

FINDING *Peace*
THROUGH
Prayer

The background features a serene sunset scene over the ocean. The sky is a gradient of soft pinks, oranges, and yellows, with wispy white clouds. The ocean is depicted with vibrant teal and turquoise waves. In the foreground, there is a sandy beach with orange and tan tones, decorated with intricate line art patterns of seashells and waves.



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Generous donations from friends like you allow us to make Unity literature available to those most in need of spiritual encouragement. Please give at unity.org/donatenow.

Unity has always been grounded in prayer. Cofounder Myrtle Fillmore began a prayer ministry in 1890, and we've been praying with people ever since—millions of people, all over the world. The result has been inner peace no matter the circumstances, the peace that comes from knowing we are never alone and we are heirs to divine good.

This booklet is about prayer in its many forms. You will find articles about the nature of prayer, messages based on the most frequently requested prayer topics, prayers of peace drawn from Silent Unity® prayer services, affirmations to help you set intentions for your days, and reminders of the many ways to commune with the Divine.

We do not pray instead of taking action but as a part of our action. Through our centered response, we make choices and decisions from a higher vibration that ripple through our sphere of influence. We interact with the world from a place of peace.

You are welcome to read straight through this booklet, or you may want to pick it up one day at a time, discovering new messages to savor or practice. Return to these pages anytime for words of prayer to restore your peace.

Your Friends in Unity

TABLE OF CONTENTS

Praying the Unity Way	5
-----------------------------	---

Rev. Edith Washington-Woods

Harmony	9
---------------	---

Being in Nature	10
-----------------------	----

Inner Peace	12
-------------------	----

Affirmations	13
--------------------	----

Love	15
------------	----

The Answer (poem)	16
-------------------------	----

Praying for Others	18
--------------------------	----

Hanging on to Faith	20
---------------------------	----

Marilyn King-Compton

Faith	24
-------------	----

Journaling	25
------------------	----

Prosperity	27
------------------	----

Meditation	28
------------------	----

Surrender	30
-----------------	----

Release	31
---------------	----

Finding Peace When Worried	33
----------------------------------	----

When the Only Prayer Is 'Help!' 35

Rev. Christina Garza

Comfort..... 39

Beginning Again (poem) 40

Finding Peace in Loss 43

Forgiveness 44

Protection..... 46

Visioning 47

Finding Peace When Scared 49

Pray and Move Your Feet 51

Rev. Dr. Norma Iris Rosado

Understanding 54

Social Action..... 55

Finding Peace in the World 57

Walking a Labyrinth 58

Children 60

Creativity 61

Release 63



PRAYING

the Unity Way

Rev. Edith Washington-Woods



I looked down from the eight-foot ladder I was standing on. I could see my foreman being intentional with his steps as he walked toward me. It had happened again! This was layoff day.

As a licensed electrician working in commercial and industrial areas, when a job was coming to an end, we were accustomed to getting a layoff slip in an envelope along with our final checks. As an electrician who happened to be Black and female, these yellow slips were a common occurrence.

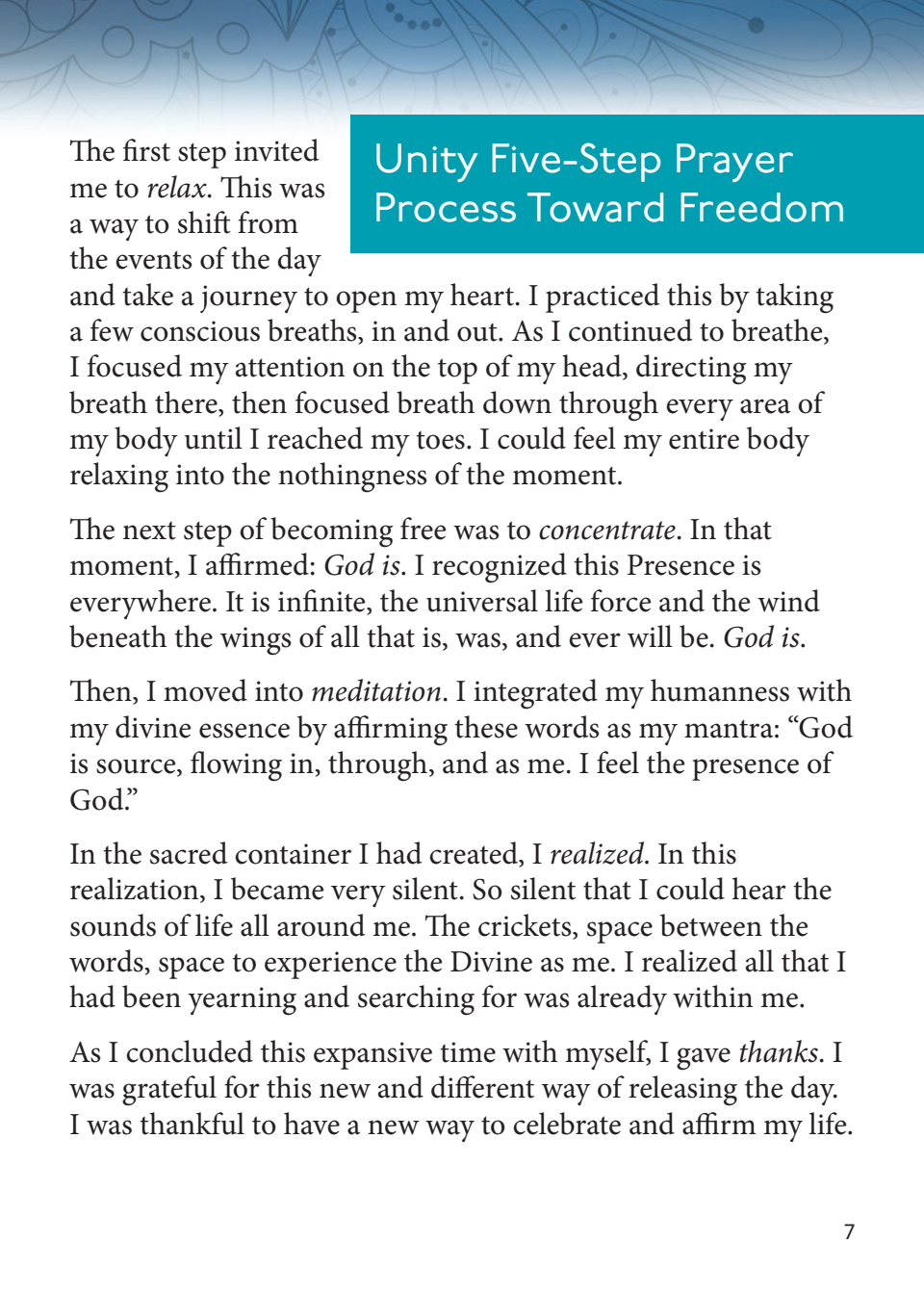
I could feel my sadness and disappointment. I yearned to be seen and recognized as a skilled tradeswoman.

What would I do with myself until the next job? I drove to the bank, deposited my paychecks, drove five minutes home without music, and opened the door to my home.

This time would be different.

I walked into the house, put my tool bucket and hard hat away, proceeded to my bedroom, took off my work boots, and changed into sweatpants and a T-shirt. I looked over in the corner. I had been attending a Unity church, learning how to pray and meditate. There was the sanctuary I had set up to practice inner peace.

I sat down in a comfortable chair with a pillow for my back. I picked up my *Daily Word* to start relaxing and turned to a reading that affirmed peace. Then I began the Unity five-step prayer process toward freedom as taught by cofounder Charles Fillmore.



Unity Five-Step Prayer Process Toward Freedom

The first step invited me to *relax*. This was a way to shift from the events of the day

and take a journey to open my heart. I practiced this by taking a few conscious breaths, in and out. As I continued to breathe, I focused my attention on the top of my head, directing my breath there, then focused breath down through every area of my body until I reached my toes. I could feel my entire body relaxing into the nothingness of the moment.

The next step of becoming free was to *concentrate*. In that moment, I affirmed: *God is*. I recognized this Presence is everywhere. It is infinite, the universal life force and the wind beneath the wings of all that is, was, and ever will be. *God is*.

Then, I moved into *meditation*. I integrated my humanness with my divine essence by affirming these words as my mantra: “God is source, flowing in, through, and as me. I feel the presence of God.”

In the sacred container I had created, I *realized*. In this realization, I became very silent. So silent that I could hear the sounds of life all around me. The crickets, space between the words, space to experience the Divine as me. I realized all that I had been yearning and searching for was already within me.

As I concluded this expansive time with myself, I gave *thanks*. I was grateful for this new and different way of releasing the day. I was thankful to have a new way to celebrate and affirm my life.



This five-step prayer process allowed me to have peace instead of being anxious or worried about being laid off. Instead, I intuitively knew everything was going to work out, and it did! I have been able to return countless times to this prayer practice in times of despair and in times of joy.

I am the point at which all of the universe rises up to bless my space, thoughts, actions, and reactions.

Rev. Edith Washington-Woods is senior minister at Unity of Gaithersburg, Maryland.



HARMONY

The universe sings in harmony. Each morning when I awaken, I look out my window and observe the unfolding of a gloriously beautiful day. I may see a brilliant sunrise, a verdant garden, or even a bustling city street. Wherever my attention goes, I notice harmony at work. Whether in the cheerful chirping of birds or the seeming cacophony of traffic, I recognize divine order, and I feel peace. I affirm: *The universe sings in harmony.*

I breathe deeply and feel peace flowing through my body. With each breath, I say, “I live in harmony with life.” My thoughts, words, and acts of kindness add to the song of the universe by rippling out to become part of the synchronized whole. I bless each person I see with a silent *namaste* and observe each aspect of my day without judgment, remembering that divine order is always at work, creating a harmonious world where I live in peace.

—Rev. Carolyn Warnemuende

● —————
Through my thoughts, words, and actions,
I create harmony and peace.
● —————



THE MANY FORMS *of Prayer*

BEING IN NATURE

Whether it's walking in the woods, canoeing on a lake, or the meditative focus of gardening, being in nature can be a form of prayer. It reminds us we are part of a planet thriving with living things. We are God's creatures like the birds and flowers. We are all part of something larger than ourselves, and we are all one.

I relish my place on the planet.



A PRAYER FROM SILENT UNITY

Breathing in, peace.

Breathing out, peace.

In the knowledge of God and my divine nature, I cease mental confusion. I come into swift agreement, my mind and heart sure and steady.

Nothing can disturb my peace of mind or my harmonious heart, for I am anchored in divine peace.



INNER PEACE

When my world seems to have crumbled into a kaleidoscope of chaos—most frequently as a result of my own choosing—I decide to choose anew. I seek solace and serenity in the deep peace of God love.

I slow down and quiet all but the softest heartbeat and breathe deeply, opening up not just to the possibility of peace but to the profound knowing that sacred, holy, inner peace is always mine—merely a heartbeat away—for God love is ever-present.

A bloom of gratitude grows and blossoms within me. Nothing more is required than the acknowledgment that deep, inner peace is always mine. I lift my face heavenward and receive a waterfall of divine peace as it washes over me, filling my cells and marrow with God love.

—Rev. Lulu Logan

God love's deep inner peace is waiting
to be claimed as my own.

