

# LIFE OF PRAYER (I)

(Six lessons based on TEACH US TO PRAY)

## Lesson I

Mary Rexroth

Text References: The God to Whom We Pray; True Prayer;  
Intellectual Silence and Spiritual Silence.

Supplementary Reading: God a Present Help (Cady) - Chapter 7  
Meditation in the Silence (Ingraham)  
Prayer the Master Key (Freeman)  
Discover the Power within You (Butterworth)

Subject: WHY, WHEN AND HOW TO PRAY

Introduction: Some definitions of prayer

1. Prayer has purpose.
2. Prayer is communion between man and God. It takes place in the innermost part of man's being.
3. It is the only way to cleanse and perfect the consciousness and thus permanently heal the body.
4. Prayer is the spiritual bridge that enables man to approach God and permits God to come close to man. It is a sacred fusion of the infinite with the finite.
5. It is going into the inner chamber  
Names for the inner chamber of the soul:  
Secret place of the Most High  
Holy of Holies  
The Father in me  
The kingdom of God within you.

## WHY WE PRAY

1. Because there is evidently some basic law in the structure of the universe that faith (or confidence) whether it be placed in good or bad shall be automatically responded to. Real faith--real confidence, that is!
2. Because the act of praying, the conscious focusing of attention on God's presence, forces us to look at things and people from other angles than our own private ones. It helps us get rid of erroneous opinions. The Hebrew word for prayer is "tefila" which means to judge yourself.

3. Because when we are faced with the urgent need of making some difficult decision, we need a true answer.
4. Because praying delivers us from living the "unexamined life," which is injurious to posterity as well as being boring to us.
5. Because praying does something (as much as we will let it) to save us from snap judgments.
6. Because praying "breaks through the crust that is around the impressible part of men's minds" and stabs us into awareness. *onable*
7. Because praying sustains hope even when hope seems irrational.
8. Praying tends to reduce self-will which is perhaps our chief enemy. *willfulness*
9. Praying brings us face to face with the Lord of our being, the Christ within.
10. Because prayer is the way out of difficulty. It is the way in to peace, harmony, abundance, health, joy, comfort, and contentment.

WHEN TO PRAY

When to pray is as important as why and how.

1. Daily prayer: to keep ourselves healthy in body and soul, a daily spiritual cleanout is necessary. Otherwise, one may become clogged and cluttered up by an accumulation of vague feelings of anxiety, doubt, and perhaps guilt. It is a good practice to keep at least five to ten minutes each day for this purpose. A good time is after work, or before going to bed. Choose a time free from interruption. (When you pray go into the inner room and close the door).
2. When you have practiced prayer you will be able to pray on the bus, in a plane, in your car, on a walk, or anywhere at all.

HOW TO PRAY

The following is an exercise in the practice of prayer.

1. Relaxation: Relaxation is necessary to get the body out of the way--to still the physical. Some ideas to help with relaxation are: take a deep breath, quiet yourself ...slow down your breathing, say to yourself, "With every breath I draw I am taking in something of the creative

and revitalizing breath of God." Remind yourself that God is more real than anything you can see or touch. Begin to think of God only and glory in the fact of His very being.

2. Concentration: Concentrate now for a full minute on the basic wonder of breathing. (In the symphony of rhythm and harmony in the body, breathing is the secondary rhythm. The pulsation of the heart is the primary rhythm). With the power of concentration it is possible to control these rhythms. *Take with you words -*

Concentrate your thoughts now. Think about God. Think about His love using the statement, "I live in the wonder of God's love." Or perhaps use the idea "I am one with God now." Try to feel your oneness with God.

3. Imagination: Now, using your imaging power, see a mental picture of what you need or desire. If you need healing, see yourself perfect and whole. If you need prosperity, see yourself with abundance. Whatever your need, picture it.

