



The  
Comfort  
of Prayer



For 130 years, Unity has been devoted to prayer. Someone is always praying at Unity Village, our headquarters in Missouri—every day, every hour. More than 1 million people send prayer requests each year, and we join with them in affirming God or Good is at work in their lives no matter the circumstances.

This booklet, too, is devoted to prayer. A few articles are about *how* to pray—although there's no wrong way—but most of the writing included here from legendary Unity ministers is about *why* we pray and what it can mean. If some of the language seems dated, know that many of them were writing 50 to 100 years ago.

Throughout history, human beings have sensed a loving presence that is always with them. They have tried many ways to connect with this mysterious power, seeking protection or guidance or both.

## *Your Support Makes a Difference*

Generous donations from friends like you allow us to make Unity literature available to those most in need of spiritual encouragement. You may give at [unity.org/donatenow](http://unity.org/donatenow).

In Unity, we believe we are never separate from God. There is no need to search for the Infinite because it abides in us and we in it.

We practice what we call *affirmative prayer*, meaning we declare the good that is already here. Rather than seek deliverance, we call upon our own divine nature—the God essence of every person—and invoke the attributes of God that were born in us, waiting to be developed. You will see many examples of affirmative prayer in this booklet, adapted from the Silent Unity prayer ministry.

Most of us have prayed in desperation at times, completely overwhelmed by a problem and clinging to worry or fear even as we begged for divine intervention. Turning to affirmative prayer allows us to remember God is in every situation, the one power and presence in the universe is already here, and love enfolds us. We pray in faith and confidence, knowing our spiritual identity because we are one with the Infinite.

We hope you find meaning in this booklet devoted to prayer and turn to it time and again as you pray.

## *Your Friends in Unity*



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# What Is Prayer?

Mary-Alice and Richard Jafolla

Prayer in its simplest form is any conscious attempt to experience the presence of God. Prayer is a deliberate activity—one of seeking to recognize our oneness with God, of opening ourselves to the power of God as it moves through us in new and wonderful ways.

Once this happens, however, prayer becomes something even more. As our awareness of the presence of God expands, prayer becomes the experience of being part of God, of centering ourselves directly in the creative flow of the universe, of perceiving things not with human eyes or human ears or human minds but from the divinity within us. We pray not to God or for God, as something separate from us, but from that sacred presence which is our very essence.

And so we come to see that the purpose of prayer is not to fill an earthly need—new car, better relationship, healing—but to satisfy the natural longing in our souls not only to experience our Creator but actually to live from that experience. Even if we pray for specific things, the underlying need is really the need to experience our spirituality, to feel our oneness with God, to sense the comfort and guidance and healing that rise up out of opening ourselves to God ...

As Charles Fillmore, cofounder of Unity, declared, “The real search of all people is for God. They may think they are looking for other things, but they must eventually admit that it is God they seek ...”

Since the purpose of prayer is to know God, the highest use of prayer, then, is to announce our intention of opening ourselves to the presence of God. It is our endeavor to merge with and



accept all the qualities of God—a heartfelt invitation to allow God’s life to be lived through us.

Therefore, we don’t have to pray specifically to change people or circumstances. Our prayers are for the purpose of knowing God. Yet, interestingly, when we pray to experience God, the people and circumstances in our lives do change! Why? Because prayer has changed us.

Centered in God’s presence, we then deal with the people and the circumstances of our lives in more loving ways. Prayer—seeking more of an awareness of God—changes us, and in changing us, changes all aspects of our lives. It’s been said that prayer doesn’t change things; prayer changes people, and people change things. And this is so.

There is no need to beg God for anything, because we already have access to all that God is. So prayer becomes the way to express our thanks for life and its blessings—those we already have and those still to come. This is sometimes referred to as “affirmative prayer.” It acknowledges the truth that God is present in us and in every situation, and therefore the potential for us is beyond anything we can humanly imagine.



## *The Answer*

Lowell Fillmore

When for a purpose  
I had prayed and prayed and prayed  
Until my words seemed worn and bare  
With arduous use,  
And I had knocked and asked and  
knocked and asked again,  
And all my fervor and persistence brought no hope,  
I paused to give my weary brain a rest  
And ceased my anxious human cry.  
In that still moment,  
After self had tried and failed,  
There came a glorious vision of God's power,  
And, lo, my prayer was answered in that hour.

## Prayers of Guidance

Entering my thoughts on God, I listen to the wisdom that comes to my heart and mind through the still, small voice of Spirit. I trust the guidance I receive and take action to do what is right. I am blessed with clarity and freedom from fear. I now move forward with confidence and strength, allowing the divine presence within to guide me. I open my heart and mind to new ideas and ways of proceeding as divine light illuminates my path.



Divine wisdom is my moment-by-moment compass, allowing me to see the way ahead. Even when I do not perceive it, I walk in expectant faith for I trust that with each step, wisdom is my guide. In prayer, I open to divine wisdom.

I listen to inner wisdom and I am guided to live my purpose. Within my mind and heart, intuition flows as a steady stream, an ever-ready sense of direction. Wisdom is natural to me, for I am one with the spirit of wisdom. I choose wisely, purposely, and prayerfully. I am attentive in prayer.



The light of the Infinite is always shining. In every moment, I can see the way ahead, step-by-step. If I seem to lose my sense of direction, I turn within. Wisdom is the power of God present in my inspired thoughts. I shine the light of divine wisdom from within to guide me.



