

THE LITTLE BOOKLET OF

*Affirmative*  
PRAYER

Vol. 2



# About Affirmative PRAYER

Affirmative prayer as practiced by Unity empowers us to draw upon Truth as we respond to life's circumstances. The Truth we affirm is the reality of God as the one and only power behind all that can be. The Truth is the one and only power within us and all around us, our divine identity or Christ nature. The Truth is that we are ever-able to recognize and to realize our oneness with God leading us to abundant life, love, strength, and faith in the midst of any circumstance.

We present this booklet of affirmative prayers for your practice and for you to share with others. May your practice of affirmative prayer inspire you to know and live as the magnificent, divine human that you are.

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Affirmative prayer has been my practice for most of my life. I started praying in the affirmative while residing at an American ashram, or yoga community, in the mid-1970s. Daily, I meditated and practiced yoga, which means "unity." A yoga friend sent me a gift subscription to a little daily reflection booklet, *Daily Word*®. I opened my booklet one day to a poem, a series of affirmations, which moved me to read it every day for a long while. Eventually, I tore it from the booklet and placed it in a small stack of treasured mementos I brought along with me when I later married and relocated. A few years later, at a time when I was longing for spiritual community, I remembered that booklet. I pulled out the poem, saw that it was from Unity, and began attending a nearby Unity center. Today, we have reproduced that poem for you, as a lead-in to ***The Little Book of Affirmative Prayer, Vol. 2***. May it move you too.

Rev. Linda Martella-Whitsett  
Vice President, Unity Prayer and Practice

## *Healing Meditation*

By Elizabeth Searle Lamb  
(*Daily Word*, May 1979)

Now do I relax and let God  
be the breath I breathe,  
be the steady beat of my heart,  
be the strength of every muscle,  
be the flexibility of every joint,  
be the nourishment of every cell,  
be the functioning of every organ.  
So relaxing and so letting be,  
I am now filled with God's life,  
renewed with God's strength,  
made whole and radiant  
in mind and body, as in spirit.  
Rested, healed, perfected in all ways,  
I rejoice and give thanks to God.  
I relax and let God be my life.

# Unity Classic PRAYERS

## *The Answer*

By Lowell Fillmore

When for a purpose

I had prayed and prayed and prayed

Until my words seemed worn  
and bare

With arduous use,

And I had knocked and asked and  
knocked and asked again,

And all my fervor and persistence  
brought no hope,

I paused to give my weary brain a rest

And ceased my anxious human cry.

In that still moment,

After self had tried and failed,

There came a glorious vision of

God's power,

And, lo, my prayer was answered in  
that hour.



## Charles Fillmore

(From *Directions for Beginners*)

God's life is my life, and I vibrate with harmony and wholeness. I am free, with the knowledge that all is good; I am, therefore, perfectly whole and well.

## Myrtle Fillmore

I do not believe in evil. I believe in Good.  
I do not believe in sin. I believe in Truth.  
I do not believe in want. I believe in Abundance.  
I do not believe in death. I believe in Life.  
I do not believe in ignorance. I believe in Intelligence.  
There are no discords in my being.  
Being is peace. My faith, understanding, and love are becoming one. "What therefore God hath joined together, let not man put asunder."

## May Rowland

(Excerpted From *Come Apart for a While*)

God's cleansing, healing, purifying love flows freely through every part of my body, renewing and restoring me. I am the ever-renewing, the ever-unfolding expression of infinite life.

## Mary Kupferle

(From *God Never Fails*)

I am strengthened, renewed, and stabilized as I express confidence in God, in myself, and in humanity. God, all-good, is the only presence and power in my life and affairs and in the universe.

## Eric Butterworth

(From *The Universe Is Calling*)

God is my life. I am an expression of God and thus perfect life is my heritage. I accept perfect life as my life. I know that every cell and organ and function of my body temple is animated and renewed by God's perfect life.



# Healing PRAYERS

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The healing power of divine life strengthens and revitalizes me.

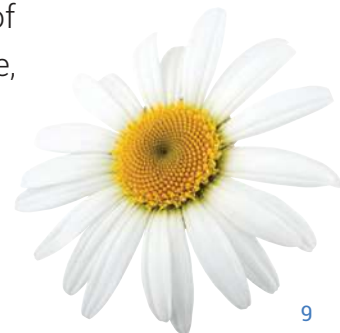
Every cell of my body is filled with divine life. Centered in the spirit of life, I am whole.