4. Speak the Word: Now you are ready to give voice to your need. Remembering that the power center is in the throat (Fillmore: Twelve Powers of Man) speak an affirmative prayer. \*

Unity's unique method of prayer is the affirmation. (Read Chapter 5 in LESSONS IN TRUTH--Affirmations) The Lord's Prayer in Fenton's translation of the Bible is a series of affirmations. (Discuss). \* Rep. Prayer

Discuss the use of DAILY WORD in preparing one for a life of prayer.

5. Gratitude: Always end your prayer time with giving thanks. Gratitude is a grace as well as a duty. Not to say "thank you" is to show oneself ill mannered, uncouth.

Cultivate the habit of thanksgiving.

There is therapy in thanksgiving. In stating your thankfulness, use clear, definite words. Say what you are thankful for.

6. In the name of Jesus Christ: We pray in the manner that Jesus taught us. Jesus understood His oneness with the Father. His teachings tell us that we too are one with the Father. Jesus claimed that the works He did were not His but the Father's within Him. It was in this consciousness that He proclaimed: "All authority hath been given unto me in heaven and on earth." (Matt. 28:18) "Whatever you ask in my name, I will do it." (John 14:13)

We do not claim to know how healing is done--we only know that through the exercise of our faith, our words are fused into unity with the power of Christ and the work is marvelously accomplished.

NOW LET'S PRACTICE THESE 5 STEPS.



## LIFE OF PRAYER (I)

### Lesson II

Mary Rexroth

Text References: Prayer and Faith; The Supermind; Thought Substance; Thoughts Are Things; Thought Images; How to Handle Psychic Forces of Consciousness.

Supplementary Reading: Lessons In Truth--Chapter 5;  
Revealing Word--Page 67;  
Matthew 9:29;  
Hebrews 11:1;  
God a Present Help--Chapter 5;  
Twelve Powers of Man--Chapter 2  
Keep a True Lent--Chapter 15.

Subject: FAITH

1. "Prayer is a science susceptible of being reduced to rules that prove it to be based upon demonstrable laws."

"We who are testing out the laws of prayer cannot say with assurance that we have discovered and applied all of them so clearly that we can teach them to the multitude."

"The laws of prayer require a spiritually developed mind to give them full expressions; hence not all persons are at once competent to cover the whole range of mental and spiritual activity requisite to the unfailing demonstration of prayer. Jesus taught that whatever we ask in prayer, believing, we shall receive."

2. The most vital condition, then, for demonstrating what we pray for is FAITH.

Faith comes out of complete understanding of God's law.

Faith is the foundation of all that man does in his day-by-day life. Examples: Banking--how do you know your money is in the bank? Have you seen it? Electricity--do you know what makes it work? But you have faith that when you flip the switch, the light will come on. Do you question the principle behind the working of your radio, telephone, or television?

We all need a better understanding of the principles at the very foundation of Being, of the spiritual character of God, and especially of the omnipresence of the spiritual principles.

Next we need to understand our relation to these spiritual principles and what we need to do to make them operative in our mind and affairs.

We often pray as if we were separate from God. Man came out of God, is of the same mind elements, and exists within the mind of God always. "I and the Father are one."

3. Faith-Thinking: "As a man thinketh in his heart, so is he."

The most important power of man is his original faith-thinking faculty. We all have this ability.

Our thinking faculty is supplied with second-hand ideas of our ancestors, dominant beliefs of the race.

The faith thinker does not compare, analyze, or draw conclusions from known premises. He does not take appearances into consideration; he is not biased by precedent. His thinking gives form without question to ideas that come straight to him from the eternal fount of wisdom.

The faith thinker takes the ideas from the Divine Intelligence and works with them until he knows.

What do you name things?

What kind of a world do we create for ourselves by our thinking?

How, then, do we build faith? How do we train the subconscious mind to believe? By practicing the Presence through meditation and prayer.

