

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
- Have Fun!

Check-In

- Daily Word: Healing.
 - “Spirit within is my health and my strength.”
- Check-In Statement:
 - I notice that my acts of faith around healing are _____.

Four Ways to Pray

- Conversational prayers of asking and authenticity. Jesus taught asking, but also stressed the role of underlying beliefs and faith in answered prayer.
- Uplifting, consciousness-changing prayer: prayers of praise, gratitude, love, and affirmation.
- Praying for and with others in effective ways: prayers of intercession and healing.
- Contemplative approaches to prayer: surrendering, being present, entering the silence, and finding the sacred in everyday life.

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 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?

Two more things about prayer:

- “Prayer is the rope that pulls God and man together. But it doesn’t pull God down to us: It pulls us up to him.” Billy Graham
- “Prayer enlarges the heart until it is capable of containing God’s gift of himself.” Mother Theresa

Optimal Conditions for True Prayer

1. God is recognized as our source.
2. We recognized our Oneness with God.
3. Prayer is made within, in the “secret place.”
4. The door is closed on all thoughts and interests of the outer world.
5. The one who prays believes that he has received.
6. The Kingdom of God is desired above all things, and sought first.
7. The mind lets go of every unforgiving thought.

The SuperMasterMind

- “We go in mind to heaven or hell every time we mentally project the thoughts that ‘chord’ with that particular state. Only a supermastermind can overcome this law of mental affinity and set up in our earthly discordant thought atmosphere a consciousness of peace and love. Jesus was able to do this.” Charles & Cora Fillmore, Teach Us to Pray
- “I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these.” John 14:12

Step One – Invoke a Denial

- Denial is the ability to let go of old, outworn, negative attitudes or incorrect beliefs.
- Denials are the ‘tools of prayer,’ consciousness conditioners, which assist us in our process of transforming our awareness to see only God in any situation.
- A denial does not declare that the negative appearance does not exist. It declares that the negative appearance is powerless over us.

Denial Statements

- This _____ is powerless over me.
- This _____ has no power over me.
- Or...
 - I consciously acknowledge that I was incorrect in my conclusion/assumption of _____ .
 - I refuse mental sustenance to _____ (a low ideal).
- The statement we use as a denial opens us to receive whatever divine idea we need to deal positively with the appearance.

Step Two – Repeat Statements of Affirmation

- Affirmation is the ability to accept the newer, truer, higher, more correct attitude and belief.
- An affirmation is a ‘tool’ used to condition the consciousness, to direct our minds to divine thinking and feeling.
- Affirmations are not “magic’ that make something happen.
- When we come into consciousness alignment with Divine Mind, we are able to see the good that already exists.

Construction of Denials

- Denials are used each time you are aware of a thought that is not in alignment with your good.
 - Stated in the present tense
 - Spoken silently or audibly
 - Not used in a manner of fighting against the erroneous thought
 - Not spoken with a great deal of power or energy.

Construction of Affirmations

- Affirmations are used whenever we want to renew the mind with the Truth. We also use them to bring desired good into our lives.
 - Positive “I” statements in the present tense
 - Spoken silently or audibly, with power and faith, using our thinking and feeling natures
 - Focus on conditions rather than specifics
 - State that the good we desire is already here and now
 - State what is already true in God Mind

Create your own..



Most importantly remember The Law of Expansion.

- Say the denial only once.
- Repeat the affirmation many times.

Wade Morein

Prayer
&
Zen Buddhism

Wrapping it up

- Q & A
- Homework – Chapters VI, VII, & VIII
- Closing Prayer
- Pau