*I* am in tune with universal intelligence within and around me. Let me be aware of the amazing, wondrous reality of my divine nature. I am attuned to inner guidance. All my faculties are turned on. I listen for a subtle yet certain sense of direction. I live in confidence, taking every step in trust.



*A*ny question on my mind, any concern in my heart, I now direct to divine wisdom. Wisdom arises as an intelligent signal, and I recognize it as both an answer and a sense of direction. God is wisdom. Therefore, I am wisdom, making wise decisions.

# *The Christ Spirit*

Myrtle Fillmore

All experiences that try your faith are just opportunities for you to make the good manifest ...

God not only created the earth, and us, but He is actually the very essence of all that we see about us and all that is within us. We are free agents; we must learn to take and combine the ideas and the manifest materials into the souls and bodies we are to use.

You see, it isn't that we are doing something by ourselves, and occasionally asking God, outside of us, to help. In reality, God is working out through His offspring that which He has conceived to be the ideal creation and life. But He has given us the power which He is—just as any wise father gives his son full freedom to become the son he feels sure that son will be ...

When you truly go to the Christ within yourself, instead of to your own thoughts, you will receive whatever you need ... When you truly drop thoughts of conditions and personal desires and personalities, and center your attention in God, and think God only, and give thanks that God only is expressing and manifesting everywhere in His universe, then you will speedily dissolve the old error beliefs and their counterparts in the manifest world.

Let me say it again: *Stop* trying so hard to know that everything is as it should be. Just rest your mind and heart and emotions and body in God-Mind. When you are truly thinking God, you cannot struggle to do anything. It is when you are thinking of self that you struggle and see nothing but darkness and grief and failure. No one, not even God, can change you or your circumstances so long as you insist upon looking at and

thinking of and worrying about yourself and your problems. Your problems do not exist except in your own mind. And they are there only because you have made them. As soon as you withdraw your thoughts and feelings from the things which you have invited and built up, they will fall flat and dissolve. By abiding in God-Mind (which means perfect order and satisfaction), you will build a new world of peace, joy, wholeness, and success according to the direction of Christ ideas ...

Christ is the real self of each individual. By seeing only the Christ in all people, we not only strengthen our own spiritual consciousness but help all whom we contact to realize and express their innate divinity.

—From *How to Let God Help You*





## God and I

Frank B. Whitney

I walked with God,  
God walked with me,  
But which was God  
And which was "me"?

And thus I found  
The truth profound:  
I live in God,  
God lives in me.

## Prayers of Health and Healing

The perfect life of God is flowing through my entire body right now, doing its mighty work—cleansing, purifying, and healing anything that needs to be healed. The wisdom of God is present and working through every medical professional. The love of God lives in me as peace and strength. Every atom of my body is an expression of pure spirit and contains wholeness, harmony, and complete perfection. I am healed in every way.



I am an expression of infinite life. I breathe the breath of Spirit. I breathe the breath of life. Every breath supports and strengthens me, renews and refreshes me. I am one with the spirit of life— infinite and eternal. Breath by breath, I heal. I live. In prayer, I claim life.

*I* am renewed in mind, body, and spirit by the healing power of God within. I am anchored in the truth of wholeness, aware of the power of God-life in every aspect of my being. I renew my mind as I hold healing thoughts. I renew my body as I bless every cell and structure of my body temple. I renew my spirit as I center myself in prayer.



*H*ealing energy flows throughout my being. In this moment, I release any thought that lessens well-being. I attune to the spirit of life that is recognizable as health and renewed vitality, and I live in that flow. Well-being is my experience as I know the truth of my divine life.

*M*y body is a vessel of life and energy. God is my vitality. Centered in God-life, I am energized and renewed. Grateful for the harmony of my body's systems and functions, I bless my body into heightened health and well-being. I heal any concern about my body as I am centered in God-life.



*R*ealizing my divine nature, I am healed. I deny any belief in limited health or well-being. Instead, I turn my mind toward the knowledge of my divine nature. God-life is my life. I claim vitality and wholeness, strength and well-being. I heal by realizing my true nature and by living fully, starting with this moment of conscious prayer.





# Pray for Our Enemies— Seriously?

Joyce Flowers

I've learned we must go well beyond merely forgiving our enemies. "Pray for them," I was instructed by a friend. Pray for them all the things you wish for yourself. Pray for them faithfully for two weeks, and you will then be free from resentment toward them.

I must admit that when my friend suggested it, I was shocked. If I had not been in such pain spiritually and psychologically, I would have balked. However, I was at a point of surrender. The willingness was there. And so, I prayed for my enemy.

At first, my prayers included a few expletives. *God, please take care of that (blank)! Grant him peace and success. Give him all that his heart desires. Hold him in the palm of your hand.* Praying for my enemy was still difficult the next morning, but I was able to reduce the number of expletives that were associated with his name. I prayed for him and went on with my day.

By the third day, I noticed something rather surprising. When I prayed for my enemy, there was no hardness of feeling tainting the prayers. I felt calm and peaceful about him. And by the fourth day I began, hesitatingly, to see a few things from his—my enemy's—point of view. It was a miracle within me. Never before have I felt myself so readily changed at depth.

One day long ago, while traveling in Greece, I uttered a prayer that had no words at all. It was just a thought really, tied to a deep, heartfelt longing. I was in despair. I had done something for which I could feel no forgiveness for myself. I was ashamed and thought for a moment that perhaps my life was not worth living. Perhaps there were some things for which there could be no forgiveness.