Science says that there is in our universe dynamic power beyond anything we can imagine. Jesus used this unseen power when he healed the sick and raised the dead. He was "tuned in" to the Mind which has ideas of unlimited capacity. Paul says that we have the same mind that was in Christ Jesus. If we take him at his word, we too should expect miracles when we pray.

There is great power in group meditation. "Where two or three are gathered together in my name there am I in the midst of them."

4. LET'S PRACTICE!

(Practice the 5 steps in Lesson I using any statement that will be faith-building).

## LIFE OF PRAYER (I)

### LESSON III

Mary Rexroth

**Text References:** How Prayer Healing is Done; The Healing Word;  
The Spoken Word; Thou Shalt Decree; Healing  
Through the Prayer of Faith; Cheerfulness Heals;  
Joy Radiates Health.

**Supplementary Reading:** The Healing Light --Agnes Sanford  
Mysteries of John--Chapter 1  
Mysteries of Genesis--Chapter 1

**Subject:** HEALING THROUGH PRAYER

First know that "with God all things are possible."

In order for healing to take place, faith is essential.

There must be a recognition on the part of the healer and on the part of the patient that God is present as an all-powerful mind, equal to the healing of every disease, no matter how bad it may appear.

Silent Unity has proof that there is nothing that is incurable.

To begin a time of prayer for healing you might want to use the Lord's Prayer. Many persons do. Keep in mind the five steps we practiced in Lesson 1.

The object of your prayer time is to raise your mind to the Christ consciousness, through which all true healing is accomplished.

Points to cover in this lesson:

#### 1. Logos:

- a. Define and explain.
- b. The "God said" of Genesis--creative power of God.
- c. Understanding the Logos reveals the law under which all things are brought forth into manifestation.
- d. Logos covers both the spoken word and the underlying thought..."The Word was with God and the Word was God."
- e. Why speak the Word. The Word gives shape and form to the idea and reveals it.
- f. Speaking the affirmative Word. Our words have power. What do we decree for ourselves?  
Negative thoughts - negative results.  
Positive thoughts - positive results.
- g. Ask largely and receive largely.

LESSON III cont'd

2. Permanent healing vs temporary results.

- a. Laying on of hands.
- b. Do we believe that God heals one time and not at another.
- c. Remember that God's healing power is always available.
- d. There is no limit to this power.
- e. Speaking the healing prayer of affirmation is not pretending. It is stating the Truth about your true nature.
- f. Anyone can speak the healing word. Anyone can be a channel or agent for healing.

3. Cheerfulness and Joy.

- a. "Laughter the best medicine."
- b. "A glad heart maketh a cheerful countenance."
- c. "These things have I spoken unto you that my may may be in you, and that your joy may be made full."

4. Practice the Presence--end with a brief meditation time.

## LIFE OF PRAYER (I)

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### Lesson IV

Text References: Contacting Spiritual Substance; Prosperity through Prayer; Health and Prosperity; Not Magic But Law; Spiritualizing the Intellect.

Supplementary Reading: Prosperity (Fillmore)  
Keep A True Lent (Fillmore, Chapter 14)  
The Revealing Word (Fillmore, Page 186-187)  
As You Tithe So You Prosper (Meyer)  
Both Riches and Honor (Militz)

Subject: PROSPERITY THROUGH PRAYER

1. Substance: That which underlies all outward manifestations; real, unchanging essence or nature of things...Webster.

Substance: The divine idea of the underlying reality of all things. Substance is everywhere present, pervades all things, and inspires to action..... Divine substance is man's supply. Out of it he forms whatever he will according to his faith and understanding.....Fillmore.

Spiritual substance is the source of all material wealth and cannot suffer loss or destruction by human thought. It is always with us, ready to be used.

To gain control of Spirit substance we grasp it with our mind; that is, lay hold of the idea back of it. God answers our prayers for prosperity with ideas. If you pray for \$1,000,000 I can guarantee that when you go home from this class you will not find the money lying on the bed in your room. But if you earnestly pray for prosperity you will receive ideas....ideas that you can use to bring about the prosperity you need.