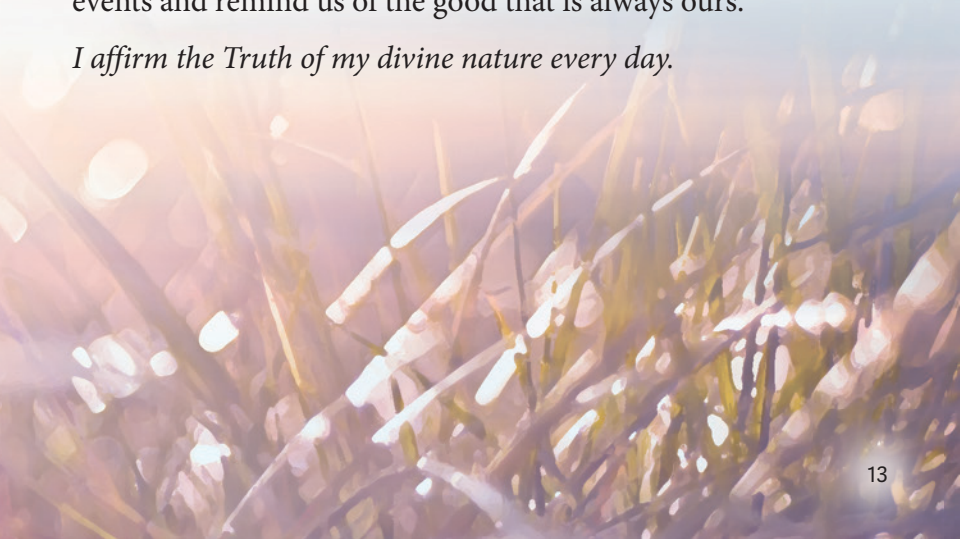


THE MANY FORMS *of Prayer*

AFFIRMATIONS

Affirmations are statements of Truth. They are not wishful thinking but powerful statements of what is always true here and now, for everyone. Examples are *I live in a universe of abundance* or *Health is my natural state of being*. Affirmations focus our attention on the spiritual principles behind life's events and remind us of the good that is always ours.

I affirm the Truth of my divine nature every day.





A PRAYER FROM SILENT UNITY

The 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.

LOVE

Sometimes we think of prayer as the specific act of asking for something or affirming Truth in a situation. Another way to be in prayer is to be in a place of love.

We can bring forth infinite feelings and thoughts of gratitude, joy, and appreciation. We don't need to strive to make something happen. Instead, we allow the most natural thing there is to occur—we live from our true nature of love. As we radiate love, we are praying. As we take joyous action, we are praying. As we harmonize ourselves with all that is, we are praying.

Love shows us that the truth behind appearances is oneness. Separations evaporate and we see ourselves in others. The answer to any prayer is in the act of praying itself.

When we seek peace, we find that very thing within us. From this awareness, our body and mind come into calmness. Love becomes the bearer of peace to us.

—Rev. Elizabeth Mora

From a state of love, I bring loving compassion to all relationships and circumstances in my life.

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.

Lowell Fillmore (1882–1975) was the eldest son of Unity founders Charles and Myrtle Fillmore and worked at Unity from the age of 8, eventually becoming president after his father died.



A PRAYER FROM SILENT UNITY

In a spirit of peace, 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 am one with and now demonstrate loving-kindness and peace.

PRAYING FOR OTHERS

I take some time apart to consider all those who are on my heart this day, those I would like to hold in prayer. Whether I pray alone, with a prayer partner, or on the phone with Silent Unity, I know once the prayer is expressed, my work is to continue releasing all concerns to Spirit and trusting it is already done.

I am grateful I can leave the “how” of prayer up to God and know that Spirit is already moving in the situation to reveal divine solutions to all concerned. Within every apparent problem is an abundance of divine ideas waiting for us to express them as health, love, peace, joy, and abundant good.

My faith is renewed as I remember this Truth for each person I hold in my prayers today, and I am grateful.

—Rev. Jeanmarie Eck

As I pray for others, I rest and release all concerns.

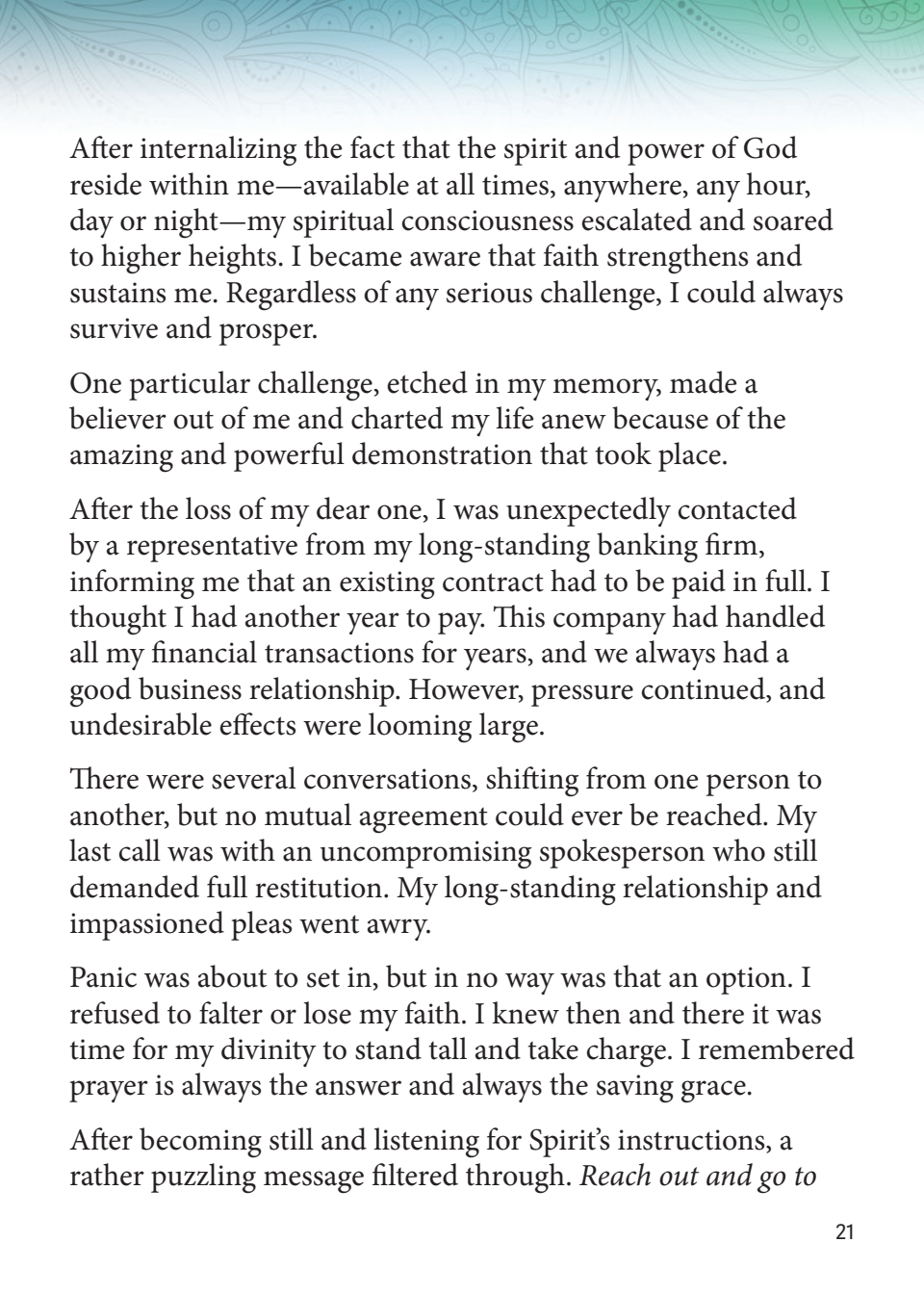




HANGING ON

to Faith

Marilyn King-Compton



After internalizing the fact that the spirit and power of God reside within me—available at all times, anywhere, any hour, day or night—my spiritual consciousness escalated and soared to higher heights. I became aware that faith strengthens and sustains me. Regardless of any serious challenge, I could always survive and prosper.

One particular challenge, etched in my memory, made a believer out of me and charted my life anew because of the amazing and powerful demonstration that took place.

After the loss of my dear one, I was unexpectedly contacted by a representative from my long-standing banking firm, informing me that an existing contract had to be paid in full. I thought I had another year to pay. This company had handled all my financial transactions for years, and we always had a good business relationship. However, pressure continued, and undesirable effects were looming large.

There were several conversations, shifting from one person to another, but no mutual agreement could ever be reached. My last call was with an uncompromising spokesperson who still demanded full restitution. My long-standing relationship and impassioned pleas went awry.

Panic was about to set in, but in no way was that an option. I refused to falter or lose my faith. I knew then and there it was time for my divinity to stand tall and take charge. I remembered prayer is always the answer and always the saving grace.

After becoming still and listening for Spirit's instructions, a rather puzzling message filtered through. *Reach out and go to*



the top! Before I could ask what it meant, Spirit said, Put your good thoughts and words together, write a detailed letter, and put it into his hands tomorrow.

A light-bulb moment occurred! The president and chief executive officer of the very institution I was dealing with was a benefactor for the students where I had recently been employed. It just so happened that he was scheduled to attend a special event with them the following day. I had never met this individual, and he certainly knew nothing of me, but I got God's message! That evening was spent preparing and completing my assignment.

The next day the event went along as planned. Mr. Benefactor arrived, and at the appropriate time, I stepped over and placed the request into his unsuspecting hands.

I continued working, patiently waiting, the clock ticking. Who knew whether time or attention would be given to such an impromptu matter.

Put your good thoughts
and words together ...

Later that afternoon a call came directly from his personal assistant. Riding back with him in the

limousine, she said he had handed her the note and told her, "Help this lady. Give her what she needs. Fix it." The matter was resolved and reversed. Praises and thanksgiving went to God, and tears flowed from my heart in overwhelming joy!



It might have appeared there was no connection between the gentleman and me, but definitely there was a God connection. That experience convinced me to always trust and believe that faith prepares the way. In the silence and stillness of prayer, I can see my way through any challenge.

Faith strengthens and sustains me in any conditions.

Marilyn King-Compton is a longtime writer for *Daily Inspiration for Better Living* and member of Christ Universal Temple in Chicago.

FAITH

In turbulent times, my mind may swirl amid thoughts of chaos. My world may seem dark and forlorn. I slow my breath and close my eyes as I settle into that sacred place where peace resides.