I then had the unbidden thought of Judas and his terrible deeds. As a little Catholic child, I was taught that Judas' most serious deed was not the betrayal of Jesus, but the lack of belief in his own forgiveness. He failed to believe that all can be and is forgiven, and this led him to take his own life. A mistake in his belief about God's love caused him to lose his connection with God.

As these ideas were drifting through my consciousness, I heard bells! The air was filled with the peal of beautiful, melodic bells—a wondrous set of sounds. The bells of a lovely little Greek church on the island of Santorini began to chime, restoring my belief in the beauty of life.

From an instant connection with a higher mind, I understood a simple truth: Love is all-forgiving. We make mistakes as we learn, and we are forgiven before we even ask. It is the nature of our Maker to see us as whole and cleansed. We are always forgiven for anything, for everything. My unspoken prayer was answered with joy and clarity.



## *Let This Be Your Blessing for Others*

Martha Smock

I have faith in you, because I have faith in God in you.

I do not pray for you to be better than you are;

I pray for you to be as good as you are.

I pray for you to express your true Christ self.

I do not pray for you to be happy in the way I think your happiness lies.

I pray for you to follow your indwelling light, which always leads to fulfillment and happiness.

I do not pray for you to be free from responsibilities.

I pray for you to be free from worry and anxiety, to be the fearless, wise, confident, capable being that you are in Spirit.

I do not pray for you to conform to my idea of success and achievement.

I pray for you to express and expand your God-given abilities and talents in your own unique and wonderful way.

I pray for you, knowing that you are beloved of God.

I bless you without reservation.

I love you as God loves you.

—From *Listen, Beloved ...*



# Prayers of Forgiveness

**I** acknowledge that God is present in every person and experience. The Spirit of harmony, order, and understanding is at work in me now. Through my spiritual nature, I am willing to see the God presence in others and release any desire to judge. The divine spirit that dwells in each of us is greater than any disagreement. My heart fills with serenity and faith. Life is mine to live in peace, joy, and abundance.



**E**asily, gracefully, I release the past so that I am free in this moment for all that is possible now. I trust that the helpful, useful content of my past has carried over into the present. I rest in spiritual peace and freedom.

**I** hold the world in a vision of harmony and peace. I am one with the world around me. Every man is my brother, every woman my sister. We are one in God. In this state, I imagine holding hands, embracing arms, and walking together on earth. I hold this image, in love with the world as I pray.



**L**et there be peace in all people at all times. In a posture of trust, I let peace pervade my being when I see and hear of troubling conditions in the world or within my family. I lead in peace, fostering harmony that stems from the unifying power of infinite love. I choose to trust the good, the God, within myself and others.

*I* am in the presence and radiating the power of peace, here and now. In a state of peace, I recognize that no condition can cause me unrest. Peace is in my breath, flowing in my mind, throbbing in my heart. Immersed in divine peace, all is well with my soul.



*I* seek to understand and appreciate others. As I cultivate spiritual understanding, I am more openhearted and open-minded each day. I open wide the doors of my heart so that I might live in peace with all people. I now demonstrate loving-kindness and peace.

# *Flow and Grow with Your Good*

Martha Smock

If you have any feeling of stress or strain about anything in your life—your home, your work, your family, your health, your finances—take this thought and rest in it, relax in it. *I flow along with my good; I grow along with my good.*

Most of our problems arise from our trying too hard to work things out or from trying to make people or situations conform to our ideas of how things should be. How quickly problems are dissolved once we are able to let go of them and trust God to work in and through us to bring about good!

Many times we set up resistance in ourselves; we do not like the idea of change, we want to keep things as they are, and yet something in us is not satisfied. We want our lives to be richer and fuller.

When you say to yourself, *I flow along with my good; I grow along with my good*, think of yourself as wholly receptive to all God's blessings, as completely nonresistant to your good, as welcoming new ideas, new ways, new life. To flow along with your good is to feel yourself as a part of the living stream of God and to know that effortlessly and easily you go from good to good. You are sustained and upheld by the current of divine love and power ...

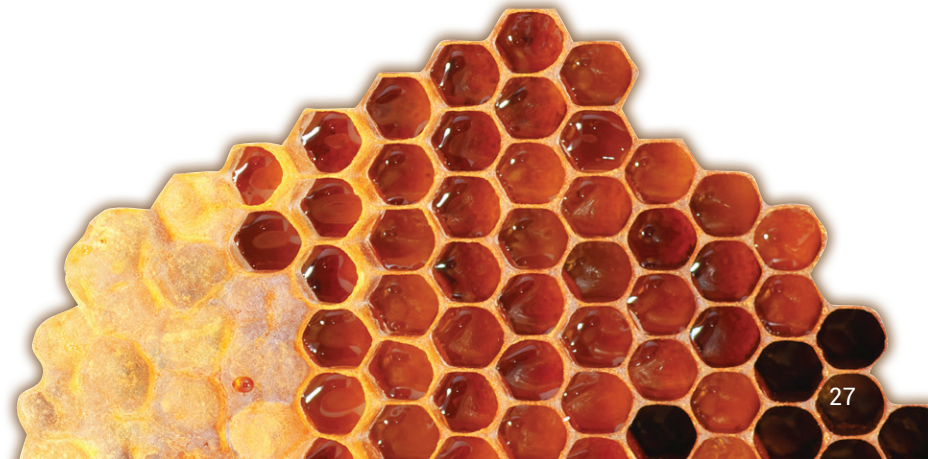
You may get discouraged at times, for it may seem that you have not come very far on the path of understanding. Just when you think you have really learned to trust God, something happens to shake your faith and make you question your ability to cope successfully with the circumstances of your life.

