

Life of Prayer

Unity Church of Hawaii
Mindy Tucker, L.U.T.

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!

Daily Word

– Thursday, February 11, 2010

WORLD PEACE

I am love in expression, contributing to a world of peace.

When there was doubt among Jesus' disciples, He stood among them and said, "Peace be with you." If I am unsure about something, my mind may be scrambling, jumping from one thought to the next. I take a deep, relaxing breath, repeating His words silently to myself: "Peace be with you." The Christ of my being settles my thoughts. I am reminded that the peace of Jesus is always available within me. As my heart and my thoughts align with divine love, my personal doubts dissolve. Now calm, I see divine solutions unfolding around me; I act in ways that are harmonious and loving to all.

Every person I meet, every conversation I have, is blessed by this love. I am love in expression, contributing to a world at peace.

Jesus came and stood among them and said, "Peace be with you."--John 20:26

Unity's Five Step Prayer Process

- Relaxation
- Concentration
- Meditation
- Realization
- Thanksgiving

Hindu Prayer for Forgiveness from Yajur Veda

Whatever sins have been committed by me, in thought, word or deed, may the Supreme Lord, the source of all strength, wisdom and purity, forgive me and purify me of them all:

May my body become pure.
May I be free from impurity and sin.
May I realize myself as the light divine.
May my mind become ever pure.
May my self become pure.
May I realize my self as the light divine.



Jewish Prayer of Forgiveness

- Kol Nidre (כל נדרי)
- A Jewish prayer recited in the synagogue at the beginning of the evening service on Yom Kippur, the Day of Atonement. Note that its name is Aramaic and not Hebrew, although the text of the prayer is Hebrew. It is a declaration and its name is taken from the opening words, meaning “All vows.”
- This rite declares that the petitioners, who seek reconciliation with God, solemnly retract their vows and oaths they made to God during the period intervening between the previous Day of Atonement and the present one; this rite made them null and void from the beginning, entreating in their stead pardon and forgiveness from God.
- The term Kol Nidre refers not only to the actual prayer but is also popularly used as a name for the entire Yom Kippur evening service.



Kol Nidre

-



Rev. Sky St. John

Hawaiian Spirituality &
Forgiveness

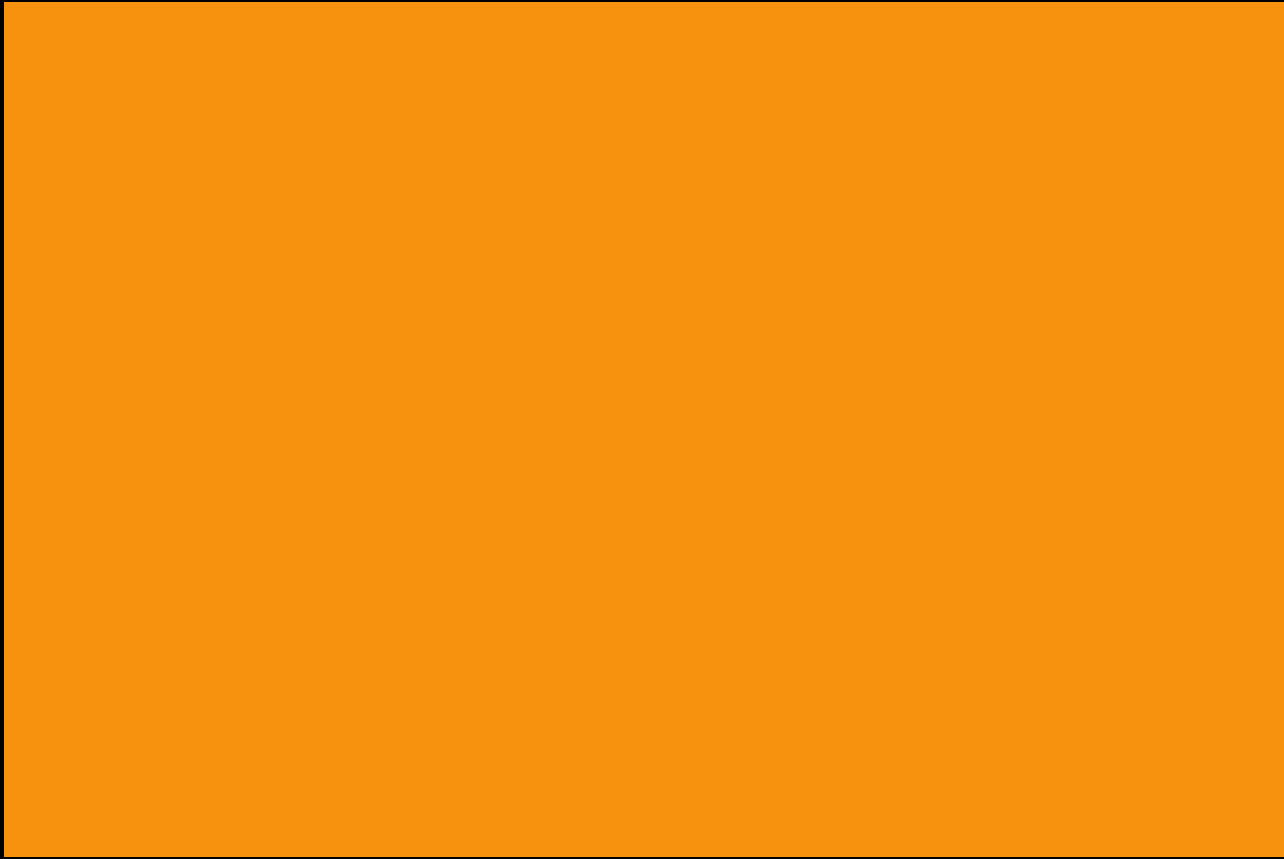


Forgiveness

- Colin Tipping
- Fred Luskin
- Karol Truman
- Edwene Gaines
- Unity Writers
- Dalai Lama

The Dalai Lama

- Visualization



Wrapping it up

- Q & A
- Last class
 - How to pray with others
 - Silent Unity
 - Daily Word presentations
- Homework – Write your own Daily Word
- Closing Prayer
- Pau