



Silent Unity

Prayer Service December 2011

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

We come together during this sacred time of prayer to be still, to immerse ourselves in oneness with all creation. In the silence we become aware of the divine light of the Christ, the ever-present One who waits to be known. With each breath, our attention shifts deeper inward. We feel the Christ emerging during this season of light. We awaken to our Christ nature of peace and love, honoring all of life. As we move into the Silence we say thank you ... thank you ... thank you ... I invite you to allow these words of gratitude to become your own as we pray together in Oneness ... ≈

I abide in deep peace, and Christ is born in me.

Just as a sleeping baby rests in blissful comfort, we, too, abide in the peace that passes all understanding. This peace flows from the depths of our souls. Nothing can disturb our inner sanctuary, for we are cradled in the arms of infinite love. In the stillness of deep peace the Christ is born, soothing every part of our being, in the Silence ... ≈

As I quiet my mind, I access inner wisdom.

Being centered in the heart comes from deep listening. No matter what the question, I go into the stillness and ask my heart for guidance. What does my heart tell me to do, say or be? When I quiet my mind, I allow the Christ within to lead my words and actions. In the stillness I hear the wisdom of the heart guiding me with clarity and generosity of spirit. I imagine new ways of being love in action, in the Silence ... ≈

I radiate health in mind, body and spirit.

From the tiniest bud of a tree in spring to the tiny toes of a newborn babe, the world radiates health and wholeness. The power of Christ Life is eternal, infusing every cell of my body. My mind is renewed as the revitalizing energy of Spirit moves through me. As the breath of life fills me, I am strong in spirit, in the Silence ... ≈

I live in an abundant universe, and I am prosperous.

As I look around at the world, a feeling of wonder opens my heart and gratitude pours forth. I behold the ever-present prosperity in my life. From a hole-in-one to the dawning of a new day, abundance is everywhere! I am filled with awe, and abundance flows forth in all I do. Wherever wonder wanders, prosperity is sure to follow. I take this assurance into the Silence ... ≈

I embrace all people in my prayers for peace.

My affirmation this season is to welcome the Christ in every person in my life. My heart opens wide to embrace all people, regardless of any differences between us. My thoughts and emotions are calm and serene as I affirm peace in my lifetime. I am enveloped in the Christ Light as I see a new day emerging for our peaceful planet, in the Silence ... ≈

As we bring this time of prayer to a close, we take a deep breath and slowly exhale. We give thanks for the gifts of this season that live within our hearts throughout the year. As we close our time together, we do so with grateful hearts. We have connected deeply with the precious Christ child born in us today. As we go through our day, we rejoice, affirming that everyone we meet will be blessed by our presence. And so it is. Amen.

Let us conclude by praying together our "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!**

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Silent Unity
24/7 Prayer Support
1-800-669-7729
1-816-969-2000
1901 NW Blue Parkway
Unity Village, MO 64065-0001
www.silentunity.org

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Note: ≈ indicates a pause.