But never fear; you are learning, you are growing, and you have much more faith and understanding than you realize you have.

You are on the path of light; and even when you cannot see the way, God is opening the way before you and is shedding more and more light into your mind ...

The joyous thing about flowing along with our good is that there are so many happy surprises along the way. Even if we were given some magic power that would enable us to sit down and plan our lives so they would include everything we ever wanted or dreamed of, still our imaginations could not conceive of the delightful and unexpected turns that life can take and of the forms in which our good can come to us. We need not and should not outline how our good is to come or limit ourselves by praying too specifically. We need only to grow in our faith and understanding; to know that God's good plans and purposes are unfolding in us and through us, that our good comes to us under divine law.

During the times when we seem to be standing still or even going backward, let us not lose heart. Then, more than ever, our need is to let God do perfect work and to trust God to bless, heal, prosper, and make all things right.





## *Beginning Again*

Frank B. Whitney

It matters not what may befall,  
Beyond all else I hear the call  
    “You can begin again.”  
My courage rises when I hear  
God's voice allay the thought of fear  
And when He whispers gently, near,  
    “You can begin again.”

When once quite all the world seemed wrong,  
Throughout its din I heard His song,  
    “You can begin again.”  
An inner joy within me stirred,  
I treasured each assuring word,  
My heart was lifted when I heard,  
    “You can begin again.”

Begin again? Another chance?  
Can even I make an advance?  
    “You can begin again.”  
Begin at once by taking heart  
And knowing God—of you He's part!  
New life to you He will impart!  
    You can begin again.

## *Prayers in Grief*

*T*he love of God fills my heart with peace and sustains me in any challenge. I am immersed in the comfort of divine love that saturates my mind and body. With each breath, I release every concern in my heart and mind. In the midst of a storm, I remember Jesus' words: “Peace, be still.” As I grow in grace and understanding, my faith is renewed, and I am filled with the calm assurance that God is always present and love surrounds me.



*I* am anchored in peace, secure in knowing that spiritual peace is possible regardless of my circumstances. As I focus on my spiritual nature, I am empowered to express divine peace and love in any moment. In the Silence, I pray into peace.

*I*n the midst of every question and concern, divine wisdom is an active force for my discernment. I am never without a sense of direction, for God is wisdom. In the quiet of prayer, I open inner space for all that I need to know going forward.



*I*breathe in an atmosphere of God's perfect peace. Breathing out, I release tensions and distractions, becoming aware of peace—perfect peace within my next breath. God is my source of complete peace. All that has been before this moment is now harmonized in the light of divine love, where I am centered in peace.

*B*y the power of divine wisdom, I know the way to go from here. I release any thought pattern that leads to worry or anxiousness and turn my mind to divine wisdom. Divine wisdom is the way of God, the way of intuition and discernment. Step-by-step, confidently, I proceed. I am wise with the wisdom of infinite mind.



*I*am free from thought patterns that leave me feeling vulnerable or weak. I am one with infinite life that is always in motion and always flowing forward, onward, and outward. I celebrate life as I notice and appreciate the well-being and blessings that exist right now.



# The Secret of Power

Viola Lukawiecki

Human beings have long searched for the secret of power. Throughout the ages they have believed that power could make them happy, could bring them satisfaction, could make them famous and popular and important. They have believed power to be an integral part of certain things—physical strength or money or munitions. While many have long searched for the secret of power, it has never been found, and never will be found, outside themselves.

There is one short sentence that explains all there is to the secret of power. That sentence is found in *Lessons in Truth* by H. Emilie Cady, a beloved classic studied in Unity for more than a century. This sentence reads: “In daily meditation lies the secret of power.”

Does the sentence say we must get out and fight and struggle and strain for power? Does it say we must, by hook or crook, get more money or bombs or guns, or a bigger business or house or car or company than anyone else before we can have power? Does it suggest anything outside ourselves can give us power?

No. It says very simply that faithful meditation, day after day, is where the secret of power lies. And once we find it, we can bring it forth to overcome our difficulties and to live joyously and graciously.

Some people think of *meditation* as a mystical word, one that implies some complicated procedure that they feel they neither understand nor are capable of following. Nothing could be further from the truth!

Meditation simply means to take an idea and to think about it. You do that all the time about everything. This time, you want to



think about God—to try to realize what God is, that God is all the power and love and wisdom, all the life and substance there is.

*Good* is a synonym for God. Everything that is good is of God. Take this idea and think about it—that is, meditate on it. Then go a step further and relate yourself to God and all divine attributes ... Contained within you is all power, all life, all love, all wisdom, and all substance ...

Can you believe this means you, even though at the moment you find yourself sick and lonely, poor and afraid? Meditate on the idea of God in you—God-power within you right now—able to heal you, able to provide companionship and food and whatever else you may need. Meditate on the idea of God being forever right in the midst of you, then ask yourself, *What is there to fear?*

Think about it not just occasionally but daily, day after day—faithfully, religiously. For herein is the secret of power.

