



Silent Unity

Prayer Service

July 2010

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

There is one presence and one power in this world and in our lives, God the Good, omnipotent. We take this time to pause for a few moments and remember that we are one with the living, loving presence of God within us and all around. It is through prayer and in the Silence that we can feel our oneness and find the harmony that flows through all of life. As we take a deep breath we feel our body relax, allow our minds to focus on the living, loving energy within us ... We now move into communion with Spirit as we allow these words to become our own. I AM ... in the Silence ... ≈

Centered in Spirit, I am at peace.

My mind releases the outer world that makes up my day and focuses on the Spirit of God within me. As I breathe I can feel that sweet place of peace that is always within me. All of my fear and worry dissolve as I breathe and know that God abides in me as peace. Nothing in the outer world can disturb the peace that lies within me. I find that peace now in the Silence ... ≈

The wisdom of God is revealed through me.

I call forth the wisdom of God that is within me. In all of my daily decisions I am assured that the power of wisdom is mine and is active as I turn my attention inward. When I have a decision to make that seems overwhelming and causes me concern, I stop, breathe and turn within. I ask and then I listen. (Repeat with emphasis.) I ask and then I listen; in the Silence ... ≈

God renews every cell of my body.

My body is in life's dynamic flow of health and well being. When outer appearances seem to be telling me otherwise, I open my heart to God. I allow the flow of Good; I feel it wash over me now ... God's good is renewing every cell in me now. I claim my health and wholeness in the Silence ... ≈

I have all the time, energy and money needed to do what is mine to do.

I know that God is in every aspect of my abundant life. As I focus on the energy of Spirit, I know that there is a way, there is the

Note: ≈ indicates a pause.

time, there is the money, there is all that I need and more. I feel my abundant good flowing to me and through me even now, as I rest in the Silence ... ≈

The world is awakening to the truth that divine love prevails.

Divine Love is the harmony that flows in and through us as us. It is possible to not see peace in the outer world ... it is impossible to turn within and not feel it. I turn within every day and feel peace and then I know without any doubt that as I awaken to true peace, the world awakens as well.

This time together in prayer and in the Silence has changed us and the world in which we live. It is sometimes subtle and sometimes momentous, but it is always changing, moving, renewing us and our world. We have opened our hearts and minds to the gifts of Spirit, the living, loving energy that is the very air we breathe. We now give thanks as we move into the rest of our day filled with the poise, peace and wisdom that is God, that is you.

And so it is ... 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!**

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

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