

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!

Denial & Affirmation

- Deny the appearance of the condition
- Affirm the Truth

Margie Hyatt

Affirmative Prayer

Spiritual Leader
West Sound Unity

Class Intentions

- * Understand Unity prayer format
- * Comfort in praying with others
- * Have fun!

Prayer in Unity

- * Foundation and core of the Unity Movement
- * Myrtle Fillmore's healing experience
- * Charles Fillmore's investigation
- * Silent Unity answers over 4,000 calls a day

What is Prayer NOT?

- * Begging, supplication, wheedling
- * Coaxing a miracle from a reluctant God
- * Changing God's mind

What is Prayer?

- * The practice of the presence of God
- * Affirming that what we desire already exists
- * Renewing and transforming our mind
- * Spiritual exercise
- * The most highly accelerated mind action known
-- Charles Fillmore

How?

- * Align in Oneness
- * Listen with your heart
- * Speak from the Presence

Affirmative Prayer

* Recognition: God IS

Affirmative Prayer

- * Recognition: God IS
- * Oneness: I AM

Do!

- * God IS: Father-Mother God, Beloved Presence
- * I AM: We feel your presence, We claim the promise
Jesus made...

Affirmative Prayer

- * Recognition: God IS
- * Oneness: I AM
- * Ask: Life wants, the Truth IS

Do!

- * God IS: Father-Mother God, Beloved Presence
- * I AM: We feel your presence, We claim the promise Jesus made...
- * The Truth IS: State the problem, affirm the Truth

Affirmative Prayer

- * Recognition: God IS
- * Oneness: I AM
- * Ask: Life wants, the Truth IS
- * Thanksgiving: I Am Grateful

Affirmative Prayer

- * Recognition: God IS
- * Oneness: I AM
- * Ask: Life Wants, The Truth IS
- * Thanksgiving: I Am Grateful
- * Release: Let Go and Let God, Surrender

Do!

- * God IS: Father-Mother God, Beloved Presence
- * I AM: We feel your presence, We claim the promise Jesus made...
- * The Truth IS: State the problem, affirm the Truth
- * I Am Grateful: Thank you God
- * Let Go and Let God: And so it is, Amen.

Affirmative Prayer

- * God IS: Father-Mother God, Beloved Presence
- * I AM: We feel your presence, We claim the promise Jesus made...
- * The Truth IS: State the problem, affirm the Truth
- * I Am Grateful: Thank you God
- * Let Go and Let God: And so it is, Amen.

Do!

