

# **UNITY SPIRITUAL COMMUNITY IN CITRUS HEIGHTS**

## **WEEK TWO—ENGAGING THE POWER OF PRAYER**

### **Class Handout**

#### **Activities for Week Two**

Continue Daily Exercises

Select or create 3-5 affirmations or denials.

Read these aloud or write them out 3 times each day.

Call Silent Unity for prayer and request a letter to be mailed to you.

Rewrite the Bedtime Prayer to suit your own style and needs.

### **AFFIRMATIONS FOR YOUR USE**

I am God's own perfect creation.

I am intimately connected to all the power of the universe.

God loves me all the time.

I am a limitless being.

I ask for what I want, and I receive it.

I am a happy, healthy, wealthy child of God.

Love, peace and joy abound in my life.

I am filled with a sense of well-being.

I am joyful and I am grateful.

Things always work out for me.

All things work together for my highest good.

People and resources appear when needed.

I am a money magnet.

My bright and glorious future is now unfolding.

I easily discern wise choices and decisions.

Solutions appear as if by magic.

Circumstances have no power over me. I am at peace in the heart of God.

I thrive.

I welcome new expressions of abundance now.

I release that which does not serve me.

I live in ease and plenty.

Joy is my default condition.

It is my Father's good pleasure to give me the kingdom of all good.

I am prepared for unlimited increase of good--NOW!

I work miracles as I speak powerful words of healing and prosperity.