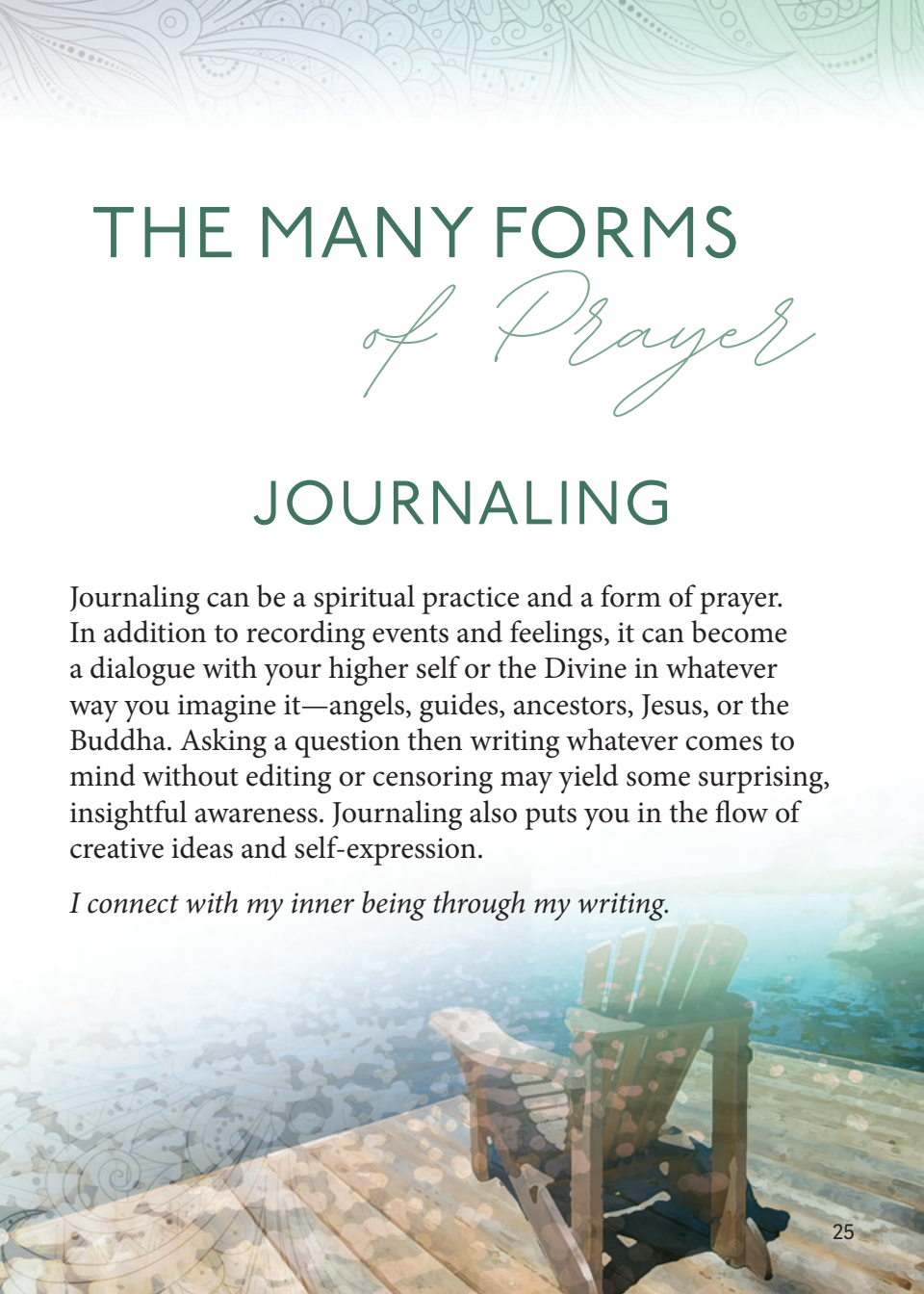
As I turn within, my faith in something greater than my circumstances steadies me and gives me night vision to see through the darkness. In the stillness of this holy moment, I whisper, “God, I don’t know, but I know you know. I trust that knowing.”

I affirm: *I am guided and my path is now lit before me.* I surrender to a deep, inner trust that despite my fears, all is well.

With gratitude for my faith and for the peace it brings, I leave all my concerns behind and step into the light of the day before me with confidence and trust.

—Rev. Robin Volker

I live by faith, not by sight.

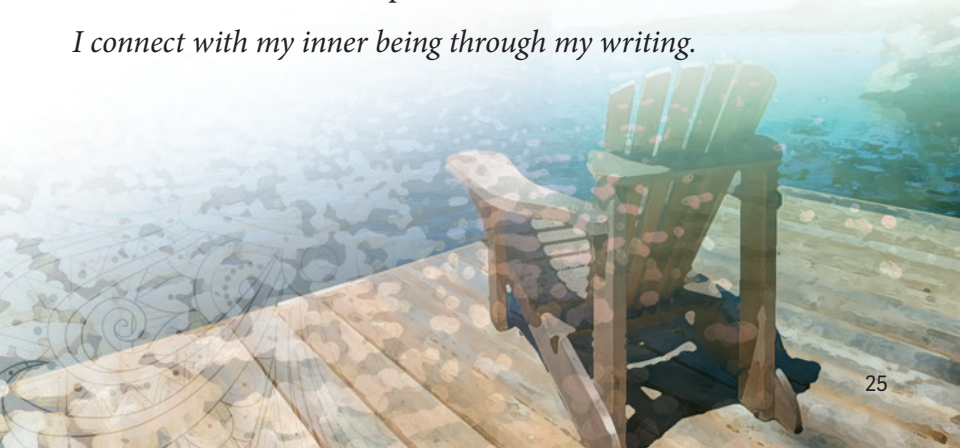


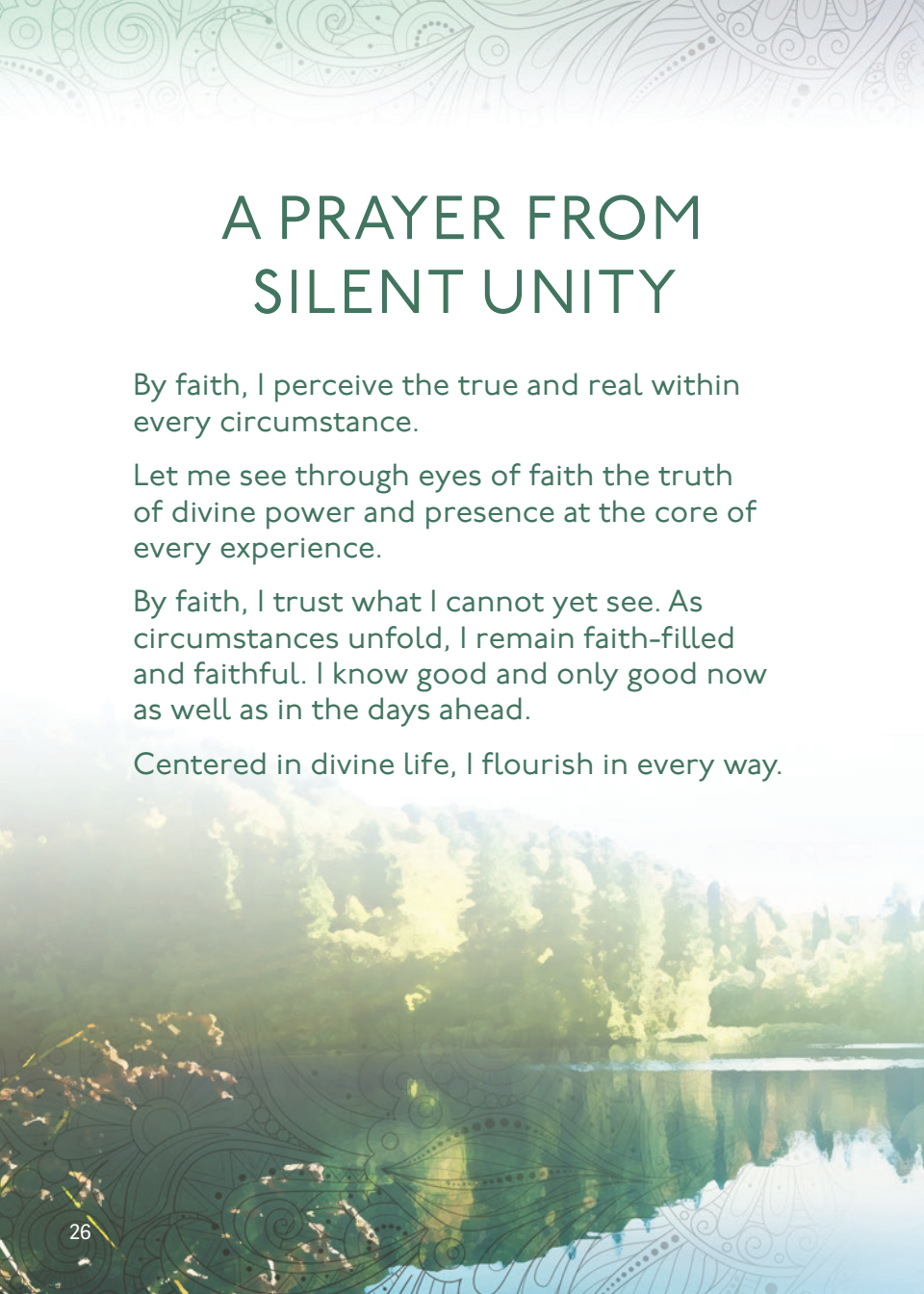
THE MANY FORMS *of Prayer*

JOURNALING

Journaling can be a spiritual practice and a form of prayer. In addition to recording events and feelings, it can become a dialogue with your higher self or the Divine in whatever way you imagine it—angels, guides, ancestors, Jesus, or the Buddha. Asking a question then writing whatever comes to mind without editing or censoring may yield some surprising, insightful awareness. Journaling also puts you in the flow of creative ideas and self-expression.

I connect with my inner being through my writing.





A PRAYER FROM SILENT UNITY

By faith, I perceive the true and real within every circumstance.

Let me see through eyes of faith the truth of divine power and presence at the core of every experience.

By faith, I trust what I cannot yet see. As circumstances unfold, I remain faith-filled and faithful. I know good and only good now as well as in the days ahead.

Centered in divine life, I flourish in every way.

PROSPERITY

In the quiet of prayer, I affirm the prospering activity of God always at work in my life. I breathe into infinite avenues of supply, known and unknown, ways I cannot even imagine. Yet the Source of it all is God.

As I stop old habits of saying “I’m poor” or “I need money,” repeating words of lack and limitation, I open instead to experiencing God’s power and presence as creative, prospering ideas. I am the beloved child of an abundant and unlimited Creator who has provided for my every need.

My peace is restored as I trust the ever-present flow of Spirit in me and as me. Looking past appearances, I give my concerns to God—my bills and my checkbook—confident that as I give, so I receive. Divine love sees me through every challenge. Knowing my abundance, I rest in the peace of God.

