



# Silent Unity

Prayer Service  
April 2011

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

**A**s we join with people around the world and especially those praying in Silent Unity at this very moment, we recognize the truth that we are all one. We rejoice in the Christ power that is present in each person and we behold all life as expressions of love and peace. Let us prepare our minds and hearts now to enter into an awareness of oneness in this sacred time of prayer ... ≈

### **I am one with Divine Presence. I am at peace.**

*I begin by releasing any thoughts about the busy-ness in my life today. I let go of any activity I have been involved in, and for this moment, I am right here, fully present. I let worry and judgment slip away as I center myself in peace. I focus my attention on the gentle, peaceful Christ presence within. I am relaxed and soothed, for I am one with Divine Presence. Peace flows through me now. I take time to experience this peace in the Silence ... ≈*

### **In the quiet, I am aware of divine possibilities.**

*From this quiet space within, I am clear that my life has meaning and purpose. I recognize there are infinite possibilities for good in my life and that good is unfolding now.*

*I am confident, clearly guided by the light of the Christ to my highest good. Each step I take leads me to a greater expression of love and harmony. I am assured that my path is smooth and easy, and the Christ within me illumines the way. I relax and rest in this awareness in a moment of Silence ... ≈*

### **I am renewed by the healing power of God.**

*My body is the temple that houses the Christ within, and I care for this temple with love and respect. My body is filled with Divine Intelligence that brings healing and vitality. I take time now to affirm wholeness and perfect health for every part of my body. Divine energy fills my thoughts and renews every cell of my being. Grateful for this healing activity, I pray in the Silence ... ≈*

### **I give thanks that I am now and forever one with Source.**

*My mind is filled with new ideas and new opportunities to express even greater abundance in my life. The power of God within is bringing good to me and to those I love. My heart overflows with gratitude for the beauty and goodness all around me. The more I look for the good, the more I find it. Allowing appreciation to flow throughout my being, I give thanks in the Silence ... ≈*

### **I share the peace in my heart with the world.**

*This time of prayer has renewed me and filled me with peace. I radiate the peace from my heart into this room. I imagine my peaceful heart beating in rhythm with others around the world. As our hearts beat together, God's love is flowing through us. One by one, we are creating a world of peace and harmony. We realize this peace in the Silence ... ≈*

We now return our awareness to our physical surroundings. As we leave this place, we carry the peace of God within us. At any time, we can recall this peace as we go about our lives and activities. All will be done in peace and order, for all has begun in prayer. We are the living, loving, breathing power of God that moves in the world as peace. Amen.

Let us conclude by praying together the "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!**

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Note: ≈ indicates a pause.

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