Take these words of Jesus, the words that sum up his whole message to you: “The Father and I are one.” Say them for yourself. Think about God’s being in you, expressing through you, pouring power out from you.

—*Weekly Unity*, 1963



## *My Love to Thee*

Myrtle Fillmore

The hours I've spent with Thee, dear Lord,  
Are pearls of priceless worth to me.

My soul, my being merge in sweet accord  
In love for Thee, in love for Thee.

Each hour a pearl, each pearl a prayer,  
Binding Thy presence close to me;

I only know that Thou art there,  
And I am lost in Thee.

Oh, glorious joys that thrill and bless!

Oh, visions sweet of love divine!

My soul its rapturous bliss can ill express

That Thou art mine, O Lord!

That Thou art mine.

—Adapted from “The Rosary”

## Prayers of Abundance

*W*ith a grateful heart, I focus my thoughts on prosperity, knowing the abundant love of God fills my life with good. Infinite blessings are with me now. I am in the flow of life. I am radiantly and enthusiastically alive. God is my source, and there is no lack. Abundance flows to me through many avenues. As I live in the flow of divine prosperity, I give thanks for the continuous stream of good in my life.



*I* am open to divine ideas and use them to prosper in my life. I catch hold of and am inspired by divine ideas to live in purpose and passion each day. Anchored in divine abundance, I am poised for possibilities. Gratefully, in oneness with God, I prosper.

*D*ivine love flows from me as a spirit of generosity. I know that as I give generously, I enter the flow of abundance. Every good possibility comes into view as I swim in the stream of infinite good. I am the harmony of divine love, blessed and overflowing.

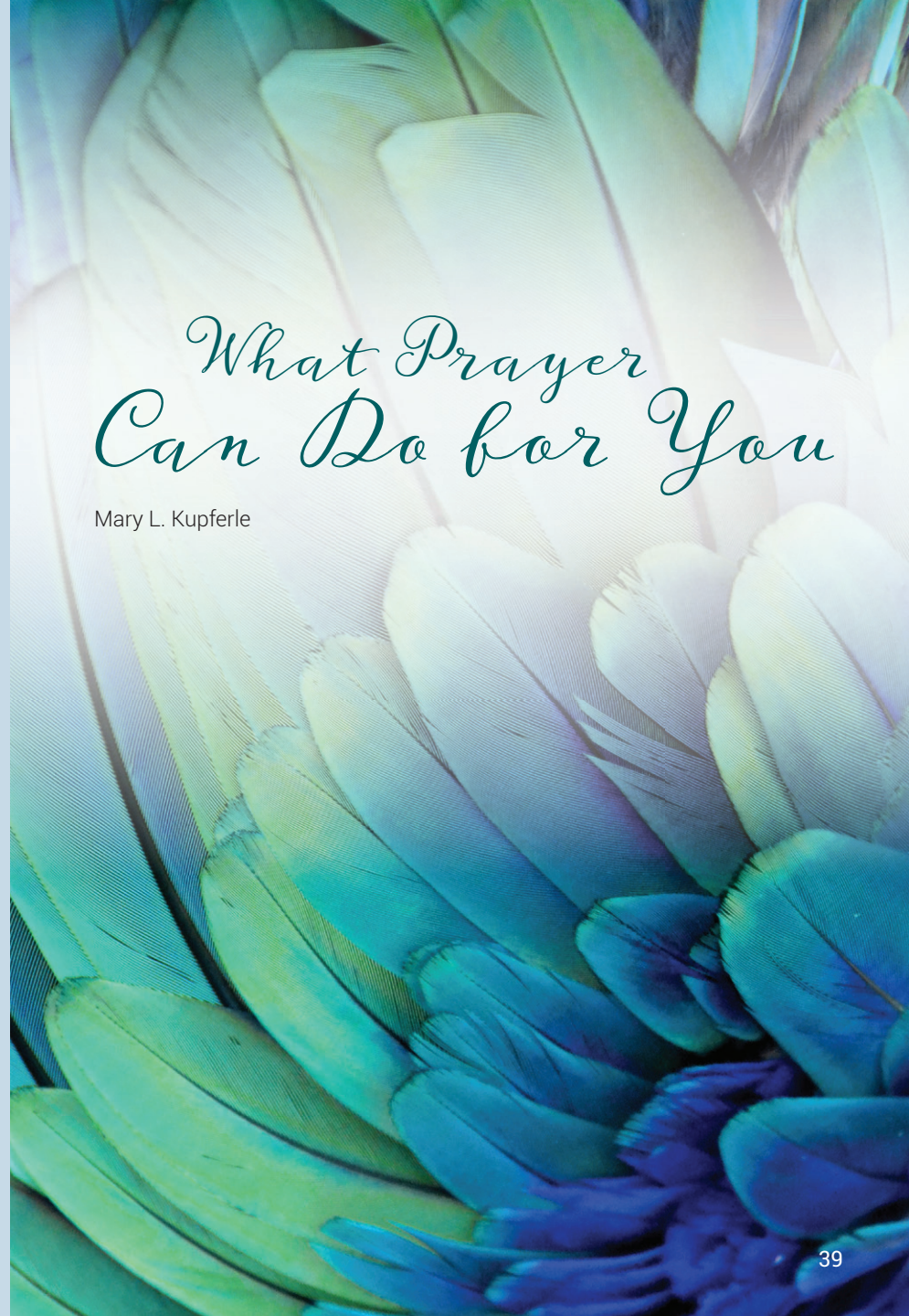


*I* am connected to infinite, abundant spiritual supply. The prospering power of God is in focus as I appreciate all that I have and all that I desire. I waste not a moment in thoughts of lack. Instead, I celebrate the infinite, irrepressible power of prosperity. I turn my mind toward plenty as I pray.