—Rev. Lesley Miller

● —————
God is my Source. My awareness of God
is my supply. ● —————



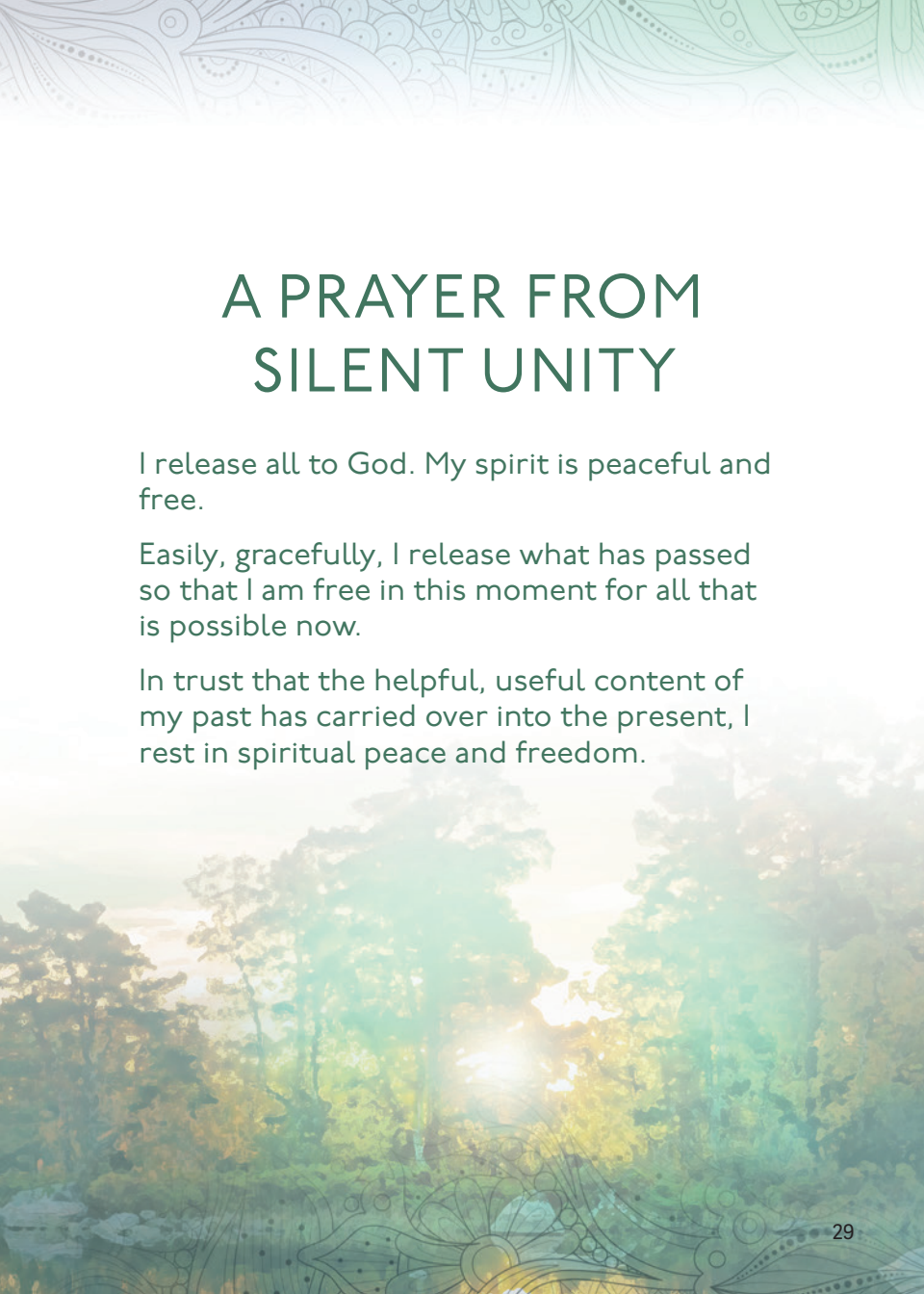
THE MANY FORMS *of Prayer*

MEDITATION

Meditation is an opportunity to rest in the awareness of the Divine. It can mean emptying the mind or focusing the mind, sitting quietly or intoning a mantra. The Silence is a deeper level of meditation where thought ceases and oneness is experienced. Meditation develops intuition and restores a sense of always being connected with the Divine.

I rest in the awareness of my oneness with God.





A PRAYER FROM SILENT UNITY

I release all to God. My spirit is peaceful and free.

Easily, gracefully, I release what has passed so that I am free in this moment for all that is possible now.

In trust that the helpful, useful content of my past has carried over into the present, I rest in spiritual peace and freedom.



SURRENDER

There may be times in our lives when surrender feels like a daunting step to take. Surrendering to the unknown may stir thoughts or feelings of worry, fear, or doubt.

It is in these moments that we remember to turn to prayer to find comfort, ease, and peace. It is the peace we find in prayer that gently allows us, then, to surrender.

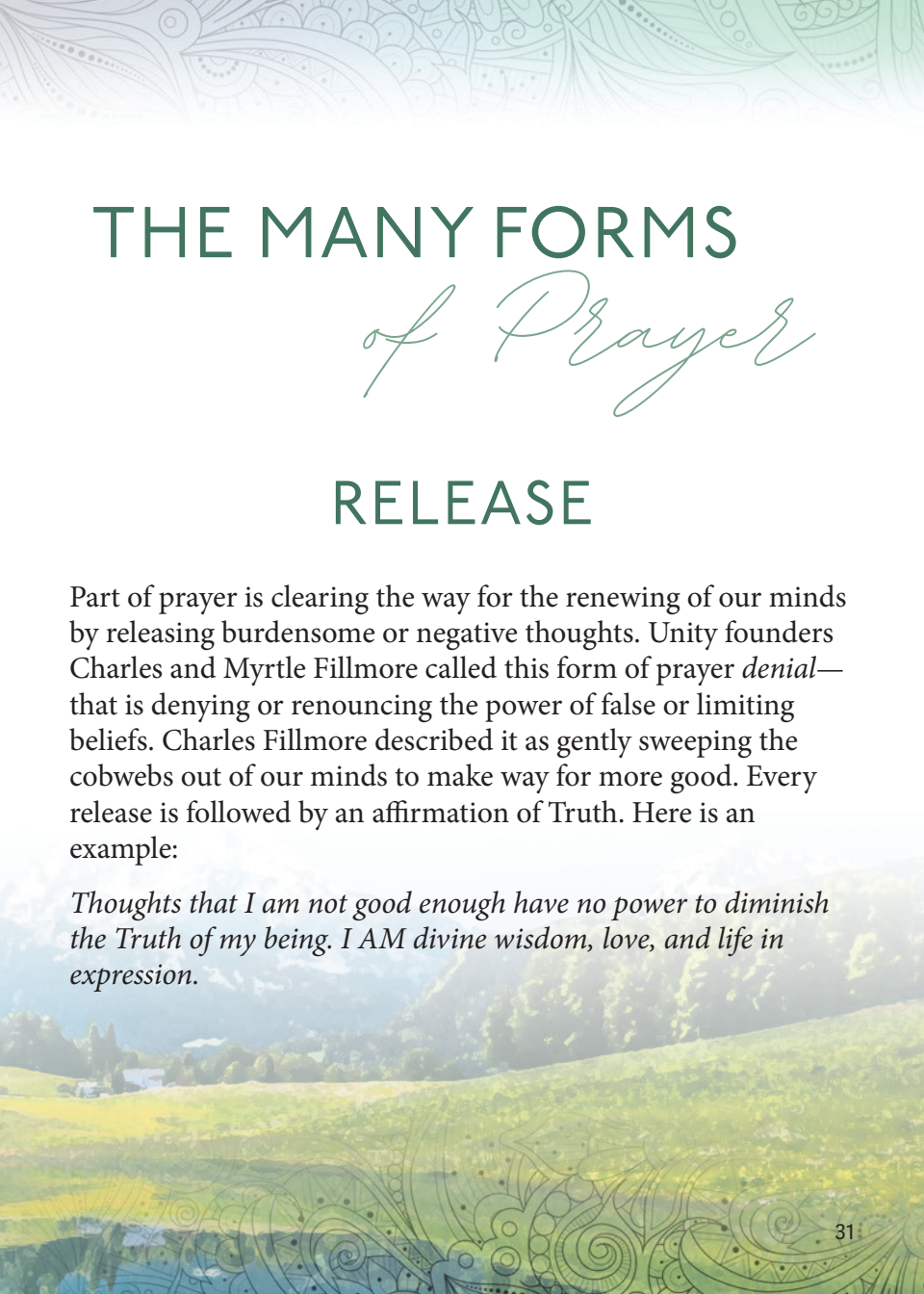
As we relax our mind and body in communion with God, we rest and hold the vision of our highest good being made manifest. As we yield to the flow of Spirit, we trust, holding in faith that God is absolute good and everywhere present. With this knowing, we move onward with ease and grace, confident that our life now unfolds in perfect divine order.

Prayerfully surrendering to our highest good creates a space for gratitude for every movement of the universe that guides us on life's journey.

—Rev. Karen Romestan



In communion with the Divine, I surrender
to the presence of peace.

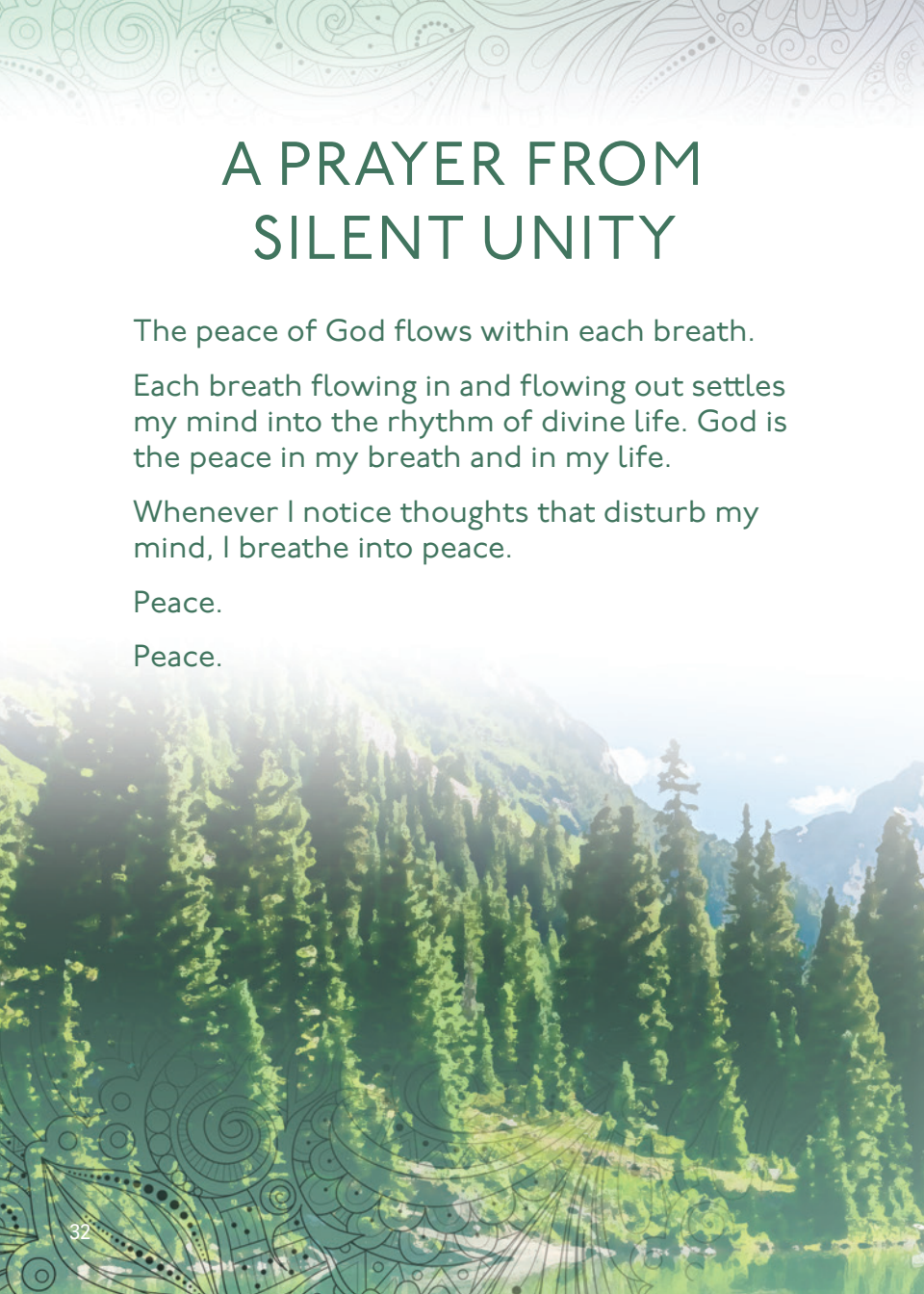


THE MANY FORMS *of Prayer*

RELEASE

Part of prayer is clearing the way for the renewing of our minds by releasing burdensome or negative thoughts. Unity founders Charles and Myrtle Fillmore called this form of prayer *denial*—that is denying or renouncing the power of false or limiting beliefs. Charles Fillmore described it as gently sweeping the cobwebs out of our minds to make way for more good. Every release is followed by an affirmation of Truth. Here is an example:

Thoughts that I am not good enough have no power to diminish the Truth of my being. I AM divine wisdom, love, and life in expression.



