



Life of Prayer

A Unity Spiritual Education and Enrichment Course

Prayer is not something we do to God but to ourselves.

It is not a position but a disposition.

It is not flattery but a sense of oneness.

It is not asking but knowing.

It is not words but feeling.

It is not will but willingness.

Eric Butterworth, Discover the Power Within You

COURSE DESCRIPTION

The course introduces the Unity way of affirmative prayer and Charles Fillmore's teachings regarding prayer. Explore your understanding of Divine Nature and your Divine Identity. Enhance or begin a daily prayer practice that includes the Silence, journaling, and upholding intentions of self and others. Gain confidence in prayer as you develop your own rich inner Life of Prayer.

COURSE OBJECTIVES

- ✓ Understand Divine Nature and Divine Identity as the foundation for prayer.
- ✓ Compare and contrast traditional prayer methods with your own way of prayer and the Unity method of affirmative prayer.
- ✓ Learn and practice prayer language consistent with an evolving spiritual consciousness.
- ✓ Start or renew a meaningful daily prayer and meditation practice.
- ✓ Explore approaches to prayer in relation to wholeness, healing, prosperity, harmony, and purpose.

COURSE MATERIALS

Martella-Whitsett, Rev. Linda (2011) ***How to Pray Without Talking to God: moment by moment, choice by choice***, Hampton Roads Publishing Company.

Also Recommended:

Fillmore, Charles & Cora (1997) ***Teach Us To Pray***, Unity Books, Unity Village, Missouri.

Butterworth, Eric, (1993) ***The Universe is Calling: Opening To the Divine Through Prayer***, HarperCollins Publishers, Harper San Francisco.

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ASSIGNMENTS FOR SEE CREDIT

- ✓ Participate in the classroom discussions.
- ✓ Complete preparations for upcoming classes.
- ✓ Written assignments are due _____, sent electronically to _____ . Write and submit one Daily Word message, one Denials and Affirmations worksheet, and a seven-day prayer prescription with commentary about your practice.

STUDENT EVALUATION

S (Satisfactory)	All class work is complete.
NC (No Credit)	A student fails to attend and fulfill assignments.
IN (Incomplete)	More or more assignments are pending completion.
A (Audit)	For individuals on the Spiritual Enrichment track and for those that take a course over for review.
W (Withdrawal)	For individuals that have withdrawn from a class.

For those enrolled for SEE credit, 10 course credits are granted on successfully completing the course.

WHAT YOU NEED TO KNOW

- Charles Fillmore's definition of prayer
- True conditions for prayer according to Charles Fillmore
- Five basic Unity principles defined and explained
- Role of faith in the prayer process
- Unity's five phases of prayer, defined and explained
- Emphasis on Silence
- Prayer in relation to: Healing, Prosperity, Wholeness, Forgiveness, The Power of the word
- Denials and Affirmations as prayer tools

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SESSION 1

Five Unity Principles
Divine Nature and Divine Identity – Foundation for Prayer
Definition of Prayer
Fillmore's Seven Conditions for Prayer

Reading

How to Pray Without Talking to God, chapter 1

Five Unity Principles

Explanation by Rev. Linda Martella-Whitsett

One: There is one and only one true Power in all of life, the Divine Presence called by many different names. The Power that keeps heavenly bodies in orbit is the same Power that informs the hearts and minds of human beings. God is not a superhuman but the very essence of creative life. God is the formless Intelligence out of which everything comes into existence. The Power of God is expressed as Divine Life, Love, and Wisdom, the nature of which is good.

Two: Humanity is created out of, and is an extension or expression of, the only Power—God. The nature of humanity, made in the image and after the likeness of God, is like Divine Nature, good. When we engage in behaviors that do not appear “good,” we understand this is not God’s doing or God’s will, but that we have forgotten our true identity and nature.

Three: The consistent, persistent pattern of our thought is a truthful predictor of our human experience. When our outlook on life is positive, we tend to notice and therefore experience a positive state of affairs—and vice versa. Furthermore, the human mind is pivotal in its capacity to draw from either our human experience or our Divine Identity for guidance. In human terms, “seeing is believing,” but spiritually “believing is seeing.”

