We begin with the knowledge of the nature of God. God is infinite peace, infinite wisdom, infinite love, and infinite life. All that God is, we can realize as the truth within us. We begin in celebration of the whole, holy power within, the Christ, our true nature.

Breathing in, peace. Breathing out, peace.

In the knowledge of God and my divine nature, I cease mental confusion. I come into swift agreement, mind and heart sure and steady. Nothing can disturb my peace of mind or my harmonious heart, for I am anchored in divine peace …  

With every step forward, I am faith-filled and faithful.

In the knowledge of God and my divine nature, I lead my life by faith. The only evidence I need of fulfillment ahead is knowledge of my oneness with God. I faithfully place one foot in front of the other, confident and expectant …  

Attuned to divine life, I heal and live fully.

In the knowledge of God and my divine nature, I heal limiting thoughts about life. In God, there is no limit to life. In God, there is fullness and wholeness of life. Health, well-being, vitality, and ease are mine as I attune to divine life …  

By the power of spiritual strength, I stand steady and ready.

In the knowledge of God and my divine nature, I find spiritual strength to be an endless inner resource. In times of confusion and change, I stand strong and sure, steady and ready to bring clarity and resolution. I am spiritually strong …  

Centered in divine love, I am a harmonious presence.

In the knowledge of God and my divine nature, I embody divine love in the presence of others. My presence broadcasts harmony. I am a voice of harmony, and I walk hand in hand with others, whether or not I share their worldview. I live in the harmony of divine love …  

As we close this period of prayer, we resolve to remain aware of our oneness with God that empowers us to live in a state of peace, faith, wholeness, strength, and harmony. We know we are here to be the light of the world, which prayer makes possible. Let us recite the “Prayer for Protection” together …  

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, download the uPray app, visit silentunity.org, or go to facebook.com/silentunity.

Note:  ≈ indicates a pause.