



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

# Silent Unity

## Prayer Service

January 2012

With thanksgiving, I give generously and receive abundantly.

*I am grateful for the good and the love that surrounds me. I give joyfully to others, freely sharing every good thing that comes my way. I give thanks for the divine flow of abundance to and through my life. Everything I need comes to me with ease, grace and joy. I am filled with gratitude, in the Silence ... ≈*

I contribute to a world of peace through the power of my words.

*My words have the power of creation. When I speak love, I create love. When I speak peace, I contribute to a peaceful world—a world that works for all. Peace is a healing power, and my words carry that power, that vibration, into the world. When I speak peace, I create ripples of peace that bless and nurture the world. I envision peace now in the Silence ... ≈*

From this quiet place of rest and renewal, we return refreshed. We bring our attention back to this day. We are ever more conscious of the presence of God within us, and our hearts are filled with light. Our gratefulness overflows, and we smile. We are peaceful, guided, healed and prospered—right here, right now. And so it is ... Amen.

Let us conclude by praying together 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:*

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Note: ≈ indicates a pause.

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**I**n this moment, right where we are, we become still and quiet our thoughts. In the stillness, the cares and concerns of the day melt away. We focus our hearts and minds on the Divine Presence within. In this Presence we live, move and have our being. We rest in an awareness of the Divine—breathing in, breathing out—knowing we are one with all that is ... ≈

My divine connection brings inner peace.

*The peace that passes all understanding is my peace. I know this to be true. Every cell of my body hums with the gentle vibration of deep peace. I am one with God and with all life. I breathe in the breath of God, I breathe out the breath of God. In this awareness, in this oneness, peace washes over me, fills me, lifts me, sustains me. My divine connection brings inner peace in the stillness ... ≈*

I am safely guided by the light of God.

*Just as a lighthouse guides ships safely into the harbor, I am guided by the light of God. Though the waves of life's circumstances may appear rough, I see beyond appearances, trusting my guidance. The fog of doubt lifts from me. My mind and heart are open and receptive. I see clearly and know that I am always safe. I am guided by the light of God, in the Silence ... ≈*

The healing presence of Spirit fills every cell of my being.

*One with the infinite presence of Spirit, I release any fear or negativity. I focus my thoughts on the healing power within me. I bless my body temple, giving thanks for the healing energy of creation that invigorates every cell of my being. Strengthened by this healing energy within, I am renewed in the stillness ... ≈*