*I* am one with and now realize divine abundance. The good of God cannot be withheld. It pours over every detail of my life like a steady and gently flowing rain. With every breath, I draw upon divine abundance. Every need of mine is met with plenty—plenty of possibilities, plenty of resources, plenty to love and celebrate.



*I* am the flow of plenty. From the wellspring of goodness that is divine abundance, I give and receive all that can be helpful, nurturing, comforting, and constructive. In this moment, I celebrate all possibilities that flow from a consciousness of plenty. Good flows to me as good flows from me.



## What Prayer Can Do for You

Mary L. Kupferle



Prayer is for anyone and everyone. It is a natural inclination of the child or the adult. It is not a strange, fanatical, or emotional approach to a problem, but a quiet, Christlike attitude that looks for the good in everything and everyone. It is an attitude of heart and mind that knows there is a good outworking for every challenge ...

If you will accept this statement that prayer is the answer, that prayer is power, and that prayer can change all things that need changing in your life ... you have placed yourself in the stream of blessing that is available to all who ask in faith, believing.

If you are unhappy, prayer can lift you into a new lightness of heart, joy, and happiness.

If you are plagued with resentment and bitterness regarding a person or situation, prayer can bring a new understanding that will fill you with peace and amazing love. If you are fearful, prayer can transform you into a person of great courage. If you appear sick or financially lacking, prayer can heal your body and restore your affairs. There is nothing prayer cannot do for you ...

Prayer is your inner contact with wisdom, understanding, and inspiration. Prayer is your awareness that the Spirit of truth, of which Jesus spoke, is not only with you but within you, ready to teach you all things. “The Spirit of truth ... will guide you into all the truth; ... and he will declare to you the things that are to come” (John 16:13).

A few moments of being still, quieting your mind and listening within, will so calm your thoughts that you can pick up your work and activities with renewed wisdom and confidence. A few

moments of complete silence, acknowledging the presence of God surrounding you, within you, will bring forth new strength and assurance and will fill your body with fresh vigor and vitality ...

True prayer is an inner attitude. Prayer makes no demands concerning time or location. Right where you are, at your place of business, on the street, in the home, you can pray and pray effectively. The presence of God is everywhere at all times ...

If you think you do not know how to begin praying, listen within and this Spirit of truth will teach you. If you feel inadequate about praying, be still and obedient and the Spirit within will guide you ...

Pray in your way. You will see that your life will be transformed and blessed. Stand on no formality. Do not be ashamed to pray. Do not feel guilty because you have prayed infrequently before. Begin to pray now in your own way, in your own time, in your own place of life, and see what prayer can do for you.

—From *God Will See You Through*



## Such Is My Faith

Berniece Ayers Hall

From blessings like these is my faith reborn:  
Cool, dew-sparkled grass in the early morn;  
Swift, silvery flash of a seagull's wings;  
The first daring note that the robin sings,  
Triumphant and clear in the freezing rain;  
His small heart believing that once again  
All nature will yield up her glowing best  
Of blossoms and fruit and a snug, warm nest.  
Oh, trivial things, you are prone to say,  
Oft taken for granted: a kitten's play,  
Ubiquitous stars in the midnight skies,  
And candle flames mirrored in baby eyes;  
A family gathered, the grace that's said,  
A child's good-night kiss as he climbs into bed—  
And peace, like a balm, for our earnest prayers.  
If trifles, these speak of a God who cares.

## Prayers of Gratitude

With the joy of God in my heart, I give thanks for the fullness of life. My thoughts are uplifted and in tune with Spirit. Good moves through me as a nourishing river of gladness and thanksgiving. For family, friends, and a place to call home, my gratitude comes from an overflowing heart. I am assured of divine love and blessed with peace, guidance, health, and abundance.



Breathing deeply in awareness of God within and all around me, I settle in to a conscious moment of appreciation. All that I could ever need may be found here, in divine mind brimming with divine ideas. Overflowing with gratitude, I open my mind, open my heart, and pray.



*I* live expectantly, gratefully, and abundantly. I am present and fully aware of the bounty of blessings in my life. As I focus on all that is good and right, I exude gratitude. To any thought of lack, I say, "Be present! Be grateful!" In prayer, I am an overflowing well of gratitude.



*I*n a spirit of thanksgiving, I thrive. For all that I have and all that I desire, for the good of my past and the good ahead, I am thankful. May my needs of today be fulfilled as I give thanks in advance. May I rejoice in possibilities, enriched and prospered right now, as I pray.

*G*od, or Good, is an ever-flowing river of abundance. I flow in the river through ups and downs, starts and stops of daily living. May I know that replenishment is natural and that all the good I desire is right where I am, in my next breath. My good is assured as I rejoice in divine abundance.



*I* bless the world with thoughts of unity and harmony. From an inner wellspring of gratitude, I radiate the light of harmonizing, unifying love in every direction—encompassing every person and nation, and every form of life. I am the thought, word, and action of divine love, in this moment of prayer.



# Prayer Partners

Hypatia Hasbrouck

Perhaps you are beginning the practice of positive prayer with one or more partners. If so, your experiences can be rich, indeed, for Jesus said, "Where two or three are gathered in my name, there am I in the midst of them" (Matthew 18:20 RSV).