A PRAYER FROM SILENT UNITY

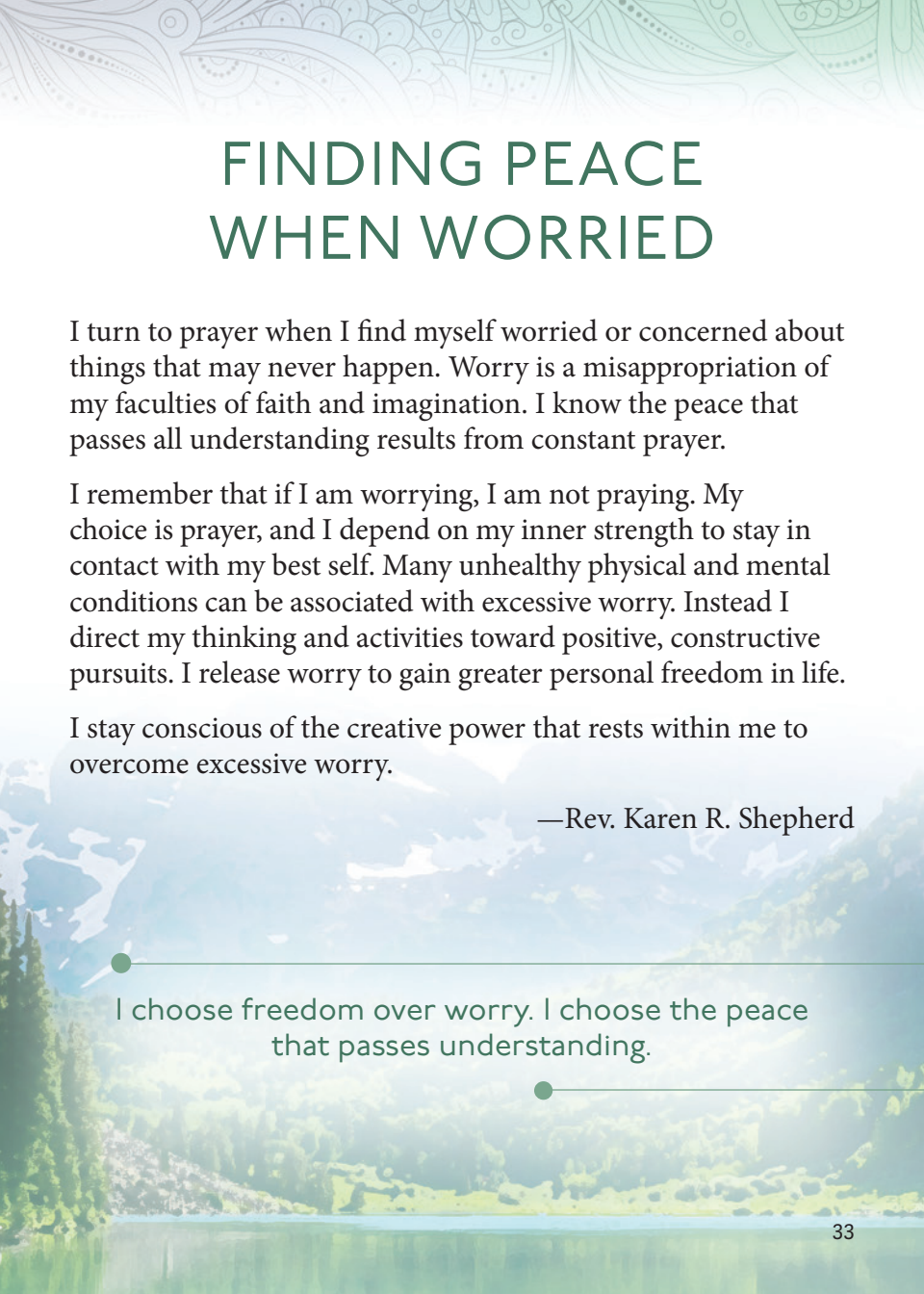
The peace of God flows within each breath.

Each breath flowing in and flowing out settles my mind into the rhythm of divine life. God is the peace in my breath and in my life.

Whenever I notice thoughts that disturb my mind, I breathe into peace.

Peace.

Peace.



FINDING PEACE WHEN WORRIED

I turn to prayer when I find myself worried or concerned about things that may never happen. Worry is a misappropriation of my faculties of faith and imagination. I know the peace that passes all understanding results from constant prayer.

I remember that if I am worrying, I am not praying. My choice is prayer, and I depend on my inner strength to stay in contact with my best self. Many unhealthy physical and mental conditions can be associated with excessive worry. Instead I direct my thinking and activities toward positive, constructive pursuits. I release worry to gain greater personal freedom in life.

I stay conscious of the creative power that rests within me to overcome excessive worry.

—Rev. Karen R. Shepherd

I choose freedom over worry. I choose the peace
that passes understanding.

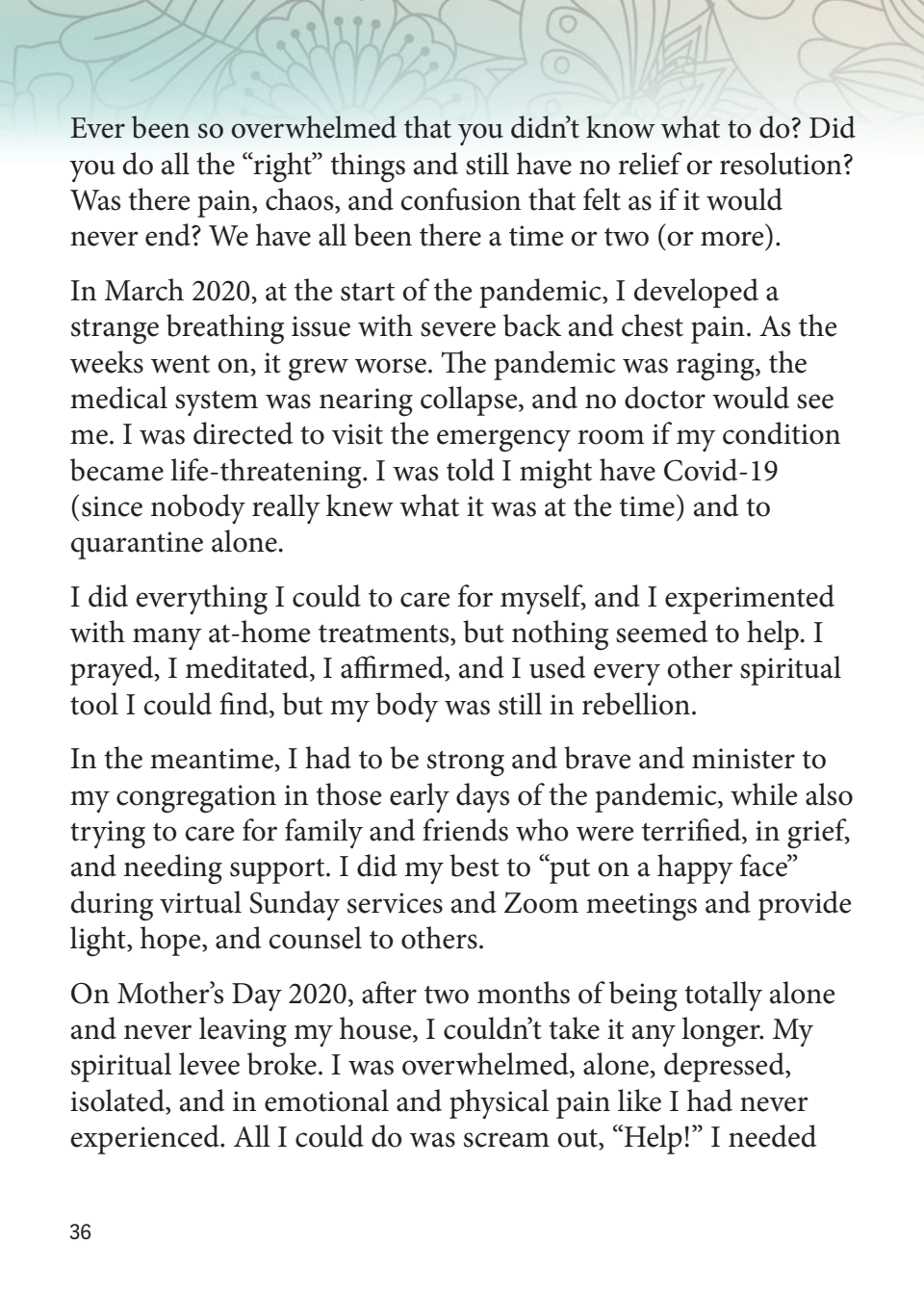




WHEN THE ONLY PRAYER

Is 'Help!'

