

Affirmative Prayer

Condition: (State the challenge)

Purpose: (What do you want the outcome of the prayer to be)

Step 1 **Recognition**: I affirm that there is only One Power in the Universe, and it is _____, _____ and _____.

(Select three aspects of God that are the opposite of the condition: Love, Joy, Peace, Abundance, Wisdom, Light, Creativity, Infinite, Beauty, Limitless, Truth, Intelligence, Absolute, Purposefulness, Power, Whole, Perfect, Protection, Harmony, Freedom, Order, Clarity, Source, Changeless, Life, Power, Presence, Balance)

Step 2 **Unification**: I affirm that I am the microcosm of the Macrocosm. The Universal Creative Consciousness and I are one. What I know of the great All, I know to be true of me. I am an individualized expression of _____, _____, and _____.
Use the same aspects of God that you chose from the above Recognition step.

Step 3 **Realization**: I now speak my word and firmly accept that I am _____
_____.

I release any false beliefs that do not serve me such as _____
_____. Affirm to yourself that you know the truth and hold deeply in your heart that from this moment forward a new creation, a new experience and expression of truth for yourself and others is manifested in the Law. Affirm that you are not held by the past. Know it. Believe it. Feel it in your deepest heart of hearts. Say it out loud...I am it. You are declaring your truth! And know this to be true despite any false appearances. Go as deep as you need in order to completely alleviate any doubt that this is not so. Be complete with your declaration before you move on to the next step of Gratitude.

Step 4 **Gratitude**: I am grateful that the Word I have spoken is being acted upon right this very moment!!! I give thanks for the graciousness of Spirit! Feel the gratitude in your heart and allow it to be.

Step 5 **Release**: I release my word into the Law. Release and let Divine Action do the rest. It is done! And so it is!

Aspects of God

Absolute

Abundance

All knowing

Awareness

Balance

Beauty

Certainty

Changeless

Clarity

Completeness

Creativity

Faith

Freedom

Guidance

Harmony

Infinite

Intelligence

Life

Light

Limitlessness

Love

Omnipotent

Omnipresent

Oneness

Order

Peace

Perfection

Power

Presence

Prosperity

Protection

Security

Serenity

Truth

Universal Mind

Wholeness

Wisdom

Examples of Affirmative Prayer

Condition: Feeling anxious, not being able to focus on the present.

Purpose: To know that Spirit is always present and that we are not held by the precedence of our past inability to stay in the now.

Recognition: I affirm and rejoice in the knowledge that God is in and through all Creation. God is all, God is Omnipresent, God is the Newness of Now.

Unification: God and I are one, there is no separation. I am the perfect expression of the One-timeless, eternal, ageless, life ever expressing beyond time and space as are all beings.

Realization: I speak my word, claiming and accepting that the newness of each day, each moment, each thought, each action fills me with a fresh perspective and delights me with possibilities that fills my heart. I affirm that I stand in this very moment and am not conditioned upon any previous moment. I am here and now. I consciously embrace this very moment with a new approach that fills me with a deep sense of renewal and restoration. I am blessed in the eternal NOW!

Gratitude: I rejoice in the Truth of the Eternal Now! I am grateful. Life is good!

Release: I release my word into the Universal Mind. I let go and let God! And so it is.
Amen

Condition: Insecurity about being divinely guided by Spirit. Doubt, lack of faith in myself.

Purpose: To know that I am guided by Divine Wisdom always and in all ways.

Recognition: I affirm and recognize that there is one essence that is and embodies all that is. It has many names: God, Divine Spirit, Allah, Yahweh, the Universal Mind, Love...God is Love and the sum of all Spiritual Laws. God is the unchangeable creative power and essence of all creation embodying all wisdom and truth. God is Divine Wisdom.

Unification: I know that this creative power and wisdom are in all of creation. There is no separation as the Creator cannot be separated from the creation. Each element of Spirit is saturated, filled and overflowing within me as I am created in the image of Divine Wisdom and Truth. I am one with the One.

Realization: My word is Truth! I have unlimited access to the Divine Wisdom that guides me. I let go and let God – completely, totally and unconditionally opening to my faith and the guidance of Divine Wisdom. I know that this is true for me as it is true for all beings. The creative power of Divine Wisdom is limitless as I allow the perfection of right action and outcome to manifest and unfold in all areas of my life. I radiate with Beauty and Grace as Divine Wisdom fills every cell of my physical, emotional and spiritual bodies.

Gratitude: My heart overflows with gratitude and love! The knowledge of inseparable Wisdom fills me with a sense of peace and deep gratitude. Thank you God for revealing my Truth.

Release: I release my word into the Law which is the unlimited Mind of God. And so it is. Amen

Condition: Giving power to fear.

Purpose: To raise my consciousness from fear to faith.

Recognition: I acknowledge the presence of God right here and now. I embrace the kingdom of Absolute Truth, Faith, Hope and Eternal Perfection that is God knowing that God is in and through all that is. There is only God.

Unification: God raises me from this earthly-human condition of fear into the realm of Light. I fortify my faith by acknowledging that I am the micro of the macrocosm. I know that all things are done through God within. I know that Spirit indwelling works through me as the indwelling Christ consciousness of love. Light is revealed through me as my faith strengthens and fortifies my soul.

Realization: There is no place for fear. I stand in unshakeable faith-in the activity of the Divine Presence in me. I rejoice in knowing that the unfailing activity of the Life-Principle of faith washes away any untruth, any fear. I have faith in me. I no longer look toward the outer: I no longer fear or attach myself to false thoughts, feeling and beliefs. I also extend my faith to my fellow man. I forgive and erase resentments caused by the perception of the unknown. The stream of Divine Christ Love does glorious work through me. There is no room for fear in a heart overflowing with Faith and Love. My heart is softened by God's Love for me and all sentient beings. I embrace Life through the lens of faith.

Gratitude: I am grateful for my restored faith!

Release: I release my work knowing it is so. And so it is. Amen