

Unity Prayer Service

February 2024



As we prepare to pray together, in unity with all who reach Silent Unity®, the Unity Prayer Ministry, for prayer support, we withdraw attention from the world around us. We turn our thoughts inward, to the spaciousness of spiritual awareness where we can know and experience the Divine.

My thoughts still in the state of peace.

I turn within to find divine peace, the source of silence and stillness. I become keenly aware of God as peace in the heart of me. My body and brain respond in a holy hush, experiencing peace throughout my being. I am peace, in this moment of silence ... ≈

Love is my name, and compassion is my practice.

God is love, the unifying power within. I am divine love, able to foster harmony and unity in my relationships. I never need worry that love could run out, for love is infinite, and I am infinitely able to express love. I trust the love that God is and that I am, extending compassion to myself and others ... ≈

I embody divine wisdom.

Knowing God is the source of wisdom within, I rely upon intuition for all that is important in life. I meet every question or quandary with a listening spirit and a discerning mind. In silence, I am inspired. In action, I make wise choices. I am wisdom ... ≈

I am a channel for the flow of abundance.

I turn within to infinity, the fullness of abundance. In prayer, I recognize a continuous flow of divine ideas by which I prosper. I affirm all my needs are met, and I enjoy the blessings of an abundant universe. Overflowing in appreciation, I embody generosity ... ≈

Centered in wholeness, I am healthy.

I turn within to divine wholeness, the reality that although I am fully human, I am fully divine. No matter what occurs in my human experience, I anchor my awareness in divine wholeness. I cooperate with my divine nature by which I declare, in truth, I am healthy. I am whole. I am divine ... ≈

As we close this period of prayer, we breathe in peace, love, wisdom, abundance, and wholeness. Whether our prayer time was focused on personal concerns or the intentions of others, we instruct our minds to proceed from prayer to aligned action in our day. Confidently, we bless one another as we breathe together in the spirit of divine love in which we are one, closing with 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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