



Silent Unity

Prayer Service

August 2010

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

In the midst of the summer heat we instinctively know it is important to drink plenty of water and find a shady spot to rest to allow our body to cool down and stay balanced so we can carry on. In the heat of life's challenging events we also instinctively know it is important to stop and take time to pray and be quiet so we can find our center, find our peace and tap into our wisdom so we will remain spiritually balanced and carry on.

We take this time to relax and breathe, drinking in the energy of God. In this time we find our inner shady spot that is a respite from all outer concerns. We breathe deeply and find cool refreshing breezes within our very soul. Allow these words to become your inner oasis in prayer and in the Silence of the I AM ... ≈

The peace of God is now expressing in me.

I feel the peace of God as it refreshes me and renews my spiritual understanding. I focus on the inner peace that is the Truth within me and I allow it to flow from me out into my world. Each person I meet feels the radiate presence of peace within me. I move into the Silence whenever I need to become refreshed in spirit and in Truth. Right here and right now I take time in the Silence ... ≈

Divinely guided, I move forward with confidence.

My confidence comes from knowing my connection with God, my inner being. In each decision I make throughout the day, I know that I can trust my intuition, my inner wisdom. I spend time each day practicing the Presence, knowing my oneness with God and allowing divine guidance to light my way. I find my confidence in the Silence ... ≈

I claim my innate health and wholeness.

Even now there is within me health and wholeness. I claim this as the Truth of my being. Despite any outer appearances, I feel the energy and vitality of God in every cell. Life is eternal and everlasting in God. My body, mind and Spirit can never be separate from this life eternal. I rest now in the Silence and connect fully and deeply with God as I claim my wholeness ... ≈

Note: ≈ indicates a pause.

I live in an abundant universe.

There is an abundance of sunshine today; with or without the clouds it is forever shining. This abundant Universe that I live in is omnipresent and overflowing with all good things. I am one with the omnipresent Universe, God the Good. My world is ordered and overflowing with all that I give and receive. I see abundance everywhere as I spend time in the Silence ... ≈

I see peace; I speak peace; I live from a peaceful heart.

My heart is filled to overflowing with peace. I know that each word I speak and each thought I think makes an impact on this world. I am mindful to speak from a peaceful heart. I think about peace in this world and I am so happy to be co-creating world peace from the words I speak, the way I see life and my heart that overflows with love and gratitude for it all ...

From this place of deep peace we come to the close of this prayer service. We know that the energy of this service is even now radiating out into the world. Whether you moved through this service alone or with others, your peacefulness in this moment is creating good in this world. Right here and right now we are joined in divine love and we allow it to flow in all directions. We give thanks and feel deep appreciation for this time of prayer. We let go now, knowing it is so, and gratefully, 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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