpose and passion each day. I let go of beliefs based in scarcity as I allow divine abundance. Anchored in the prospering power, I am poised for possibilities. I allow myself to thrive ... ≈

I allow order in my thoughts.

Divine order is my experience as I let go of limiting or fatalistic ideas. Claiming the spirit of divine order, I envision an orderly sequence, rehearse the steps ahead, and adjust my plans as new information arises. I affirm order in my thoughts and flowing from my actions ... ≈

Together, we experience gratitude for the knowledge of overflowing, infinite inner resources in the moment of every need. Anchored in divine peace, wisdom, life, abundance, and order, we let go and allow the flow. Let's conclude our prayer time 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, visit unity.org/prayer,
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