



Silent Unity

Prayer Service

March 2012

It is not I, but the Christ within who does the work.

We are grateful for this time together to join our hearts and minds in prayer. As we quiet our minds and center our awareness in God, we acknowledge the divine presence within us. Aware of the gentle rhythm of each breath, we breathe in deeply and focus our attention on God within. As we slowly exhale, we let go of any anxious thoughts. Becoming still, we rest in God's love, in the Silence ... ≈

The peace of God flows through me now.

Divine peace flows like a wellspring from deep within. I am calm and serene as I tune in to the peace of God that flows through me now. I focus on the peace within me, always present in my life, and I am secure. I rest in the peaceful presence of God, in the Silence ... ≈

I am attuned to Spirit and act on the guidance I receive.

Throughout every aspect of my life, I become more aware of my oneness with God. I allow God's infinite wisdom to inspire me on my life's journey. I am divinely guided through all situations and circumstances. I am attuned to Spirit and I am blessed by the guidance I receive in the Silence ... ≈

Through the healing power of God, I experience my wholeness.

I experience wholeness as I remember that I am made in the image and likeness of God. I silently affirm divine life in every cell and tissue of my being. My body responds to the healing power of God within me and I am renewed. God's infinite intelligence revitalizes me—body and soul. I experience my wholeness as I rest, in the Silence ... ≈

I am enriched by the gifts of Spirit.

God is so good. I am grateful that divine goodness is flowing in and through my life—now and always. My attention to the good in my life allows it to expand. As I appreciate abundance within me and around me, my life is enriched. I am blessed by the gifts of Spirit and I share my good with others. I give thanks for these gifts and more, in the Silence ... ≈

My prayer for peace encircles the world.

My thoughts and words hold power. I affirm God's good expressing in, through and as all people. My prayers unite with the prayers of others to help establish world peace. These prayers of peace inspire compassion and understanding that bless all communities, all nations and all people. The unifying power of God harmonizes all situations and blesses the world. I rest in the Silence, knowing that peace prevails ... ≈

We bring our awareness back to the present surroundings, and we are grateful for this time of renewal. In moments of prayer and meditation, we are filled with God's love. We prepare to return to the activities of our day, sharing the gift of love with all.

Let us conclude by praying together our "Prayer for Protection":

**The light of God surrounds us;
The love of God enfolds us;
The power of God protects us;
The presence of God watches over us.
Wherever we are, God is!**

For loving prayer support, night or day, call or write:

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Note: ≈ indicates a pause.