Rev. Christina Garza

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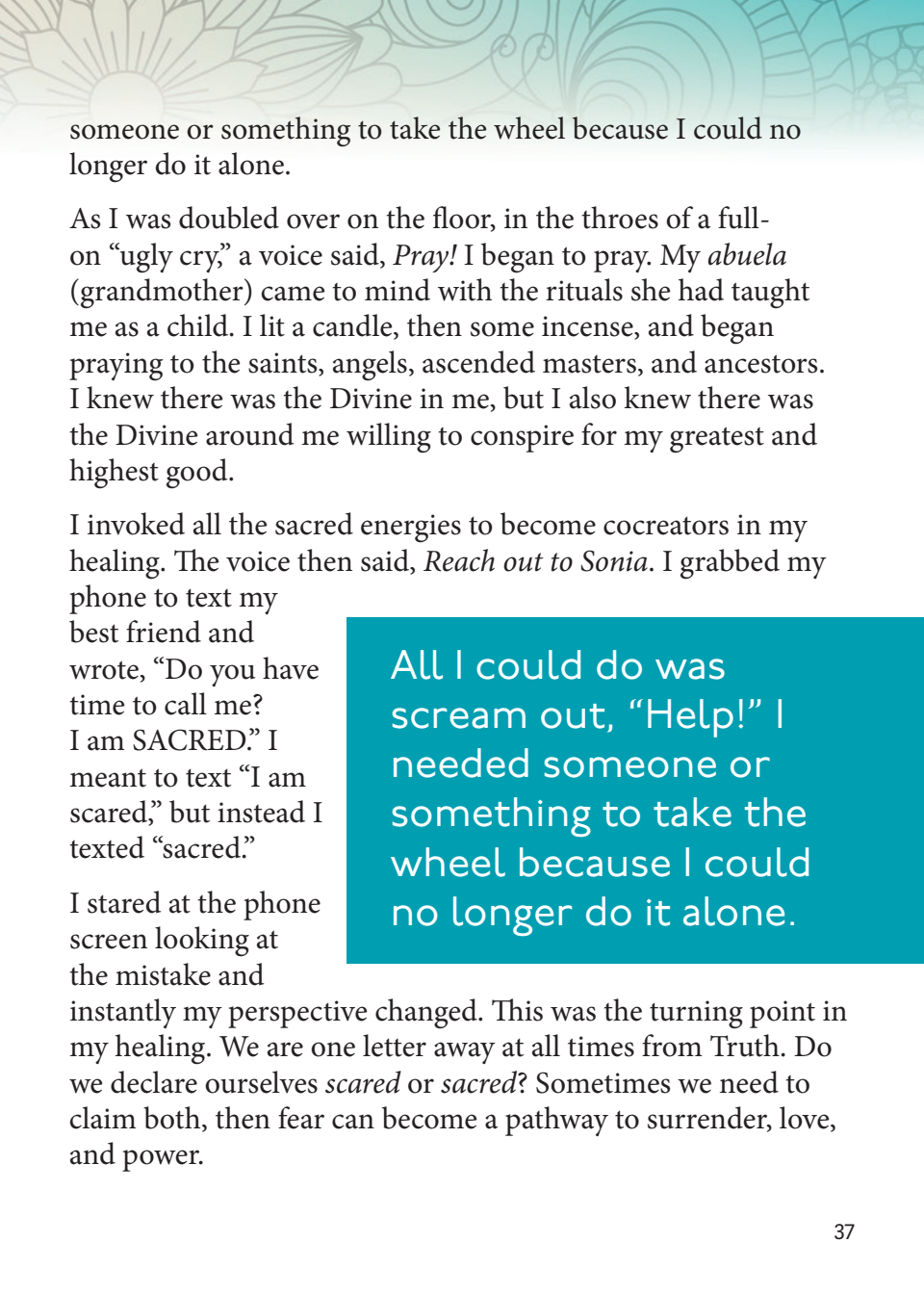
Ever been so overwhelmed that you didn't know what to do? Did you do all the "right" things and still have no relief or resolution? Was there pain, chaos, and confusion that felt as if it would never end? We have all been there a time or two (or more).

In March 2020, at the start of the pandemic, I developed a strange breathing issue with severe back and chest pain. As the weeks went on, it grew worse. The pandemic was raging, the medical system was nearing collapse, and no doctor would see me. I was directed to visit the emergency room if my condition became life-threatening. I was told I might have Covid-19 (since nobody really knew what it was at the time) and to quarantine alone.

I did everything I could to care for myself, and I experimented with many at-home treatments, but nothing seemed to help. I prayed, I meditated, I affirmed, and I used every other spiritual tool I could find, but my body was still in rebellion.

In the meantime, I had to be strong and brave and minister to my congregation in those early days of the pandemic, while also trying to care for family and friends who were terrified, in grief, and needing support. I did my best to "put on a happy face" during virtual Sunday services and Zoom meetings and provide light, hope, and counsel to others.

On Mother's Day 2020, after two months of being totally alone and never leaving my house, I couldn't take it any longer. My spiritual levee broke. I was overwhelmed, alone, depressed, isolated, and in emotional and physical pain like I had never experienced. All I could do was scream out, "Help!" I needed



someone or something to take the wheel because I could no longer do it alone.

As I was doubled over on the floor, in the throes of a full-on “ugly cry,” a voice said, *Pray!* I began to pray. My *abuela* (grandmother) came to mind with the rituals she had taught me as a child. I lit a candle, then some incense, and began praying to the saints, angels, ascended masters, and ancestors. I knew there was the Divine in me, but I also knew there was the Divine around me willing to conspire for my greatest and highest good.

I invoked all the sacred energies to become cocreators in my healing. The voice then said, *Reach out to Sonia*. I grabbed my phone to text my best friend and wrote, “Do you have time to call me? I am SACRED.” I meant to text “I am scared,” but instead I texted “sacred.”

I stared at the phone screen looking at the mistake and instantly my perspective changed. This was the turning point in my healing. We are one letter away at all times from Truth. Do we declare ourselves *scared* or *sacred*? Sometimes we need to claim both, then fear can become a pathway to surrender, love, and power.

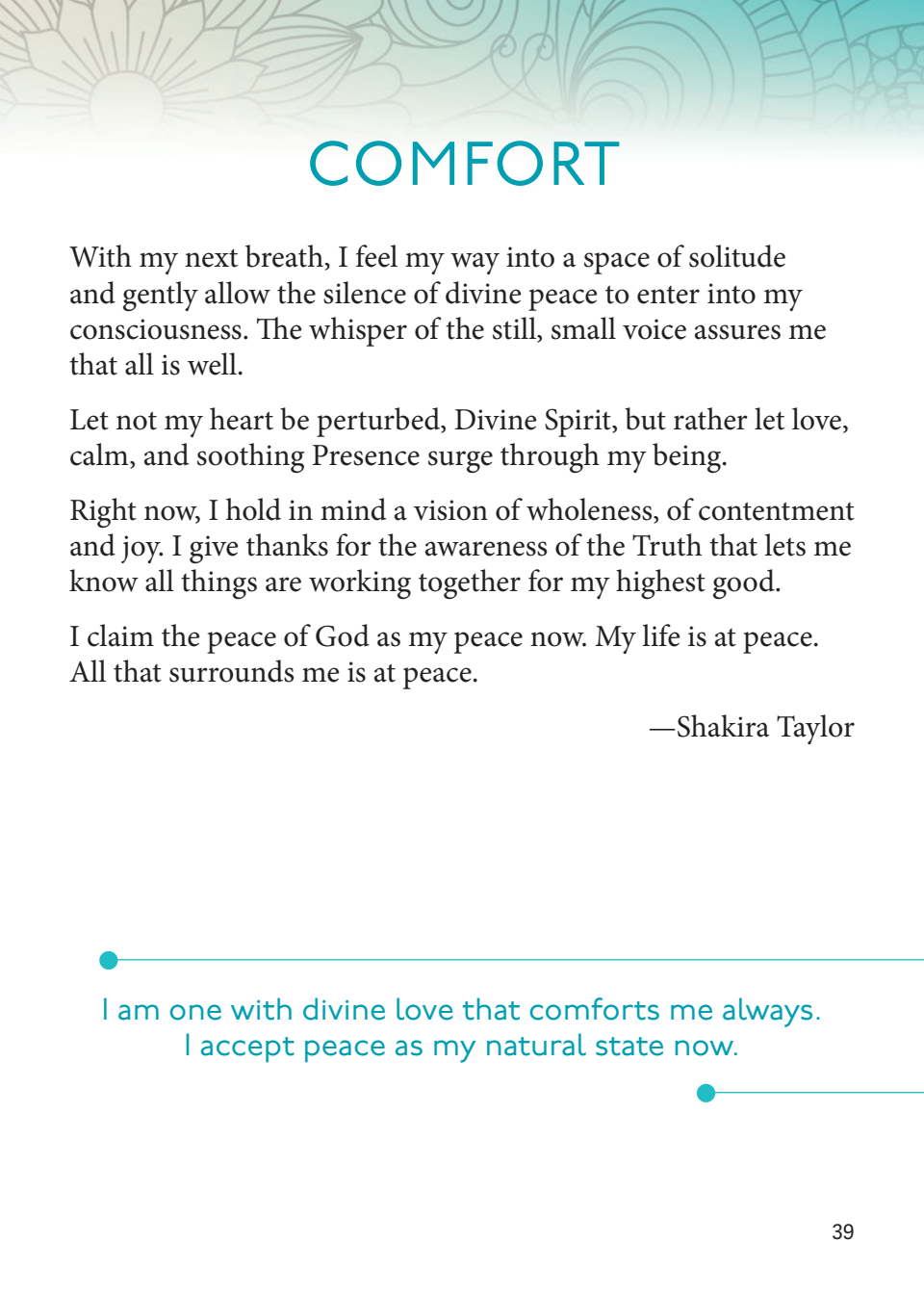
All I could do was scream out, “Help!” I needed someone or something to take the wheel because I could no longer do it alone.



The truth is we do not need to attempt to resolve life alone. We have a loving, guiding, protecting universe around us, between us, and within us that is ready to support our sacred healing. There is sacredness in our journey to healing as long as we remember we are sacred and live in a sacred universe. Scared and sacred—the both/and path to peace.

I know that I am sacred, in a sacred healing process, with sacred support everywhere.

Rev. Christina Garza is senior minister at Unity of Nashville, Tennessee.



COMFORT

With my next breath, I feel my way into a space of solitude and gently allow the silence of divine peace to enter into my consciousness. The whisper of the still, small voice assures me that all is well.

Let not my heart be perturbed, Divine Spirit, but rather let love, calm, and soothing Presence surge through my being.

Right now, I hold in mind a vision of wholeness, of contentment and joy. I give thanks for the awareness of the Truth that lets me know all things are working together for my highest good.

I claim the peace of God as my peace now. My life is at peace. All that surrounds me is at peace.

—Shakira Taylor

I am one with divine love that comforts me always.
I accept peace as my natural state now.

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.”
And 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.”

Frank B. Whitney (1889–1938) was a prayer associate at Silent Unity who founded *Daily Word* in 1924 and served as its first editor for 14 years.





A PRAYER FROM SILENT UNITY

I uphold the power of peace in all people.

Let there be peace in the world, and let it
flow from within the hearts of all people.

Let me hold peace as a precious jewel, a
delicate treasure.

Let me lead with kindness, compassion, and
cooperation, in keeping with the God of
peace that is my source.

FINDING PEACE IN LOSS

In this universe, we live in cycles. We see leaves fall and watch trees spring to life again. We watch what we care about come and go like tides on a beach. We are left with moments we remember, moments that are like glistening bubbles filled with awareness of music, sights, hugs, emotion, aromas—poignant memories that we cherish and honor, resulting in the fullness of life.

Grief helps us know we are alive, we are present and available for this human experience, we are connected in a web of relationships and concerns. No matter what departs, and no matter how much it hurts to see it go, we exist on a foundation of love, within a space of nurturing, in a fountain of support and inspiration.

We progress in compassion, wisdom, and grace, returning to balance, harmony, and peace.

