

Unity Prayer Service

August 2024



Retreating from external activity for a little while, we anchor our awareness in God, in good, and in our innate divine identity. Acknowledging that the source of all we need for fullness of life is within and all around us, we breathe in and breathe out, relaxing into the peace of this powerful moment.

My mind and heart are steeped in peace.

Relaxing and breathing easily, my thoughts quiet into peace. My body responds to the signal of peace, and my heart beats in a slow, steady rhythm. In silence, I enter into peace. Peace is the source of all wisdom, life, strength, and love I could ever need ... ≈

Centered in divine wisdom, I discern my next steps.

In the midst of every question and concern, divine wisdom is an active force for my moment-by-moment 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 ... ≈

Attuned to infinite vitality, I thrive.

God is vitality, the energy by which I thrive. Every cell, system, and function of my body responds to infinite vitality. Divine life permeates my thoughts and feelings, intentions and actions. I choose well-being as I affirm health, wholeness, and vitality ... ≈

I live richly in appreciation.

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 and I live abundantly ... ≈

I am a divine human, worthy and wondrous.

Realizing oneness, I claim the full potential of a divine identity. Just as I recognize the divine light in others, I behold the truth that I am here to be a light. I claim my unique talents and abilities. I cultivate the spiritual capacities of peace, wisdom, vitality, and abundance and shine the light of them in the world ... ≈

In a consciousness of peace, power, and plenty, we emerge from the Silence to broadcast the light of Spirit into our day. We envision those for whom we pray fortified in spiritual truth and thriving in every way. As we recite the “Prayer for Protection,” may we claim oneness ...

The light of God surrounds us;
I AM light.

The love of God enfolds us;
I AM love.

The power of God protects us;
I AM power.

The presence of God watches over us.
I AM presence.

Wherever we are, God is!
I AM Divine.

For prayer support, visit unity.org/prayer, or go to facebook.com/beunity.



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