


Life of Prayer

Unity Church of Hawaii
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Class Agreements

- All points of view are valid and contribute to a greater understanding
- Each of us can change our mind at any time
- Use “I” statements
- Confidentiality of personal sharing
- Cell phones silent
- Have Fun

Syllabus

- Objectives
- Text: *Handbook of Positive Prayer*
- Assignments
 - Daily Reading
 - Writing a “Daily Word” – due Friday, 2/12
- Credit Forms

Introductions

- Name
- Share a reflection of your childhood prayers.

Unity's Five Basic Principles of Truth



O – One Presence & One Power

- There is only One Presence and One Power in the universe, GOD the Absolute

- Omnipotence
- Omniscience
- Omnipresence

“I am the Lord your God,...you shall have no other gods before me.” Ex.20:2,3

O – Original Virtue

- Human beings were conceived with a spark of divinity, the Indwelling Christ. Their true nature is divine, therefore, latent within them is the ALL that God is.

“Let us make humankind in our image, according to our likeness; ...” Gen.1:26

M – Mindful Co-Creators with God

- Human beings were created in freedom and choose their experiences according to their thoughts and feelings.
 - The Law of Mind Action:
 - What we think about, we bring about.
 - Thoughts held in mind, produce after their kind.
- “For as he thinketh in his heart, so is he.” Prov. 23:7

P – Prayer and Meditation

- Prayer is the conscious process of communion with God. Meditation is the gateway to the Silence, a sacred time for inspiration, insight, and “being” one with God.
“Your father who sees in secret knows what you need before you ask him” Mt.6:8

A – Action is Essential

- Knowing and understanding Truth and the laws of life are not enough. Human beings also need to think, feel and live the Truth they know, if they want to manifest the blessings they claim in prayers.

“If you know these things, blessed you are if you do them.” Jn.13:17

Unity's Key Concepts about Prayer

1. Prayer opens for us, the direct line of communication between us and Source.
2. Prayer is not meant to bring God into action, but to open our consciousness to God's activity in us.
3. Prayer changes us, not God nor our conditions.
4. As we pray in faith, we will be able to manifest the Kingdom of Heaven within.
5. In order to master the 'art of prayer' it is necessary to discipline ourselves and practice every day.

Charles Fillmore, Co-Founder of Unity

- **Prayer is the conscious communion between God and man.**
- **Prayer is the most highly accelerated mind action known.**
- **More than supplication, prayer is the affirmation of Truth that eternally is.**

The Revealing Word, p. 152

May Rowland, Director of Silent Unity, 1916-1971

- Prayer is the practice of the presence of God.

The Magic of the Word, p. 132

Frances Foulks

- Prayer is the way to travel the path from self to God.
- Prayer is to relax the physic so that God-life may enter.
- Prayer is to let go the mental so that God-thoughts may take possession.
- Prayer is to shut out sight and sound, emotion and desire, and become still before God.

Effectual Prayer, p. vi

Eric Butterworth

- **Prayer is not a means of arousing God to action, but the process of waking up from our drowsiness so we can see ourselves, *not in the mirror darkly but face to face.***

Celebrate Yourself, p.136

Charles & Cora Fillmore

- **Prayer is man's steady effort to know God. There is an intimate connecting spirit that logically unites man and his source.**

Teach Us to Pray, p.17

Mary Kupferle

- **Prayer is our invitation to God to take charge of us, knowing full well that He will lead us in the way of holiness, wholeness.**

The Light will Dawn through Prayer, p.19

Norma Iris Rosado

Unity minister & SpiritPath Instructor

- **Prayer is my constant inner conversation with God. It helps me to keep the peace and serenity of my soul.**

World Views of Prayer

- **Jewish**
- **Buddhist**
- **Islamic**
- **Baha'i**
- **Christian**
- **Hindu**

World Views of Prayer

- **Alignment with Unity**
- **How are they different?**
- **Important themes/practices/ideas/elements to include in creating our own definition of prayer...**

Class definition

February 2010



Wrapping it up

- Q & A
- Homework
 - Chapters IV & V
 - Worksheet
- Closing Prayer
- Pau

“Ways You Pray” Survey



Identifying Your Prayer Preferences

| | Conversational Asking and Authenticity | Uplifting Affirmative Prayer | Praying for Others, Forgiving | Contemplative Prayer (letting go, entering the silence) |
|--|--|------------------------------------|-------------------------------------|--|
| What was the first type of prayer you used? | _____ | _____ | _____ | _____ |
| Which type do you use most often now? | _____ | _____ | _____ | _____ |
| What type of prayer do you use least? | _____ | _____ | _____ | _____ |
| What type do you feel most comfortable with? | _____ | _____ | _____ | _____ |
| What do you feel least comfortable with? | _____ | _____ | _____ | _____ |

Small Group Sharing

- Which kind of prayer did you begin with?
- What came next?
- How do you pray most often now?
- Do you feel uncomfortable with or do you not use some form of prayer?
- Can you remember what turned you off to it?
- What are the ways of praying that you enjoy the most?

Optimal Conditions for true prayer...

1. God is recognized as our source.
 - We recognize our oneness with God.
 - Prayer is made within, in the “secret place” (Psalms 91).
 - The door is closed on all thoughts and interests of the outer world.
 - The one who prays believes that he has received.
 - The kingdom of God is desired above all things, and sought first.
 - The mind lets go of every forgiving thought.