—Rev. Shirley Knight

● —————
I allow infinite, eternal Presence to fill
all aspects of my heart and mind,
comforting me with the energy of love.
● —————



THE MANY FORMS *of Prayer*

FORGIVENESS

Forgiving may be the most spiritual thing we can do. It grows our soul and frees our spirit. Forgiving a person or an action that we believe harmed or hurt us is a gateway to joy. We are freed from the negative or resentful thoughts that chain us to the past. We drop our burden and move forward renewed.

I release painful memories and reclaim my joy.



A PRAYER FROM SILENT UNITY

In the harmony of divine love, I bless my relationships.

Let me be filled with the knowledge of divine love, its magnificent capacity for harmony and empathy, for encouragement and connection.

I acknowledge God as the love that heals and frees, uplifts and unifies. I live the promises of love as I pray a blessing for all my beloveds.





PROTECTION

I now breathe into my heart and center myself in prayer, feeling my deep connection with the presence of God. I affirm my oneness with divine flow. As a living expression of God's light and love, I am guided by infinite wisdom, strength, and courage. I never walk alone.

The absolute truth of God's love is greater than any circumstance in my life.

As I behold this divine essence in me and in every person and situation, it expresses as enormous peace, comfort, and protection. I now feel aligned with this sense of well-being and confidence.

I am so grateful to know God as a source of assurance within me and in all areas of my life. Wrapped in that empowering light, I daily radiate peace into the world.

—Martha Cook and Rev. Bronte Colbert



In any circumstance, I focus on divine peace,
love, and protection.





THE MANY FORMS *of Prayer*

VISIONING

Visioning employs our divine power of imagination combined with intention. Like all prayer, visioning is focused thought, this time with a specific outcome in mind. Imagine what you will see, hear, and feel in the situation. Add delightful details. Visioning clarifies our desires, making us a vibrational match to what we want and opening us to receive.

I focus my thoughts on my desires and expect to receive my good.





A PRAYER FROM SILENT UNITY

Immersed in divine peace, all is well with my soul.

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. I am peace.



FINDING PEACE WHEN SCARED

A scare could be a fleeting moment of panic or a time of darkness, deep in the shadow of something that feels too big to handle. Whenever I feel scared, I recall a young David approaching the giant Goliath, and I am reminded I already have all I need to overcome my fear.

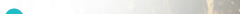
In a moment of silence, I breathe into knowing I am not separate from the infinite love of my Creator. Like the five smooth stones David held, I prayerfully select spiritual faculties to activate in this unique situation. I know I have instant access to divine qualities of love, wisdom, imagination, and more that I call forth from within.

With each attribute named at my disposal, I feel the light of my being growing in intensity. Expanding light leaves no space for darkness. Facing any challenge, I find peace in the knowledge that divine power within me is all I need.

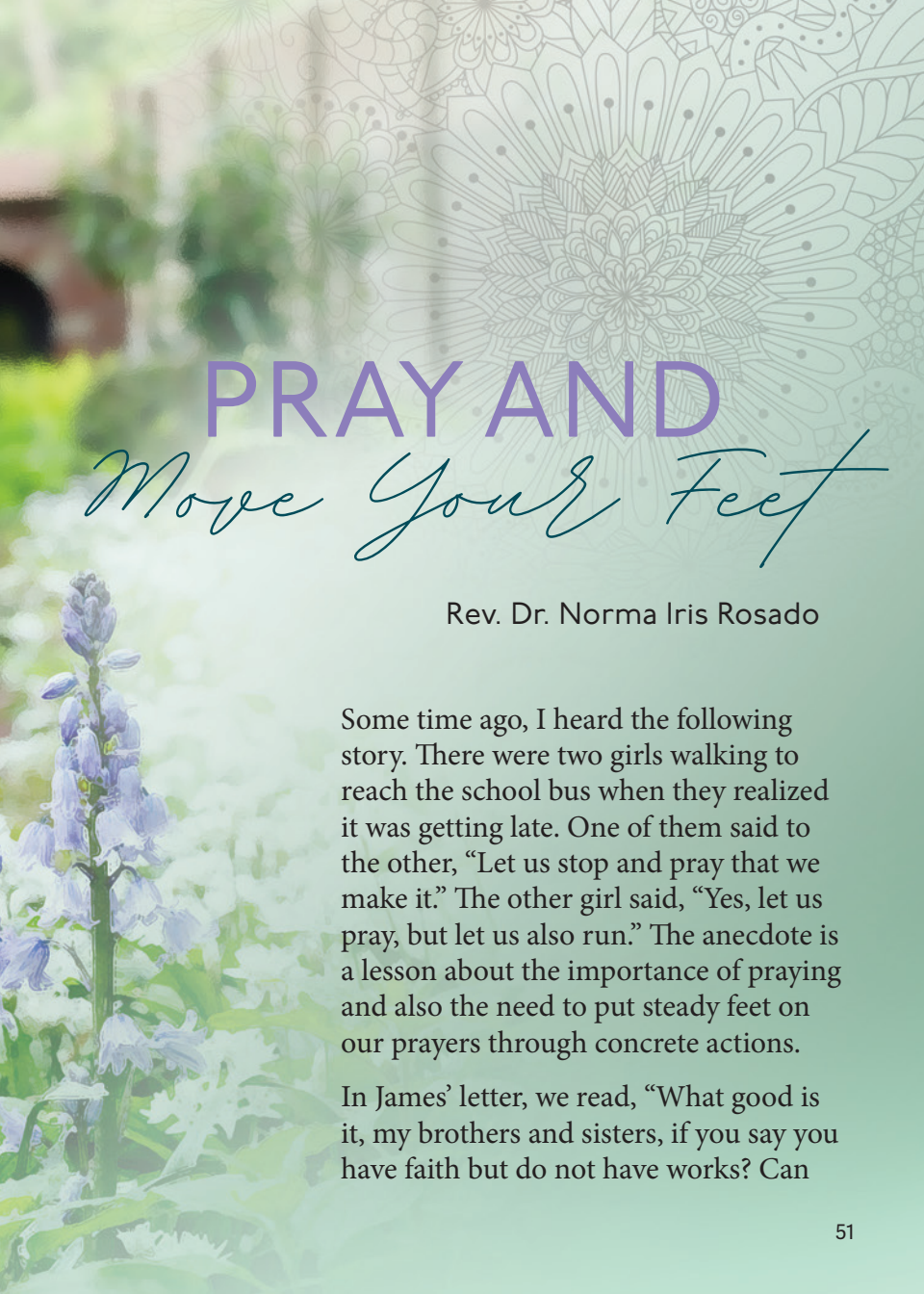
—Rev. Joy Wyler, J.D.



The divine power within me is all I need.







PRAY AND *Move Your Feet*

Rev. Dr. Norma Iris Rosado

Some time ago, I heard the following story. There were two girls walking to reach the school bus when they realized it was getting late. One of them said to the other, “Let us stop and pray that we make it.” The other girl said, “Yes, let us pray, but let us also run.” The anecdote is a lesson about the importance of praying and also the need to put steady feet on our prayers through concrete actions.

In James’ letter, we read, “What good is it, my brothers and sisters, if you say you have faith but do not have works? Can

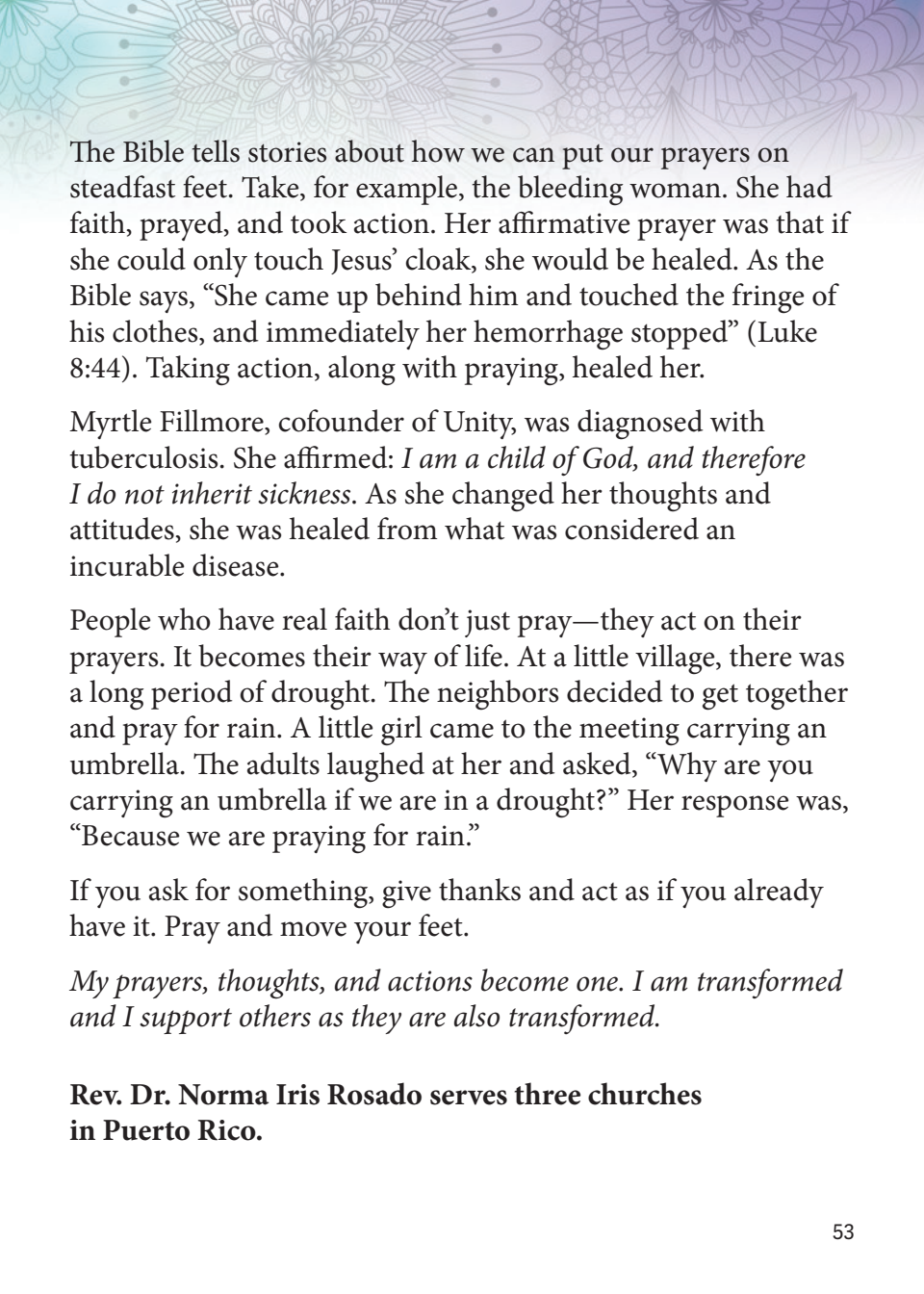
faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, ‘Go in peace; keep warm and eat your fill,’ and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead” (James 2:14-17).

In Unity we speak about five principles of Truth leading the world. The fourth emphasizes the need to pray in order to know the Truth that, according to Jesus, will make us free. The fifth advises that it is not enough to know the Truth; we also need to live by it.