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No matter the circumstances, God is my health and well-being. Let there be health in every aspect of my life. Let me give my attention to all that is well, confidently living into health and well-being. Let me rejoice in a continuous current of divine life, now and in every moment.

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I turn within, where the power of God's love lives deep within my heart. I breathe deeply, centered in divine love, the love that casts out fear, eases tension, and brings peace. With every heartbeat, divine life pulses, bringing relief and release to every point of pain. With every breath, wholeness radiates within and each cell vibrates with the fullness of life. I rest with ease in my true state of wholeness, peace, and well-being.



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May my mind know that it cannot be limited. May my heart know it cannot be separate. May I know only wholeness of being and claim nothing less than the fullness of life.

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God is love; therefore, love is my true nature. I draw upon the harmonizing power of love for all my relationships. God is strength. I am therefore strong—able to stand steady in the midst of changing conditions. God is life. I am life in celebration of ever-flowing, ever-renewing vitality.



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# Compassionate PRAYERS

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Let the divine light so shine in me that  
I may be a beacon of hope, peace, love,  
joy, and compassion for all of humanity.  
May I walk in peace with all.

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My heart flowers in compassion as  
I meet others in mercy. I bless them,  
seeing only their divine identity.  
Wherever I go and whomever I meet, I  
let my heart only hear the call for love  
and the sweetest desire to sow the  
seed of love.

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While we each walk our own path, we  
are united in divine love, overflowing  
with compassion and gratitude for one  
another.

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I hold the world and all beings in the  
light of peace and love. Guarding  
my thoughts, I choose compassion.  
Measuring my words, I choose  
encouragement. Preparing my actions,  
I choose kindness. I am one with the  
spirit of peace and love.

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Every woman is my sister, every man  
my brother. We are one in God. In a  
state of oneness, I imagine holding  
hands, embracing arms, walking  
together on earth. I hold this image, in  
love with the world.







# Prosperity/ Abundance PRAYERS

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The prospering power of God is in focus as I appreciate all that I have and all that I desire. I waste not a moment in thoughts of lack. Instead, I celebrate the infinite, unfailing power of plenty.

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The rich blessings of divine abundance flow to me and through me. I am prosperous. I agree that there is enough for me; enough good in all its forms for me to have and to share. I give freely and receive graciously.

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As I focus on the good of God, I have assurance for this day and all its needs. I live hopefully and give generously, noticing the good along my way.

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In the blessing of what I have today, I prepare the way for tomorrow's good. I do not worry about what I do not yet have, or cannot yet see, because my assurance is in divine abundance, the good of God now and in every moment.

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I am one with divine abundance, the invisible kingdom of God out of which all good flows. As I choose to celebrate and appreciate all that I have, all that I desire comes into view.



# Peace of Mind/ Understanding PRAYERS

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In the center of my being is peace, deep spiritual peace. I retreat into God, into my inner being and uncover the steady, sure, serene connection to all that is important to me. My hopes and intentions blossom in peace.

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Within me is all the spiritual power I need for conscious thought, word, and action. I think with intuitive wisdom, speak with harmonious love, and act with soulful zeal; for I am one with the God of wisdom, love, and zeal.

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In the midst of every question and concern, divine wisdom is my guide. I am never without a sense of direction, for God is wisdom. In the quiet of prayer, I open inner space for all that I need to know.

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The spirit of peace radiates from within me. Turning within, I am centered in peace that covers every circumstance and concern. Every heartbeat sends a signal to my body and mind: Peace. Peace. Peace. I relax into peace.

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The love of God within me and all around me is my source of harmony and courage. I proceed in peace and confidence, knowing my rightful powers of divine love and strength.

# A MESSAGE OF SUPPORT

Our ministry is supported primarily by the freewill offerings of friends like you. Your generosity helps make it possible for us to offer this inspirational booklet. Our desire is to make Unity literature available to everyone who wants it, especially those most in need of spiritual encouragement.

For additional prayers, meditations, and other spiritual resources, please visit *[silentunity.org](http://silentunity.org)*.

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