The Comfort of Prayer
Prayer in its simplest form is any conscious attempt to experience the presence of God. Prayer is a deliberate activity—one of seeking to recognize our oneness with God, of opening ourselves to the power of God as it moves through us in new and wonderful ways.

Once this happens, however, prayer becomes something even more. As our awareness of the presence of God expands, prayer becomes the experience of being part of God, of centering ourselves directly in the creative flow of the universe, of perceiving things not with human eyes or human ears or human minds but from the divinity within us. We pray not to God or for God, as something separate from us, but from that sacred presence which is our very essence.

And so we come to see that the purpose of prayer is not to fill an earthly need—new car, better relationship, healing—but to satisfy the natural longing in our souls not only to experience our Creator but actually to live from that experience. Even if we pray for specific things, the underlying need is really the need to experience our spirituality, to feel our oneness with God, to sense the comfort and guidance and healing that rise up out of opening ourselves to God …

As Charles Fillmore, cofounder of Unity, declared, “The real search of all people is for God. They may think they are looking for other things, but they must eventually admit that it is God they seek …”

Since the purpose of prayer is to know God, the highest use of prayer, then, is to announce our intention of opening ourselves to the presence of God. It is our endeavor to merge with and
accept all the qualities of God—a heartfelt invitation to allow God's life to be lived through us.

Therefore, we don’t have to pray specifically to change people or circumstances. Our prayers are for the purpose of knowing God. Yet, interestingly, when we pray to experience God, the people and circumstances in our lives do change! Why? Because prayer has changed us.

Centered in God's presence, we then deal with the people and the circumstances of our lives in more loving ways. Prayer—seeking more of an awareness of God—changes us, and in changing us, changes all aspects of our lives. It’s been said that prayer doesn’t change things; prayer changes people, and people change things. And this is so.

There is no need to beg God for anything, because we already have access to all that God is. So prayer becomes the way to express our thanks for life and its blessings—those we already have and those still to come. This is sometimes referred to as “affirmative prayer.” It acknowledges the truth that God is present in us and in every situation, and therefore the potential for us is beyond anything we can humanly imagine.

The Answer
Lowell Fillmore

When for a purpose
I had prayed and prayed and prayed
Until my words seemed worn and bare
With arduous use,
And I had knocked and asked and
knocked and asked again,
And all my fervor and persistence brought no hope,
I paused to give my weary brain a rest
And ceased my anxious human cry.
In that still moment,
After self had tried and failed,
There came a glorious vision of God’s power,
And, lo, my prayer was answered in that hour.
Prayers of Guidance

Centering my thoughts on God, I listen to the wisdom that comes to my heart and mind through the still, small voice of Spirit. I trust the guidance I receive and take action to do what is right. I am blessed with clarity and freedom from fear. I now move forward with confidence and strength, allowing the divine presence within to guide me. I open my heart and mind to new ideas and ways of proceeding as divine light illuminates my path.

Divine wisdom is my moment-by-moment compass, allowing me to see the way ahead. Even when I do not perceive it, I walk in expectant faith for I trust that with each step, wisdom is my guide. In prayer, I open to divine wisdom.

I listen to inner wisdom and I am guided to live my purpose. Within my mind and heart, intuition flows as a steady stream, an ever-ready sense of direction. Wisdom is natural to me, for I am one with the spirit of wisdom. I choose wisely, purposely, and prayerfully. I am attentive in prayer.

The light of the Infinite is always shining. In every moment, I can see the way ahead, step-by-step. If I seem to lose my sense of direction, I turn within. Wisdom is the power of God present in my inspired thoughts. I shine the light of divine wisdom from within to guide me.
I am in tune with universal intelligence within and around me. Let me be aware of the amazing, wondrous reality of my divine nature. I am attuned to inner guidance. All my faculties are turned on. I listen for a subtle yet certain sense of direction. I live in confidence, taking every step in trust.

Any question on my mind, any concern in my heart, I now direct to divine wisdom. Wisdom arises as an intelligent signal, and I recognize it as both an answer and a sense of direction. God is wisdom. Therefore, I am wisdom, making wise decisions.
All experiences that try your faith are just opportunities for you to make the good manifest ...

God not only created the earth, and us, but He is actually the very essence of all that we see about us and all that is within us. We are free agents; we must learn to take and combine the ideas and the manifest materials into the souls and bodies we are to use.

You see, it isn't that we are doing something by ourselves, and occasionally asking God, outside of us, to help. In reality, God is working out through His offspring that which He has conceived to be the ideal creation and life. But He has given us the power which He is—just as any wise father gives his son full freedom to become the son he feels sure that son will be ...

When you truly go to the Christ within yourself, instead of to your own thoughts, you will receive whatever you need ... When you truly drop thoughts of conditions and personal desires and personalities, and center your attention in God, and think God only, and give thanks that God only is expressing and manifesting everywhere in His universe, then you will speedily dissolve the old error beliefs and their counterparts in the manifest world.

Let me say it again: Stop trying so hard to know that everything is as it should be. Just rest your mind and heart and emotions and body in God-Mind. When you are truly thinking God, you cannot struggle to do anything. It is when you are thinking of self that you struggle and see nothing but darkness and grief and failure. No one, not even God, can change you or your circumstances so long as you insist upon looking at and thinking of and worrying about yourself and your problems. Your problems do not exist except in your own mind. And they are there only because you have made them. As soon as you withdraw your thoughts and feelings from the things which you have invited and built up, they will fall flat and dissolve. By abiding in God-Mind (which means perfect order and satisfaction), you will build a new world of peace, joy, wholeness, and success according to the direction of Christ ideas ...

Christ is the real self of each individual. By seeing only the Christ in all people, we not only strengthen our own spiritual consciousness but help all whom we contact to realize and express their innate divinity.

—From How to Let God Help You