



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

Silent Unity

Prayer Service

The Tree of Life symbolizes the relationship of our physical being to our spiritual being. Prayer is like water to our roots. And just as sunlight nourishes the tree, the light of God nourishes us.

We come together for a time of spiritual nourishment. Let us begin by breathing deeply and releasing all thoughts of outer activity. As we follow each breath into the deepest reaches of our being, we experience tranquility. United in this time of prayer, we enter into the silence ...

Centered in God, we experience absolute peace.

Like a plant sending its roots into the ground for moisture, we go within to tap the invisible reservoir that is God. Here we find courage, strength and peace.

We release any sense of limitation—any fear or worry. We focus on our breathing and relax more deeply into the stillness.

Peace fills our souls, and we rest in the silence ...

The all-knowing presence of God leads us to our highest good.

Just as leaves turn to the sun, we turn our thoughts to divine intelligence.

We open to a greater awareness of the wisdom of God within. We are filled with inner wisdom and divinely guided to right decisions.

We know there is an answer for every concern. The light in our souls reveals new understanding.

Through the healing activity of the Holy Spirit, we are renewed and energized.

We take a deep, cleansing breath, inhaling the very breath of life. This vitality flows into every part of our bodies, infusing every cell with healing energy.

Our well-being is restored. Perfect health and wholeness are our birthright. We are refreshed and renewed.

In gratitude, we continue to pray in the stillness ...

We are children of God, blessed with unlimited good.

Sunlight and rain provide trees with all they need to thrive and grow. God within us provides everything we need to fulfill our divine purpose. We are blessed and prospered.

We open to the flow of unlimited resources. We are children of God, living in an abundant universe. In quiet prayer, we give thanks for the many blessings that fill our lives.

Affirming abundance, we return to a time of silence ...

With every loving thought, we contribute to a consciousness of global peace.

We are each like a leaf on the Tree of Life. The light of God is the sun, feeding each of us wisdom, assurance and peace.

Prayer unites us. Differences disappear as we recognize our oneness. We behold the good in all people and see them filled with kindness, compassion and understanding.

We live in harmony with the Earth and all of life. God brings us unlimited love, wholeness and bounty. We are comforted, knowing that God's peace enfolds the world.

Prayer grounds us in the Holy Spirit. This time of prayer has deepened our roots and strengthened our faith. Praying together strengthens our human ties. We see ourselves, the Earth, and all people enfolded in the love of God.

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:

SILENT.
unity®

1-800-669-7729
1-816-969-2000
1901 NW Blue Parkway
Unity Village, MO 64065-0001
www.silentunity.org

Sunday Morning

Sun peeks over the trees
Our world gets lighter, brighter.
God say, "Good morning."