The following suggestions have enhanced the experiences of many persons in prayer partnership:

1. *Set a definite time to meet regularly.* Keep the appointment as you would an appointment with a counselor or physician or for a tennis, golf, or bridge lesson. Meet at least once a week, or more often, and reserve at least 15 minutes for prayer—more if you wish. If you wish to socialize, too, separate the prayer and the social activities.
2. *Decide whether or not you will use a specific format and what it will be.* You may decide always to pray a particular prayer such as the "Lord's Prayer" or the 23rd Psalm at the beginning of your time together. You may wish to use a devotional booklet, affirmations, spontaneous prayers, or all of them. How you spend your prayer time is your choice.
3. *Pray about one another's concerns.* You may use affirmations from a book or design them to fit your specific needs. The concerns may be personal or may involve other persons. The important thing is that you are praying about them together and that your joint prayers strengthen your ability to let God do the perfect work in and through you both.
4. *Set a specific time when you will not be together but will pray the same prayer.* Again, this may be only once a week, but most partners prefer to have more frequent prayer times. To know that someone is praying the same prayer at the same time gives you a great sense of your oneness in Spirit.

5. *Feel free to call one another for prayer support.* Often (when we are deeply involved in a situation) we feel that we need to let someone else do the praying. Let your prayer partner pray for you until you feel you can pray in faith.
6. *Keep confidentiality.* Prayer partners share their concerns with one another. Never divulge shared information without the consent of the person. If you are concerned about your partner, take the concern to God in prayer, and see your partner enjoying the perfect outcome.
7. *Be flexible and ready to dissolve the partnership when it has done its work.* It may be necessary to rearrange meeting times. Either of you may wish to change the regular prayers you use.
8. *Be willing to do whatever is needed to keep the partnership a satisfactory experience.* If you feel that the partnership has served its purpose, be willing to dissolve it. Most partnerships never completely end. The partners may no longer meet, but the bond between them is spiritual, and so it continues. Many partners feel free to call or write one another for prayer support even years after they have ceased to meet regularly.

—From *Handbook of Positive Prayer*



## To a Friend

Jim Rosemergy

There was a time when I thought  
God walked beside you,  
But now I see God moves  
with every step you take.

There was a time when I thought  
God loved you,  
But now I feel you are the love  
I often speak of.

There was a time when I thought  
God had blessed you,  
But now I know you  
are His blessing for me.



# Prayers of Love and Relationships

*T*urn my attention to harmony and balance in my relationships at home or at work. Led by divine love, I find new ways to honor myself and others, new ways to live in harmony and understanding. Loving thoughts are part of my conversations and permeate the atmosphere wherever I am. I look for opportunities to express divine love and devote myself to helping others see the good in themselves.



*T*he power of divine love is my rich inner resource. Love is within me. Love flows from me. As I lead by love, I feel full and fulfilled. Whether giving or receiving, leading or following, abundant love is mine. In love I pray.

*F*rom my core of spiritual strength, I am a steady presence of peace and harmony. Vigilant with my thoughts, I transform any inner discord into peace. Words of inspiration, encouragement, and support flow from my peace-filled mind to bless others. I love the world into peace and harmony as I pray.

