



# Silent Unity

## Prayer Service

### January 2010

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

**R**elax into the stillness of this moment. Breathe deeply and allow your thoughts to gently drift by as you turn within. Take this precious time to close your eyes and open your heart to Spirit's vision for your life. Be still and know that each breath begins a new year in your body; each thought begins a new year in your mind. Breathe and allow the newness of this moment to dawn.

Allow these words to be your words as you move into the Silence, affirming your highest good. Our voices unite as the "I AM"; in the Silence ... ≈

#### **In the quiet of this moment, I am at peace. All is well.**

*This is my now moment. Whether I am in a room filled with people or in the quietness of my home, my inner peace is ever-present; God is ever-present right here and right now. A calm and peaceful energy fills my mind and body. I breathe deeply and fully, knowing that all is well as I rest in the Silence ... ≈*

#### **I am divinely inspired to right action.**

*In the freshness of this new moment I release all doubt and fear about my future. I know that God inspires me to right and perfect action. My future unfolds with ease and grace as I allow Spirit to guide me to my highest good in all situations. The moments I spend in quiet contemplation quicken my ability to take action that is God-inspired. In the Silence ... ≈*

#### **I am an ever-renewing expression of divine life.**

*There is One Presence and One Power and I am one with this presence and power—God the Good Omnipotent. As I come into full awareness of this ever-present Good, I know there is only health and wholeness in my mind and body. I breathe deeply and go within. There I find the wellspring of life, restoring energy that is within me now. I claim vitality—it is my divine nature. I find my assurance of health in the Silence ... ≈*

#### **I am successful and fulfilled, realizing the power of God in me.**

*With God, all things are possible, and God is everywhere present. I cannot fail. Success is mine in whatever way I define it and align with it. Fear may seem to block me at times, but the flow of Spirit is ever-present and in this new moment I say "Yes God, yes!" to success in all areas of my life. I recognize and realize that the power of God in me brings forth my heart's desire. I am fully awake to my highest good as I rest in the Silence ... ≈*

#### **Let there be peace on Earth, and let it begin with me.**

*I breathe deeply and fully and find that peace is here and now. I focus my attention on my heart space and feel appreciation for all of life. When my heart is filled with appreciation, I know peace; I speak peace; I am peace. I start each new moment, each new day, each new year affirming that peace begins with me.*

Although this time in prayer has come to a close, the flow of Spirit continues to move in and through you as you. Every breath is a prayer and each moment is a new beginning. Smile and become fully awake and aware of your body and the world around you as you celebrate this new moment, this new day, this new year.

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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