



Silent Unity

Prayer Service

October 2009

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

We pause from our activities to unite in prayer. As we prepare for this sacred time, we let go of all thoughts of the day. We embrace the silence and feel the presence of God within.

As spiritual beings, we are all connected. We unite in prayer to celebrate our oneness and to share the universal bonds of love and peace. In our unity, we are strong, wise, patient and understanding. We are fortified by our collective consciousness.

We are radiating centers of peace.

In this quiet moment, we breathe in and relax. We breathe out and release all concerns.

God within is exquisite peace. We turn within to experience this peace and allow it to radiate outward. We feel the serenity of God as we enter into the silence of prayer ...

We trust the infinite wisdom of God to guide us.

As we silently commune with God, we release any distracting thoughts and align our minds with Divine Mind. With heightened awareness, we clearly see the way to our good.

Open to divine guidance, we return to the stillness of prayer ...

Life-giving energy flows throughout our bodies.

We are renewed.

A deep wellspring of energy stirs within us. This energy of divine life renews us continuously. We release any thought of disease or discomfort and affirm health, freedom and strength.

We gratefully celebrate our wholeness in the silence ...

We are open to the abundance of the universe, prospered in every way.

We are open and receptive to divine ideas that open the way to wondrous, infinite prosperity in every aspect of our lives.

We release any thought of lack or limitation, knowing that the goodness of the universe is ours to claim. We give freely and generously and we gratefully receive.

We affirm abundance as we return to the stillness of prayer ...

Our expressions of love and compassion create a world at peace.

The spirit of God within is the spirit of love. Our very essence is love. We easily express compassion and forgiveness to ourselves and to others.

Centered in love, we affirm oneness with all life. We envision people around the world joining in a shared consciousness of love and peace for all.

We take this thought of love and peace into the silence now ...

We give thanks that we are expressions of divine love.

We bring our attention back to this time and place, ready to return to the day's activities and taking with us a renewed spirit. In this spirit, let us pray 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:

SILENT.
unity[®]

1-800-669-7729
1-816-969-2000
1901 NW Blue Parkway
Unity Village, MO 64065-0001
www.silentunity.org