

So It Is...



An Affirmative Prayer



So It Is...



An Affirmative Prayer

sickness broke
worry
arguing
betting
hot enough
confusion



Charles Fillmore

It is the law of Spirit that we must
be that which we would draw to us.

Unity's Third Principle

We create our life experiences through our thoughts, feelings and beliefs.

Unity's Fourth Principle

Affirmative prayer consciously aligns our thoughts with the truth about God in our lives.

John Randolph Price

To pray is to release into expression
that which already is.

Origins of “Prayer”

The word “Prayer” is a derivation of the
Sanskrit word “pal-al” which means literally,
“Judging oneself as wondrously made.”

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“I AM the _____ of God”

1-Life

2-Power

3-Strength

4-Love

5-Wisdom

6-Creativity

7-Substance

8-Wholeness

9-Health

10-Understanding

11-Will

12-Enthusiasm

13-Order

14-Release

15-Intelligence

16-Harmony

17-Peace

18-Joy

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BINGO PRAYER

Begin with God (recognize the presence of God)

Include yourself (know that you are one with God)

Name the truth (affirm the Truth for the situation)

Give thanks (feel appreciation)

Over and out (release)

Begin with God

- God is the only presence and power in my life.
- There is nothing here but God.
- I stand in the presence of pure Being.

Include yourself

- I am a wonderful & unique expression of the Divine.
- I am wholly immersed in the Holy Spirit.
- In God I live and move and have my being.

Name the Truth

- I claim and affirm Divine Life in my body and allow Divine Intelligence to guide every cell.
- I am open and receptive to creative ideas flowing easily through my life.

Name the

Truth

- I know the infinite Divine Source supplies all that I need.
- I see perfect Love expressing harmony in this relationship.
- The peace of God calms my thoughts and strengthens my will.

Give

Thanks

- Thank you Spirit that all is well.
- I'm grateful that all things are working together for my highest good.
- I give thanks for the activity of Divine Love and Goodness working in this situation.

Over &

Out

- I release and let go and let Spirit do the work.
- I surrender control and allow God's power to flow.
- I release this into the Divine Order of the Universe.

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Hypatia Hasbrouck

If we live, move and have our being in God,
our words are connected to the creative
Source and are creative.

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**One with
the Presence of
Divine Love,
I am grateful
all things are
working together for
the highest good.
So it is,
and so I
allow it to be.**