



# Silent Unity

Prayer Service

March 2011

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

**I**t is a joy to unite our hearts and minds in a quiet time of prayer. Prayer is sacred, for it increases our awareness of God within. Affirmative prayer is “that time we take to focus, to align ourselves in oneness with the Divine and to affirm that whatever we need is already ours” (Ellen Debenport, *The Five Principles*). Let us prepare now to embrace our conscious connection with Spirit as we begin this time of prayer. With a deep cleansing breath, we allow ourselves to turn to that centered place of peace within. We feel the presence of God as love, as peace, and as joy. We align with the Divine in Silence now and know that infinite possibilities unfold ... ≈

## I am centered in the peace of God.

*As I turn within, I am reminded that I am made in the image and likeness of God. Peace is the natural expression of who I am as a child of God. I am one with all beings. As I rest in this awareness, peace washes over me and expresses through me as harmony and love. I relax and allow my soul to radiate peace as I rest in the Silence ... ≈*

## Divine guidance gives me clear direction.

*I look to the wisdom of God within that guides me perfectly. I am never alone, for the light of understanding shines brightly within me. My thoughts, words and actions are divinely guided. I move forward in my life, trusting God's clear guidance. I am certain what is mine to do. I am grateful, knowing that God is with me always. I pray in this awareness in the Silence ... ≈*

## I am a living expression of God's perfection.

*As I focus my thoughts on the healing presence of God within, my body relaxes. I am alert to healing energy flowing throughout my body temple. Every fiber of my being is aglow with the healing presence of God, strengthening and restoring me now. I am energized and renewed. As God's beloved, I express perfect health. I rest in this awareness of the healing presence of God ... ≈*

## I am a worthy and powerful co-creator.

*As a child of God, I am worthy and deserving of all good. I co-create my good by using divine ideas that come to me in prayer. The creative nature of my thoughts empowers me. I choose prospering thoughts and focus on the good that is present in my life. With a generous heart, I celebrate my prosperity. As I share my good with my worldwide family, I am abundantly blessed in return. I take this quiet moment to acknowledge God's prospering power in my life ... ≈*

## The spirit of God moves through all people to manifest peace on earth.

*I deepen my awareness of God's peace within me. I let this peace flow through me, and I feel my connection with all beings on earth. The earth and its inhabitants are enfolded in divine love. United in oneness, we give thanks for peace in the world. Through our connection, peace on earth prevails ... ≈*

As our time of sacred prayer ends, we give thanks for the many blessings flowing in and through our lives. The presence of God expresses as joy in our hearts and minds. We remain aware of God's goodness as we return to our day. 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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