Why, we sometimes ask, do some people become millionaires and apparently are not praying people. Perhaps without knowing it consciously they are working with God's law of prosperity. They are using ideas that are being fruitful. They expect rich results.

2. Demonstrating prosperity:

- a. Elisha, the widow and the oil (II Kings 4:1-7)
- b. The Prodigal Son (Luke 15:11-24)
- c. Story from personal experience: Men who in helping others to have a prosperous life became exceedingly wealthy.

Lesson IV cont'd

3. Laws to live by:

- a. Giving and receiving. Are you a good receiver?  
"Divine Love, through me, blesses all that I give and all that I receive."
- b. Forgiveness. Example of the woman who could not seem to bring prosperity into her life. She asked Charles Fillmore why she was not demonstrating when she was praying and doing all the things he had told her to do. His immediate reply was: "Who is it that you have not forgiven?" This was her problem. Resentment, jealousy, anger, hatred often stand in the way of demonstrating our good.

c. Tithing:

Under Mosaić law a tithe (or tenth) was required as the Lord's portion. Throughout the Old Testament the tithe is mentioned as a reasonable and just return to the Lord by way of acknowledging Him as the source of supply.

In Malachi 3 we find God's blessing directly connected with faithfulness in giving, not as a duty, but because one loves to give.

Also read what Paul says about giving in 2 Corinthians 9: 6-15.

4. Tools to use in developing a prosperity consciousness:

- ✓ a. The Prosperity Bank
- b. The Treasure Map
- ✓ c. Letter to God

End class with a meditation using a prosperity affirmation such as:

GOD REVEALS THE IDEAS, I TAKE ACTION, I AM PROSPERED.



## LIFE OF PRAYER (I)

### LESSON V

Mary Rexroth

Text References: Light of Life; Face to Face with God; Spiritual Soul Therapy; Fulfillment.

Supplementary Reading: Let There Be Light (Turner Pages 15 & 17)  
Your Hope of Glory (Turner Pages 62, 142, 156, & 204)  
The Revealing Word (Fillmore page 122)  
Halfway Up The Mountain (Smock Pages 57-59 & 88-90)  
Exodus 3:2-5  
Dynamics For Living (Fillmore Page 354)

Subject: LIGHT OF LIFE

ILLUMINATION

#### 1. Light as intelligence.

Light is the understanding principle of mind. In divine order it always comes first in consciousness.

Light is the symbol for wisdom.

In the very first chapter of the Bible we are told that Mind became light. "And God said, Let there be light: and there was light."

Bible writers use the word "light" to represent intelligence. When Jesus said, "I am the light of the world," He undoubtedly meant that He was the expresser of Truth in all its aspects. He came to teach us the way that we might have more understanding. "I am the way, the Truth, the life."

In the first chapter of John light and Truth are synonymous. "There was the true light, even the light which lighteth every man, coming into the world."

"The people who walked in darkness have seen a great light." (Isaiah 6:2 & Matthew 4:16)

LIGHT OF UNDERSTANDING

We must know the Truth about the omnipresence of the one intelligence in the light; then we shall be free from our intellectual darkness.

The mind that judges according to appearances never discerns the inner truth about light (or anything else).

"Truth radiates light" - Atom Smashing Power of Mind

Light of Christ - means to man what light of sun means to earth  
LIGHTS of man's spiritual nature released

Glorify God in  
your Body  
lifted up in  
meditation LIGHT  
LIGHT AROUND HEAD  
OF SPIRITUALLY EVOLVED  
(Chalo)  
thought atmosphere  
energized into "light"  
spiritual power  
Moses - from Mt. Sinai  
Rec'd 10 Commandments  
face shone brilliantly  
WE RADIATE BEAMS  
WHEN WE THINK  
awakening

Light is  
essential for  
life

dispels  
darkness

LESSON V cont'd

Light is God intelligence in action. We can link our mind with the light and reap the benefit of its marvelous potentialities. How? Through prayer and meditation.

