



**Welcome to Unity's Interactive  
Worship Service**

**Today's Topic: Your Key to Prayer**

Power Point notes available at:  
[www.unityofbakersfield.org](http://www.unityofbakersfield.org)

**Your Key to Prayer**

Since the beginning of time, we have always gone to God, whenever we felt insecure, fearful, baffled, or bewildered. In the early stages of our human development we made sacrifices and offerings and offered up prayers to appease the gods. These activities established the appropriate relationships among gods, humans, and animals. The gods were superior and immortal, whereas humans were mortal and ought to be pious and submissive to the deities.

**Your Key to Prayer**

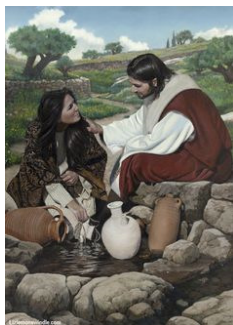
Not much has changed over the millions of years we have been here, we still feel insecure, fearful, baffled and bewildered at times. We still want God to "fix" things in our lives and those of our loved ones and friends. We even offer sacrifices in one form or another, as we petition God to do our bidding.

**Your Key to Prayer**



Animal sacrifice was a common practice of the Hebrew people when they went to the temple to appease God and atone for their sins and misgivings.

**Your Key to Prayer**



When Jesus started his ministry he proclaimed that God was in the midst of us, that God was not in the temple nor was He on the mountain top, but that God was Spirit and if we are to worship God we must worship God in spirit and in truth, the truth that God is every where present.

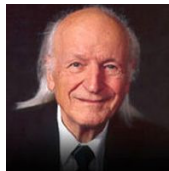
(John 4:7)

**Your Key to Prayer**



Jesus understood that prayer was an inside job so when you pray, pray in secret. (Matthew 6:6)

## Your Key to Prayer



The late James Dillet Freeman (1912-2003) Unity minister, poet, author, and teacher served as the Director of Silent Unity from 1971 to 1984. He lived an awesome demonstrated a prayer life.

In his book, Prayer: the Master Key, he writes:

Life has set me down in the midst of a mystery. But life has given me a key. The key is in my own mind.

## Your Key to Prayer

The key life has given me I call prayer. You may call the key thinking. Prayer may be thinking. Thinking may be prayer. Prayer to me, is taking thought--but a special kind of thought. Prayer is a thinking that is more like listening than like speaking. Prayer is a thinking that sets the mind free. It does not tell the mind what to think; it asks the mind what to think.

## Your Key to Prayer

Prayer tills the field of the mind. It plows and sows; it waters and weeds. Prayer is the process of mind by which the unknowable finds meaning and becomes a truth; the unseeable takes shape and becomes a thing of beauty; the immeasurable gains substance and becomes a matter of value. Prayer, then, as I see it, is a way of thought--yet more than a way of thought.

## Your Key to Prayer

Prayer focuses thought on God the way a compass keeps its needle turned on North. I carry the compass with its needle turning always North, not only when I want to go North, but so that wherever I have to go, I can find the way. With my thought God-centered, I can go in any direction from that center and not be lost. Though I may not always see my destination, I can find my way, one prayer at a time.

## Your Key to Prayer



The late Mary Kupferle (1916-2003) was a Unity Minister and author of many books on the power of prayer.

Tell God of your doubts or fears or apprehensions, and you will receive new courage, reassurance, and peace. If you are feeling hurt or disappointed in some area of your life or in a relationship, talk it over with God.

## Your Key to Prayer

If you are feeling hurt or disappointed in some area of your life or in a relationship, talk it over with God. Pour out your frustrations or feelings of anger, grief, resentment, or unhappiness. Tell God exactly how you feel and why. Give God all your pent-up emotions without hesitation, and in turn, divine love will fill your heart. God will reveal to you the healing solution for every difficulty.

## Your Key to Prayer

Three basic and yet profound benefits can be received from talking to God. They are:

- 1) It is impossible to worry, fear, or hate when your mind is thinking about something other than the object of these emotions.
- 2) You get to pick and choose what thoughts you want to think about.
- 3) You realize that your thoughts and emotions are not permanent. They just simply and easily pass into and out of your mind and body as you will them. The power to bless or condemn is given to you and no one else.

## Your Key to Prayer

So, talk it over with God as you drive to work. Talk it over with God as you sit in business meetings. Talk it over with God as you pursue each daily chore or as you walk down the street. Talk it over with God as you seek right decisions about finances, look for a job, or help a loved one or friend.

And as they say, "practice makes perfect," so...

## Your Key to Prayer

On a daily basis practice talking over everything first with God, whether it be of small or great importance. Become a habitual communicator with the source of all wisdom, the provider of all supply, the giver of every good and perfect gift. There is nothing you can say that will offend God. There is nothing you cannot express openly, candidly, completely, for God is total understanding. God is love, and you are God's beloved.

## Your Key to Prayer

*Always pray to have  
Eyes that see the best in people,  
a Heart that forgives the worst  
a Mind that forgets the worst  
and a Soul that Never  
loses faith in God.*

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