



Silent Unity

Prayer Service

February 2010

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

Breathe and feel the fullness of this moment. Allow yourself this time of sweet repose to reflect and rest your busy thoughts as you remember your oneness with God. Breathe deeply now. God is with you, as you and for you. You can relax now. God is giving you guidance; God is as you expressing the love that you are. God is with you showing you a world of peace. Let these words be your words as you take this time in the Silence for a closer walk with God ... ≈

One with the Christ of my being, I experience lasting peace within.

There is a peace in me today that is true and lasting. I have opened my heart and my life to the Christ light within me. I now surrender any feelings of fear to the peace within me, and I know that all is well in my life. No matter what the outer conditions may look like, I can see through them and into the Truth. Real and lasting peace is with me now. I breathe into that place of peace as I rest in the Silence ... ≈

Attuned to God, I am wise and understanding.

As I turn within, I call forth wisdom and understanding. God within me is wise and guides me to right and perfect action. I can see what is mine to do; I easily discern my next steps to take. My way is made clear as I ask and then go into the Silence and listen ... ≈

Spirit within is my health and my strength.

I am God's beloved and health is my true nature. The Spirit of God is alive within every cell of my body and expressing as health in me now. As I pray, I feel my strength increase: strength of mind and body. I now turn from outer appearances into the Truth that God's love is flowing to me as me and through me. I rest in the knowing that I am whole and well ... in the Silence ... ≈

I am grateful for the divine flow of good in my life.

My life is good, and my prayers are filled with gratitude. I am grateful that prosperity shows up in my life as healthy relationships, perfect employment, the home of my dreams and perfect health. I am patient, knowing that my highest good is unfolding as I keep my mind on God ... in the Silence ... ≈

I am love in expression, contributing to a world of peace.

I open my mind and my heart to being loved and loving. My heart is filled to overflowing as I know the world as a place of peace and harmony for everyone. I allow the love in my heart to express as kindness, appreciation and compassion. It is through prayer that I can see beyond all appearances and into the Truth, knowing only love prevails ...

During this time of prayer you have expanded your awareness of inner peace, guidance, healing, prosperity and world peace. Your life is enriched, and your heart and mind are open to new possibilities. As you move out into your day, allow these thoughts and feelings to stay with you. You are inspired and uplifted to do what is yours to do this day, guided by the living, loving energy of God within you and all around ... 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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