The experience Moses had with the burning bush holds a lesson for us. God spoke to Moses out of the midst of the bush. God was in the fire that lighted an ordinary bush. Great ideas come to us out of ordinary incidents. Our part in the experience is to open our mind to the light of Spirit wherever we are, and see what the message we have received means to us. Then, as Moses did, we must act upon the idea.

Study the life and works of Jesus. Feel your oneness with the Light as He did. Know, really know, that you are one with the Light. You and the Father are one.

Know that you have in you the same wisdom, the same access to the Divine Intelligence that He did.

Paul urged that we let Christ be formed in us. This means that through the study of the life of Jesus and the discipline He gave His mind, we can put into our mind the same ideas that He had. These ideas will form in our mind a new concept of life and living.

\* How do we discipline our mind? Turn your attention daily to Spirit. When you turn your attention to Spirit your mind makes contact with a realm of ideas very much above the level of your ordinary thinking. When you touch this mental atmosphere you will be tremendously lifted up and inspired.

If you want more light in your life---practice the Presence. Pray for illumination. Pray for good workable ideas...and they will be yours.

2. Light as energy.

Physically we live by the light of the sun. Spiritually we live by the inner light, the light of Spirit.

What is energy? It is the power of God within us to accomplish.

Light as energy has a great power.

Lesson V cont'd

The whole universe is alive with a divine, living, spiritual energy.

A visible form of energy is fire. Fire symbolizes cleansing and purification. Fire consumes only when it meets anything unlike itself.

We all know what wonderful things the body is capable of. For example, fever. That fire that arises to burn away some impurity in the body.

Many people who have experienced a physical healing tell me that they felt a sudden warmth in the afflicted part of the body. Almost everyone who tells me about a healing experience mentions this warmth. (Give examples).

This warmth, this energy is sometimes referred to by healers as the healing light. Dr. Donald Hatch Andrews in his book "Symphony of Light" tells us that our bodies are aglow with light. <sup>LIFE</sup> Every cell has in its center a glowing radiance. When we become aware of this light we should feel radiantly and vitally alive.

*THE HEALING LIGHT - Sanford*

Do you need healing? Open your mind to His healing light.

From what we have talked about in this lesson we could say that the light of God not only reveals, but also heals.

3. We end today's class with Charles Fillmore's Treatment To Realize Light.

"THE GLORY OF THE LORD IS RISEN UPON ME, AND I WALK IN THE LIGHT OF LIFE. CHRIST WITHIN ME IS MY GLORY. THE BRIGHTNESS OF HIS PRESENCE CAST OUT ALL THE DARKNESS OF ERROR, AND MY WHOLE BODY IS FULL OF LIGHT. MY UNDERSTANDING IS ILLUMINED BY SPIRIT.



## LIFE OF PRAYER (I)

### LESSON VI

Mary Rexroth

Text References: Love Harmonizes; Casting Out Fear; Spiritual Unfoldment Makes Man Master: "Selah!"

Supplementary Reading: Christian Healing (Fillmore) Chapter 12  
Jesus Christ Heals (Fillmore) Chapter 2  
1 Corinthians 13:1-13

Subject: LOVE

1. Love is the greatest harmonizeing principle known to man.

The problem is how to get people to use love in adjusting their discords.

✓ Love is fundamental in every activity of life, not only in the spiritual and mental but in the physical as well.

The universe was created out of love.

What physicists call gravitation is one of the activities of love.

Love is essential to soul growth. It is the binding power, the factor so necessary to strengthening or fortifying the soul. (Hate and antagonism are disintegrating, and they destroy rather than build.

2. When Jesus was asked by a crafty lawyer to name the greatest commandment He quickly answered that all the Law and the Prophets could be summarized thus: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the greatest commandment. And a second is like unto this. Thou shalt love thy neighbor as thyself. On these two commandments the whole law hangeth, and the prophets."

