

# Unity Prayer Service

October 2022



**B**reathing out, breathing in, releasing the past, drinking in the spirit of this moment ... we pause to refresh in the presence of infinite love and in the light of illuminating wisdom. God is, and we are—here and now—as we begin this period of prayer.

## **I pause; I breathe; I enter a sanctuary of peace.**

*Breathing out, I relax and release. Breathing in, I open my heart and mind. In trust, I lay down cares and concerns from a moment ago, just breathing them away. In quiet peace, I pause. Peace ... peace ... peace ... ≈*

## **By faith, I perceive the true and real within every circumstance.**

*Let me see through eyes of faith the truth of divine power and presence at the core of every experience. By faith, I trust what I cannot yet see. As circumstances unfold, I remain faith filled and faithful. I know good and only good now as well as in the days ahead ... ≈*

## **Centered in divine life, I flourish in every way.**

*I acknowledge divine life, the eternal flame of ever-flowing vitality. No matter the season, no matter the story, I choose to live! I will not sit on the sidelines. I will not delay. I choose to jump into the fire of life, to sparkle and shine ... ≈*

## **I am one with and now realize divine abundance.**

*The good of God cannot be withheld. It pours over every detail of my life like a steady and gently-flowing rain. With every breath, I draw upon divine abundance. Every need of mine is met with plenty—plenty of possibilities, plenty of resources, plenty to love and celebrate ... ≈*

## **I am at peace with all of humanity.**

*My heart of compassion extends to the human family. Each face I see is the face of God. Each story tells my story: a message about hope and courage and overcoming. I am one with God and one with all, in peace ... ≈*

May our prayer unleash our spiritual potential so we support those with whom we pray and everyone, awakening to our divine identity. We unleash faith, life, abundance, love, wisdom, and strength. Renewed and empowered, we contribute to a rising consciousness of harmony and peace. We are blessed, and we are a blessing. Together, let us recite 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](http://unity.org/prayer) or go to [facebook.com/beunity](https://www.facebook.com/beunity).**



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