

Silent Unity

March 2020 Prayer Service



We begin our prayer time with knowledge of our link to all who are praying at this hour, and to all who are asking for prayer support. We are one mind, one voice, recognizing there is only one power—the power of God—within us and around us.

In the stillness of this moment, I am peace.

With each breath, I draw upon divine peace. I am one with and now demonstrate the power of peace. Enfolding all my concerns in a cushion of calm, I think peaceful thoughts and hold peaceful intentions. My body, mind, and spirit are centered in divine peace ... ≈

One with divine mind, I realize infinite potential.

All things are possible when I realize oneness with God. In prayer, I seek insight, understanding, and spiritual knowledge about my hopes and dreams. I rise into a state of understanding, poised and confident in the promise of fulfillment ... ≈

All of divine life is present where I am.

I shine the light of divine life throughout my body, blessing and strengthening every structure and space, every atom and system. All of God and all of divine life is fully present within and around me. I celebrate the wholeness of divine life in my body ... ≈

All that can be, can be in divine abundance.

Let me recognize the power of God that is abundance. Let me find within all the resources I long for: all creative imagination, all supportive wisdom, and all willing enthusiasm. I envision the desired road ahead. I listen and follow inner wisdom. I proceed with positive anticipation ... ≈

I open my heart in oneness with all people.

Centered in one power—the power of God—I hold my heart open to all people. I heal my thoughts of separation in the unifying power of divine love. In the integrity of the truth I know, I insist on harmony in my thoughts and acts. I am one with God and one with all ... ≈

Together, we affirm these truths for ourselves and for all with whom we pray. Together, we are one voice for peace, understanding, life, abundance, and love. May our prayers bear fruit in peace of mind, health, and fulfillment of our intentions. Together, let us recite the “Prayer for Protection” ...

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, download the uPray app, visit silentunity.org, or go to facebook.com/silentunity.


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Silent Unity
24/7 Prayer Support

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Note: ≈ indicates a pause.

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