These commandments are a challenge to all those who want to unfold spiritually. When our thoughts are established in love, a divine synchronization takes place. It is in a sense as if we are on the same wave length with Divine Mind. We are one with the love of God.

We all try to follow the commandments on love. But we have thought of love to God in terms of something immense, something that we must encompass as a whole.

3. Love is a composite. It is made up of attributes as Paul pointed out in 1 Corinthians. Love is the name

LESSON VI cont'd

of a great variety of little commonplace activities of everyday life. Let's work on these little activities one at a time.

Are you patient and kind? Love suffers long and is kind.

Are you envious? Love does not envy.

Are you egotistical and proud? "Love vaunteth not itself, is not puffed up."

Are you temperamental? Love "doth not behave itself unseemly."

Are you grasping and selfish? Love "seeketh not its own."

Do you give way easily to your temper? "Love is not provoked."

Do you behold evil as real and agonize over the evils of the world? Love "taketh not account of evil."

Do you rejoice when disaster overtakes evil persons and exclaim, "They got just what was coming to them"? Love rejoiceth not in unrighteousness, but rejoiceth with the truth."

Do you patiently bear "the whips and scorns of time"? "Love beareth all things."

Are you open-minded and receptive to good, whatever the source? "Love believeth all things."

Do you anticipate the future with fear and forebodings? "Love hopeth all things."

Do you believe with trust and confidence in eternal justice? "Love endureth all things."

Paul says: "If I speak with the tongues of men and of angels, but have not love, I am become sounding brass or a clanging cymbal. And if I have the gift of prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but have not love, I am nothing. Now abideth faith, hope, love, these three; and the greatest of these is love."

4. Perfect love casts out fear. (Give illustration from life where love has overcome fear).

The only remedy for the crosscurrents of fear is the restoration of peace and harmony of life by love.



LESSON VI cont'd

Overcoming fear: Helpful ideas used by others include the Prayer of Faith, the Prayer for Protection, the Golden Key idea of Emmet Fox, beholding the Christ in another as suggested by Frank Whitney's poem-prayer "I behold the Christ in You," and "I Am There" by James Dillet Freeman.

5. Whatever idea you use, remember that love is the greatest force in the world.

Love heals.

Love harmonizes.

Love is the greatest power.

6. Let us now close this class with prayer as is our custom.

When we pray, let us pray with a purpose. Purpose gives life a real meaning. Purpose gives joy and zest to living. When our eye is on a goal we are not so easily perturbed. Purpose awakens new trains of thought; purpose directs these trains of thought into new fields of achievement. Decide on your goal now.

As we relax now in preparation for our time of meditation and prayer, think about God's love enfolding you as a warm cloak. Let's say together: DIVINE LOVE, LIKE A  
MAGNET, CHARGES MY MIND, PROSPERS MY AFFAIRS, HEALS  
AND BLESSES ME. *all my ways.*



## QUESTIONS FOR LIFE OF PRAYER I

### ASSIGNMENT 1:

1. Discuss what prayer means to you and include the following points in your discussion:
  1. What is true prayer
  2. Why the Lord's Prayer is so powerful
  3. Why we ask in the name of Jesus Christ
  4. Why thought images and the spoken word are important
  5. What is unique about Unity's way of praying
  6. Why some prayers seem not to be answered
2. Write an affirmative prayer that could be used by anyone seeking guidance. Write an affirmative prayer to be used by anyone desiring a healing.

### ASSIGNMENT 2:

1. Discuss Unity's practice of praying for prosperity and include the following points:
  1. What is substance
  2. Why praise is important
  3. Why daily attention to prayer is vital to demonstrating prosperity
  4. Why the Prosperity Bank is a helpful aid in the demonstrating of prosperity
  5. Explain the principle of tithing
2. Write an affirmative prayer that could be used by anyone desiring a more prosperous life.

