



Welcome to Unity's Interactive Worship Service

Today's Topic:
Life's Greatest Blessing
Power Point notes available at:
www.unityofbakersfield.org

Life's Greatest Blessing

DAILYWORD. A Unity® Publication

As today's Daily Word reminds us:
Our stories are unique contributions to the realization of the new state of consciousness that Jesus describes as the kingdom of heaven.

Life's Greatest Blessing



Every Sunday we come together to share our special "gift of presence." And part of that gift of presence is the story within us. It's that story we tell ourselves about the many experiences, dramas, situations, or circumstances we found ourselves being a part of as we moved along our chosen spiritual path.

Life's Greatest Blessing

The Fillmore's had their story, which became part of Unity and its message. And that story included life's greatest blessing...

The Power of Affirmative Prayer

Life's Greatest Blessing

Many people have asked, "What is affirmative prayer and how does that relate to my story and my journey." To which I reply, "What would your life's story be like if you didn't have the opportunity and blessing of being able to pray?"

All the great spiritual teachers, sages, mentors, and gurus taught the importance of prayer in one's life.

Life's Greatest Blessing

As life's greatest blessing, prayer could be seen as...

- Positive**
- Reassuring**
- Affirming**
- Yielding**
- Everlasting**
- Rewards**

Life's Greatest Blessing



Dana Gatlin

The late Dana Gatlin (1884-1940) wrote in her book Prayer Changes Things:

“If I were asked to name life's greatest blessing, I know I should have to answer, ‘The blessing of prayer.’”

Life's Greatest Blessing

“What else can be compared with that peculiar comfort, that indefinable calm that comes stealing over you when, perplexed and confused, you have turned to God, simply dropped your burdens and problems, and flung yourself into His protecting arms?”

There are those who say that religion is an outgrowth of humanity's fear; that all prayer is an act of human fear. Possibly prayer originated in fear.”

Life's Greatest Blessing

“But if the act of prayer can lessen or nullify this human fear, if a sense of communion with a power mightier than ourselves can comfort us and renew our strength, then is it not a wise and profitable procedure for human beings?”

My story of how I used prayer in my life.

As a small boy raised in the Catholic Church my introduction to prayer was one of fear and worry. Fear of going to hell and worried that God would punish me for all my wrongdoings.

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Someone once said that worry is prayer in reverse. When we find ourselves praying from an attitude of worry and the emotion of fear we end up creating and experiencing the very thing we don't want in our lives. The more we worry about something the greater the chances are that the prayers of worry and fear will be answered. It's the law and God as divine principle will gladly answer your prayers.

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When I got older and realized that God wasn't really watching every move I made, my style of prayer turned to petitioning God for every thing I wanted to happen in my life. Like everyone around me I wanted God to give me a certain car, a certain job, and the greatest request of all time, to give me that special someone. The problem with my petition prayers was that I was focusing on things rather than essence and quality of life which lies behind them.

Life's Greatest Blessing

For many years, I prayed the petition style of prayer until I started attending Unity of Ft. Lauderdale. There I learned that petitioning God was a dead end street. What I did learn was Dana Gatlin's understanding of prayer being life's greatest blessing. And not just any prayer, but the style of prayer taught in Unity and used at Silent Unity, affirmative prayer.

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When praying affirmative prayers you are praying with an attitude of mind that says, "I have all ready received it." In stead of praying, "God please give me that car, please give me that job, please give me this, please give me that." We instead affirm the truth that what we need is already ours. This form of prayer is based upon Jesus's statement: "Your Father knows what you need before you ask him." (Matt. 6:8)

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Affirmative prayers are prayers that help us bless what we do have while waiting for more of the same blessings to manifest in their lives.

When I looked back over my story about prayer I realized that the Universe was giving me and others what we were praying for... all things we believed we didn't have. It was as if the Universe was saying, "Ok then, lets give them the experiences to prove this belief in their life.

Life's Greatest Blessing

Learning about affirmative prayer changed my life, thus it changed my story about how prayer works in my life as a blessing. When you pray believing that you are an heir to the kingdom, the Universe responds in like kind.

Prayer that affirms that what we need is already available to us is just one part of yielding rewards. The other part is giving thanks in advance. As Jesus prayed, "Thank you for hearing me Father." (John 11:41)

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What this taught me was that when you pray from an attitude of thanksgiving, you find yourself at ease about everything around you. No fear, no worries, no confusion, no doubt. Think about it, how do you feel when your mind is centered on being thankful? And the amazing thing about this is that the Universe responds by creating more things for you to be thankful for.

Life's Greatest Blessing

And of course prayer – life's greatest blessing - also includes spending time in the silence. As recorded by the author of Luke, Jesus often withdrew of the crowds and went into the wilderness to pray and mediate. (Luke 5:16)

Joel Goldsmith was said, "Prayer is talking to God and meditation is listening." It is in the silence that the "still small voice" of God can be heard.

Life's Greatest Blessing



Silence is golden unless you have kids. In that case silence is very suspicious