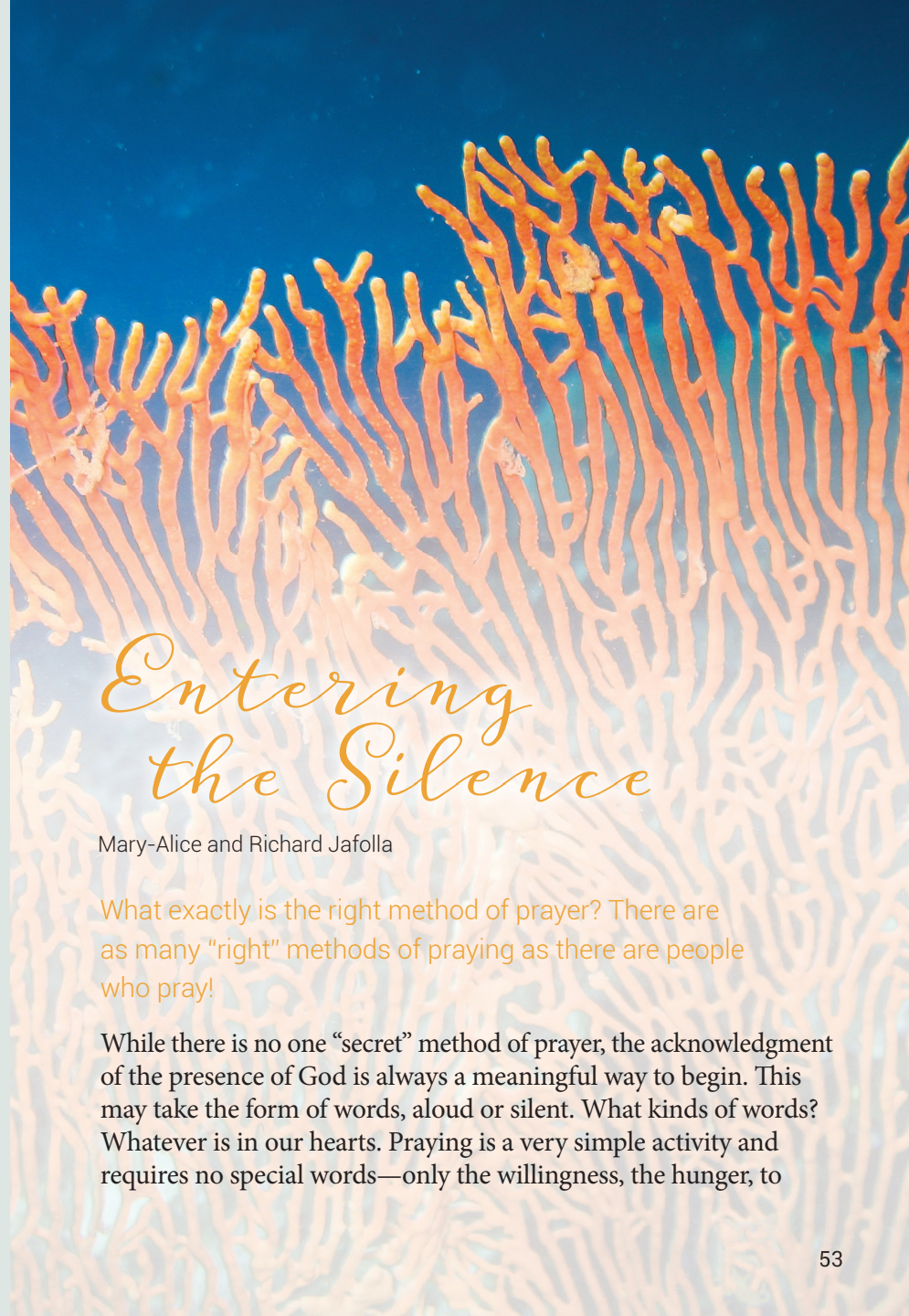


*H*old the world and all beings in the light of peace and love. Guarding my thoughts, I choose compassion. Measuring my words, I choose encouragement. Preparing my actions, I choose kindness. My thoughts, words, and actions create a space for peace and love.

*F*rom an inner wellspring of divine love, I bless the world. I radiate the light of harmonizing, unifying love in every direction—encompassing every person, every nation, and every form of life. I am the thought, word, and action of divine love, and I bless the world with thoughts of unity and harmony.



*T*he harmony and unity of divine love lead my way. Centered in love that flows with no limits or conditions, let me cultivate harmonious thoughts that lead me to speak and act in love. Let there be unity in my relationships. Let my every decision be chosen wisely by the harmonizing and unifying power of divine love.



## *Entering the Silence*

Mary-Alice and Richard Jafolla

What exactly is the right method of prayer? There are as many “right” methods of praying as there are people who pray!

While there is no one “secret” method of prayer, the acknowledgment of the presence of God is always a meaningful way to begin. This may take the form of words, aloud or silent. What kinds of words? Whatever is in our hearts. Praying is a very simple activity and requires no special words—only the willingness, the hunger, to

know God. Whatever phrases, in any language, that help move us into the place deep within our souls where we can begin to feel our oneness with God—these are prayers ...

Eventually, however, we move beyond words—beyond thoughts—into the vaster realm of pure Spirit. This is what is sometimes called “the Silence.” During our times of prayer, we discover what is waiting in the Silence to be discovered. We dip into the eternal wellspring of divine life that exists within us.

And there, in the absolute stillness, we simply rest in the exquisite sense of the presence of God.

During our times of prayer, we want to let go of any preconceived ideas, any doubts, any desired outcomes, and surrender ourselves completely to God. If we find a parade of thoughts marching by as we sit in the stillness, we can merely become indifferent to them. We can allow them to pass through and then gently bring our focus back to the inner silence. Nonresistance is the key here, so that we remain tranquil and able to savor the experience.

“The secret place of the Most High” is an inner space, a very personal place of total silence, which no one else can ever enter or disturb. It is that eternal, changeless part of us that waits like a safe harbor to welcome us in calm or storm, in peace or turmoil. It is in the Silence that we feel infused with God. It is in the Silence that we find our peace and our strength, our joy and our healing.

A few moments in utter stillness will quickly bring us back to the realization that we are part of our Creator, part of the universe, and that truly we are not alone ...

Let us take time to pray, for it is the highest blessing we can give ourselves and others.

## *How Did You Turn It Off?*

James Dillet Freeman

I said to the Master, “How do I turn on the power of God?”

The Master said, “How did you turn it off?”

Then I saw that if the power of God should be turned off even for a moment, the universe would crash to an end and crumble into nothingness.

The power of God is at work in every atom.

The power of God is at work in every mind.

The power of God is at work in you.

Night and day, pouring forth power, sending power surging through every trembling wire, the dynamos are at work in a city, whether the city wakes or sleeps.

Night and day, the power of God is at work, whether you turn it on or not. Whether you are awake to it or not, whether you know it or not, whether you invite it in or not, the power is at work.

And it is at work in you.

You can refuse to use the power consciously—that is all.



But always, when you refuse to use the power consciously, the power may unconsciously use you.

The power of God presses at every point of being, waiting to be drawn forth.

How do you draw it forth?

Is not the best way to let it draw you forth?

For you can use the power of God to the extent of your capacity, but God uses you to the extent of His capacity.

Your wisdom is limited but God's wisdom has no limits.

So when you let God use you as God finds good, who can foresee what good will be brought forth?

—From *Angels Sing in Me*

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