

# 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



# Denials & Affirmations



# Most importantly remember The Law of Expansion.

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

# Unity's Five Step Prayer Process

- Relaxation
- Concentration
- Meditation
- Realization
- Thanksgiving

# The Daily Word

- *Wednesday, February 10, 2010*

## I WAIT

**In the awareness of God's presence, I wait.**

In the silence of prayer, I wait. Relaxing my body, allowing my breath to become steady and even, I affirm the presence of God. I give thanks for blessings experienced. I affirm health and prosperity for myself and others, and I release any anxiety.

In daily interactions, I wait for reflections of God's presence to be revealed in the wisdom of a trusted confidant, a smile from a friend, the voice of a child. I can see the presence of God being reflected to me.

As I contemplate the smallest detail or the largest events taking place in the world, I know the presence of God is there. I find true joy in waiting, listening and watching for God's presence. I relax, and I wait.

***For the Lord is a God of justice; blessed are all those who wait for him.--Isaiah 30:18***

# Unity's Five Step Prayer Process

- Relaxation
- Concentration
- Meditation
- Realization
- Thanksgiving

# Buddy Up To Share



# Spoken Prayers

- Jewish Prayers
  - We Remember Them
- Catholic Prayers
  - The Rosary
    - Apostles' Creed, Our Father, 3 Hail Marys, Glory Be to the Father, Reflection, 10 Hail Marys, Glory Be to the Father
- Muslim Call



# Written Prayers

- Prayer for Protection
- Prayer of Faith
- Aramaic Lord's Prayer
- I AM There
- Prayers from Silent Unity
- Blessings

# Letters to God



# Burning Bowl



# Our definition of prayer...



# Wrapping it up

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- Q & A
- Homework – Chapter IX
- Closing Prayer
- Pau