

Affirmative Prayer Format

LEADING A PRAYER

1. Whether you are leading a spontaneous prayer, or one you have prepared...RELAX. Do some deep breathing, get in touch with the TRUTH – **God is with you**, and think about some things you wish to affirm and give thanks for this truth. Invite them to join you in the focus of the prayer. Make sure you have moved yourself out of the way. **Ask God what He wants you to say – what is needed in this moment. If nothing comes to you, call forth the Holy Spirit and ask it to come forth and take your place.**
2. Prepare the group for physical comfort and concentration, by giving verbal suggestions. Lead people into the silence. Also encourage them to pay attention to their breath. Use music to set a tone.
3. Keep the prayer simple (by using short statements), and echoing (repeating) the important ideas. Do not use this time of prayer to preach a sermon. After repeating statements, give people time for silent reflection. **Do not pray about the problem (while it is “true” that this situation is happening, it is not the “TRUTH” of us. Raise your prayer to express the TRUTH. See with a Single-Eye and speak in the present moment – because this is the only moment we can affect.**
4. Your prayer may have a message of joy, happiness or quiet thought. Speak reverently.
5. Use statements of affirmation and thanksgiving.
Examples: *Thank-you God, for everything, Thank-you God for daily opportunities, etc. We are blessed and enriched, we are one with Spirit, we are creative, loving expressions of God.*
6. Clearly conclude the prayer with verbal communication. This might be a simple “Amen” or include instructions for the physical movement of the group.

Seven Necessary Conditions For True Prayer

(Charles Fillmore)

1. God is recognized as Father.

Father refers to – Mind, Principle (Being in the Absolute)

God is first in the Trinity. God is mind and is everywhere present. All good, omnipotent, omniscient, the unlimited, unconditional transcend aspect of God. All Divine Ideas come from God.

2. Oneness with God is acknowledged.

We need to acknowledge that there is a spark of divinity within each one of us.

3. Prayer must be made within, in "the secret place."

Prayer made in the "secret place" is prayer in its highest form. The secret place is deep within each one of us, it is the place where we are entirely focused on God.

4. The door must be closed on all thoughts and interests of the outer world.

We must be discerning about the thoughts we give our attention to. We are bombarded with millions of thoughts and ideas from everywhere so we need to decide which ones we will focus on.

5. The one who prays must believe that he or she has received.

We must believe we can have what we have been praying for. It goes back to "Our Thoughts Are Prayers." If we desire good health and pray for it and affirm it yet keep up unhealthy habits – what is it we are believing in?

6. The Kingdom of God must be desired above all things and sought first.

We must want to do the will of God and live according to divine law more than anything else. If our jobs or additions or fears are more important to us then living in Unity with God then are prayers will be in vane.