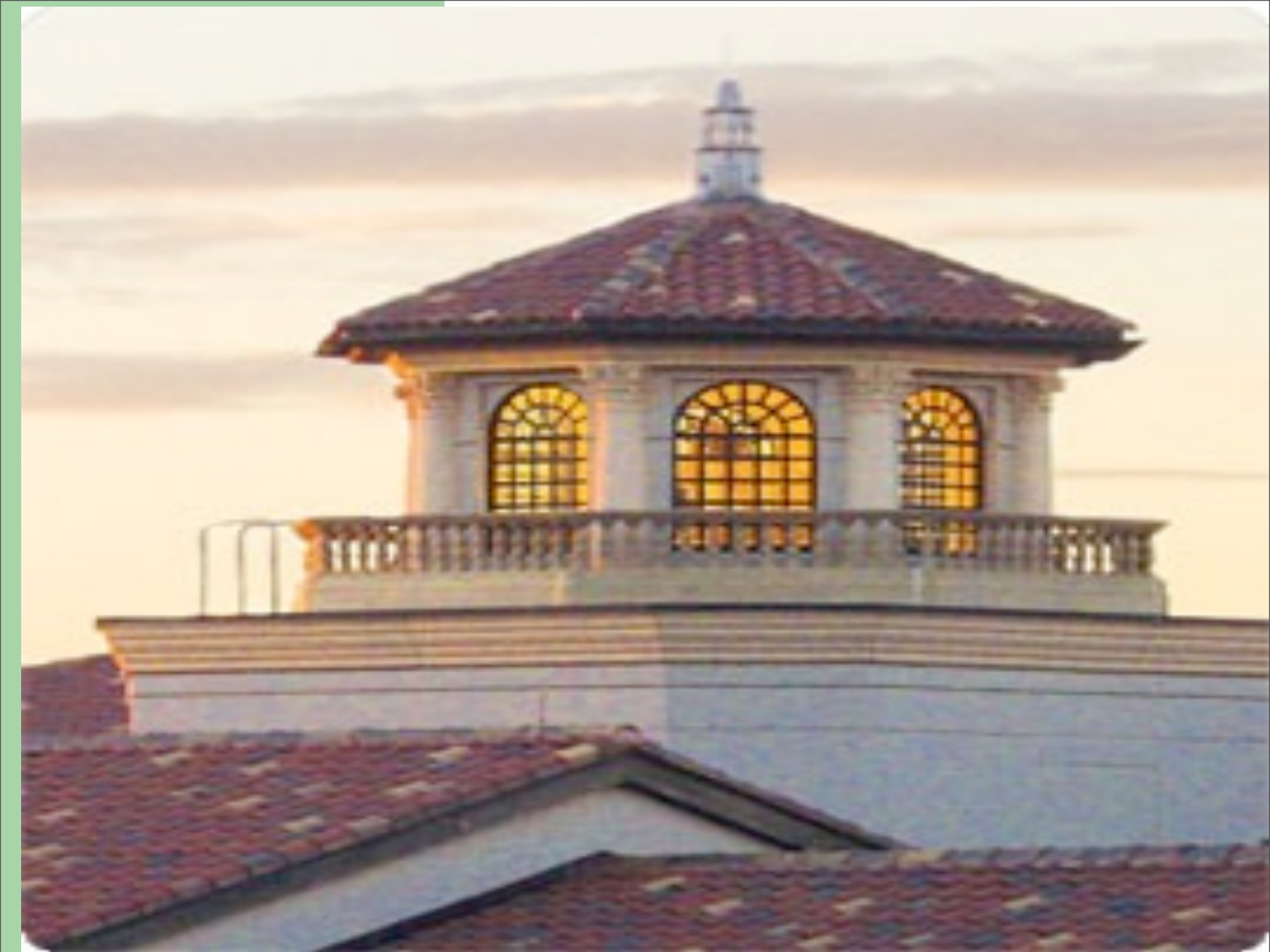
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- * I Am Grateful: Thank you God
- * Let Go and Let God: And so it is, Amen.

Silent Unity

- Society of Silent Help, April 1890
- Members were asked to hold a specific prayer thought each month during an evening time of silence.
- Today, Silent Unity accepts prayer requests via telephone, mail, and the internet – over 1.7 million requests per year.

Silent Unity – Prayer Requests

- Healing 30%
- General/Multiple Requests 17%
- Divine Order 9%
- Peace of Mind 6%
- Guidance 5.5%
- Harmony 4.3%
- Prosperity 4.3% (up from 3% in 2007)
- Success 4%
- Employment 2.9%
- Protection 2.8%





Our Daily Words...



Wrapping it up

- Q & A
- Evaluation Forms
- SEE Class Credit Forms
- Love Offering
- Closing Prayer
- Pau



UNITY'S FIVE-STEP PRAYER PROCESS

Relaxation

- Mental
- Emotional
- Physical

Concentration

- Centered on God
 - A repetitive declaration of Truth
 - A single Divine Idea

Meditation

- The Silence
- Feeling the Divine presence, our awareness of oneness

Realization

- Being receptive to answers in the form of pure ideas
- Becoming aware of specific aspects of universal Truth
- A knowing...

Thanksgiving

- Joyously offering love and praise to God, our source of good
- Establishes the shortest distance between expectation and the manifestation of our good

After prayer...

- TAKE ACTION
- DO WHATEVER YOU WERE
INSPIRED TO DO



AFFIRMATIVE
PRAYER
P.O.S.A.R.

Affirmative Prayer

- P – PRESENCE OF GOD
- O – ONENESS WITH GOD
- S – STATE APPEARANCE OF SITUATION
- A – AFFIRM THE TRUTH
- R – RELEASE AND GIVE THANKS

Praying with Others



Instead of Check-In...

- Daily Word: Protected – The light of God surrounds us.
 - Today I hold family and loved ones – including my pets – in prayer. I see each one guided, protected, and cared for in the best possible way.
 - Please consider who – or what – you are holding in prayer and why.
 - Call Silent Unity 800-669-7729