First, we need to know what Truth is. We are children of God, the infinite love. As God’s children, we are love as well. By praying, we become conscious of the divine nature in all, including ourselves. Upon this Truth, we build our spiritual understanding.

Parallel to this insight, we must accept our responsibility. “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength ... Love your neighbor as yourself” (Mark 12:30, 31). Prayer is a call to being and doing.

As a Unity representative, I visited Cuba. While at the home of a Truth student, a friend of his came to visit. The visitor felt very cold. At that moment, I saw prayer in action. The host took off the only sweater he had and gave it to his friend. As the newcomer resisted, the student’s words were, “God will give me another one.” With his faith, he put feet to his prayer. That is a lesson I will never forget.



The Bible tells stories about how we can put our prayers on steadfast feet. Take, for example, the bleeding woman. She had faith, prayed, and took action. Her affirmative prayer was that if she could only touch Jesus' cloak, she would be healed. As the Bible says, "She came up behind him and touched the fringe of his clothes, and immediately her hemorrhage stopped" (Luke 8:44). Taking action, along with praying, healed her.

Myrtle Fillmore, cofounder of Unity, was diagnosed with tuberculosis. She affirmed: *I am a child of God, and therefore I do not inherit sickness*. As she changed her thoughts and attitudes, she was healed from what was considered an incurable disease.

People who have real faith don't just pray—they act on their prayers. It becomes their way of life. At a little village, there was a long period of drought. The neighbors decided to get together and pray for rain. A little girl came to the meeting carrying an umbrella. The adults laughed at her and asked, "Why are you carrying an umbrella if we are in a drought?" Her response was, "Because we are praying for rain."

If you ask for something, give thanks and act as if you already have it. Pray and move your feet.

My prayers, thoughts, and actions become one. I am transformed and I support others as they are also transformed.

Rev. Dr. Norma Iris Rosado serves three churches in Puerto Rico.



UNDERSTANDING

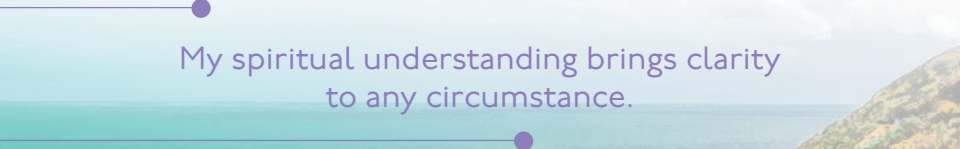
In this moment of doubt and confusion, I invite myself to pause. I allow my heart to open and my mind to quiet. I open to the spiritual potential of understanding that is everywhere present.

The capacity to know, comprehend, and have insight is available to me in this moment. The I Am that I Am understands. Confusion dissipates as I welcome my true nature.

What is mine to do, I can perceive clearly, whether it is to act or to continue to listen deeply. An inner surety and calm arise from my spiritual insight. I can move confidently forward knowing clarity is available always.

How grateful I am for this shift in awareness as I now see and know spiritual understanding is present in any situation.

—Rev. DeeAnn Weir Morency



My spiritual understanding brings clarity
to any circumstance.

A decorative mandala pattern in shades of teal, blue, and purple, featuring intricate geometric and floral designs, positioned at the top of the page.

THE MANY FORMS *of Prayer*

SOCIAL ACTION

Social action is being willing, available, and open to help make the world a better place. It is practical activity that puts feet on our prayers. In addition to affirming health, peace, and good for all, we find ways to bring it about for those around us. Our action does not oppose what exists but creates something new, pouring light into darkness.

I contribute to a better world, taking action based on divine guidance.



A decorative border at the top of the page featuring intricate floral and leaf patterns in shades of green and blue.

A PRAYER FROM SILENT UNITY

I shine the light of divine wisdom from within
to guide my every step.

The light of divine wisdom is always shining.
In every moment, I can see the way ahead,
step by step, by following the light.

Wisdom is natural to me, for it is the power
of God present in my inspired thoughts.

When I need a sense of direction, I turn
within. I turn within in this moment of
prayer.



FINDING PEACE IN THE WORLD

I admit I do not understand the conflict and violence I see in the world. In this moment of quiet prayer, I choose to surrender any need I have for such human understanding. I release all concern that what is going on around me is anything more than temporary blindness—an inability to see and envision a world in which all needs are met and all life is honored.

I invoke divine wisdom. Make plain the role I am called to play today in establishing peace. I know there is no role too small, no action too insignificant to bring harmony where there is discord. Whether I am called to personal action or to provide support for others, I affirm that our steps are grounded in Truth.

—Rev. David B. Adams



I choose to be a voice of peace, today and always.



THE MANY FORMS

of Prayer

WALKING A LABYRINTH

For thousands of years, labyrinths have been spiritual tools to commune with ourselves and God. Step by step, we can become more receptive to insight and illumination. A labyrinth is not a maze but a single path to the center and back out, representing the journey we take to the divine presence within us.

To find a labyrinth near you, go online to *labyrinthlocator.com*. For labyrinth meditations, see the article “How to Walk a Labyrinth” on *unity.org*.

I walk in light and love.



A PRAYER FROM SILENT UNITY

I open my mind to divine inspiration and
follow my divine direction.

Wise thoughts flow as answers to my heart's
desires. Courageously, I am attuned to divine
inspiration, confident and sure with every
step.

Never am I without a sense of direction, for
everywhere I am, God is. I am inspired.



CHILDREN

As my children grow and change, I pray for them by remembering they are spiritual beings. Their lives are intertwined with mine, but they have their own paths to pursue and their own interests to follow.

I bless them at each stage of life and support them with love, guidance, stability, and a soft place to land when things don't go as planned. I trust in divine order, knowing that even the pitfalls of life will help my children grow and connect with their own inner wisdom.

With a grateful heart for our connection through time and space, I bless my children and the unique gifts they bring to the world and my life. I bless all the children to embrace their own divine journeys, to release fear and doubt, and to go into the world with zeal and enthusiasm to pursue all that is theirs to do.

—Angie Olson

Trusting in divine order, I bless all children
on their paths through life.



THE MANY FORMS *of Prayer*

CREATIVITY

Creative pursuits are where we most easily express Spirit. Sometimes we call it what we were “born to do,” whether it’s sculpture, painting, performance, dance, writing, filmmaking, music, gardening, cooking, designing software programs, or architecture. Anytime we create something where there was nothing, we are bringing Spirit onto the earth.

My divine gifts express uniquely through me.

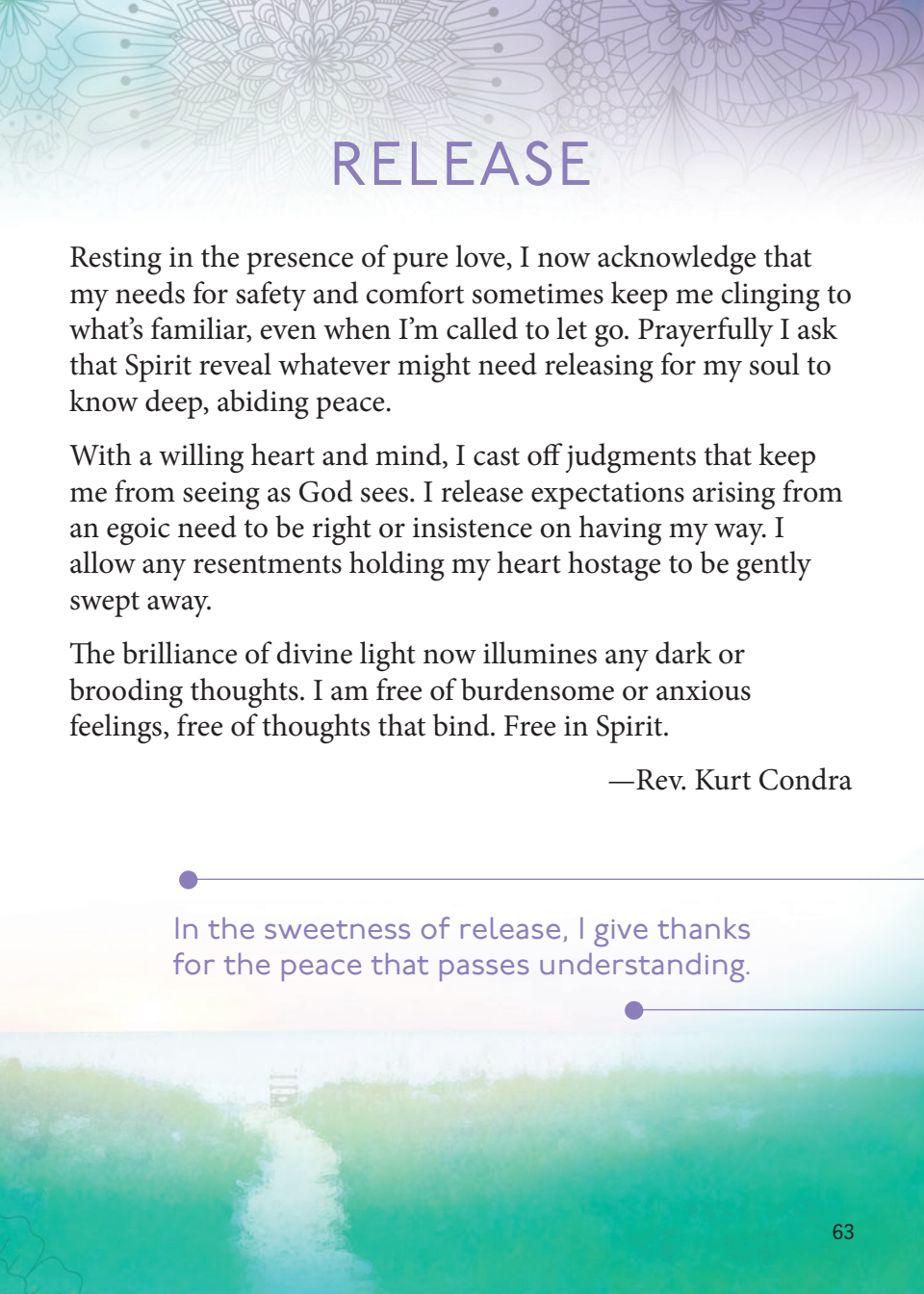


A PRAYER FROM SILENT UNITY

I bless the world with thoughts of unity and harmony.

From an inner wellspring of divine love,
I bless the world. 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.



RELEASE

Resting in the presence of pure love, I now acknowledge that my needs for safety and comfort sometimes keep me clinging to what's familiar, even when I'm called to let go. Prayerfully I ask that Spirit reveal whatever might need releasing for my soul to know deep, abiding peace.

With a willing heart and mind, I cast off judgments that keep me from seeing as God sees. I release expectations arising from an egoic need to be right or insistence on having my way. I allow any resentments holding my heart hostage to be gently swept away.

The brilliance of divine light now illumines any dark or brooding thoughts. I am free of burdensome or anxious feelings, free of thoughts that bind. Free in Spirit.

—Rev. Kurt Condra

In the sweetness of release, I give thanks
for the peace that passes understanding.

The Positive Prayer Wheel



The Positive Prayer Wheel is a swivel set of 50 nondenominational prayer cards for the cycles of your life.



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