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Session 1 continued

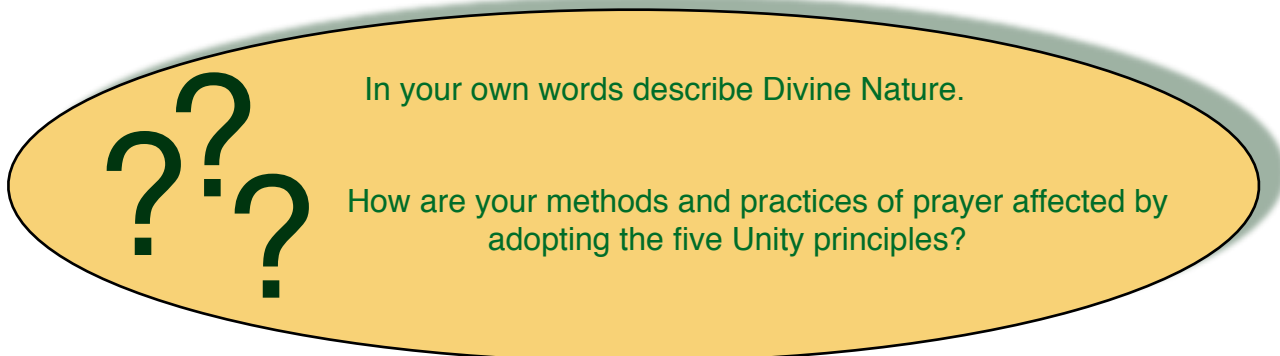
Four: Prayer and meditation are foundational practices to access the only Power, God. Dedicating time every day to conscious reflection and being in “the Silence” develops spiritual power.

Five: We unleash the Power of Divine Life, Love, and Wisdom when we make every thought, word, and action an intentional spiritual practice. Practicing these principles leads to spiritual mastery, increasing our capacity to be the Light of the world.

Divine Nature

God is the principle of being as an axiom is a principle of mathematics. God is not confined to locality. Charles Fillmore, Jesus Christ Heals, page 71.

This Infinite Cause, or Divine Principle, is All-Good, and there is nothing but it in the universe. Hence, it must be all Life, Love, Truth, Intelligence. There can of necessity be nothing else in existence but this one Principle, consequently it must be omnipotent, omniscient, and omnipresent. It is the ALL of existence, and there can be nothing real outside of it or separate from it or in any way apart from it, in nature or character of any description. Charles Fillmore, The Essential Charles Fillmore, page 60.



In our prayer time we should have only one purpose: to attain conscious Oneness with God, because this consciousness, this awareness of our Oneness with God, is our supply, our peace, our health.

Charles and Cora Fillmore, Teach Us to Pray 1941

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Session 1 continued

Your Divine Identity

Read How to Pray Without Talking to God pages 13-22

Our words and methods of prayer derive from our sense of identity. When we view ourselves as “only human” we pray to GOD from a consciousness of powerlessness. When we realize our Divine Identity, we pray from the Divine Consciousness.

Linda Martella-Whitsett

Every being has the Buddha Nature. This is the Self. Mahaparinirvana Sutra 214

That which is the finest essence—this whole world has that as its soul. That is Reality. That is the Self. That art thou. Chandogya Upanishad 6.8.7

You, therefore, must be perfect, as your heavenly Father is perfect. Matthew 5:48

“...say to all the congregation of the people of Israel, You shall be holy; for I the Lord your God am holy. Leviticus 19:1-2



How might you describe your Divine Identity without personifying the Divine?

Why pray if you believe your nature is Divine?

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Session 1 continued

God is Spirit, and Spirit is located and appears wherever it is recognized by an intelligent entity. It thus follows that whoever gives his attention to Spirit and seals his identification with it by his word, starts a flow of Spirit life and all the attributes of Spirit in and through his consciousness. To the extent that he practices identifying himself with the one and only source of existence he becomes Spirit, until finally the union attains a perfection in which he can say with Jesus, "I and the Father are one."

Charles and Cora Fillmore, Teach Us to Pray, p. 93

Definition of Prayer

We have been so persistently taught that prayer consists in asking God for some human need that we have lost sight of our spiritual identity and have become a race of praying beggars.

Charles and Cora Fillmore, Teach Us to Pray, p. 4

* FILLMORE CHARLES, THE REVEALING WORD, **Pages 152-153**

PRAYER* — Communion between God and man; this communion takes place in the innermost part of man's being. It is the only way to cleanse and perfect the consciousness and thus permanently heal the body.

Prayer is the most highly accelerated mind action known. It steps up mental action until man's consciousness synchronizes with the Christ Mind. It is the language of spirituality; when developed it makes man master in the realm of creative ideas.

Prayer is more than supplication. It is an affirmation of Truth that eternally exists, but which has not yet come into consciousness. It comes into consciousness not by supplication but by affirmation.

Do no supplicate or beg God to give you what you what you need, but get still and think about the inexhaustible resources of infinite Mind, its presence in all its fullness, and its constant readiness to manifest itself for you when its laws are complied with. This is what Jesus meant when He said, "Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you" (Matt. 6:33).

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Session 1 continued

It is necessary to pray believing that we have received because God is all that we desire. The good always exists in Divine Mind as ideas, and we bring it into manifestation through the prayer of faith, affirmation, praise, and acknowledgement.

All through the Scriptures, the different attitudes of mind necessary in prayer are pointed out. We are told to be instant in prayer, to pray with the Spirit, to pray in understanding. We have thought that prayer was something we could go to, in any way, at any time. But we have learned that to get results, we must pray with persistence and understanding, and with faith. This practice establishes a consciousness where doubt cannot enter. Jesus was in this consciousness. Is it possible for the ordinary man? Yes. But he must watch and pray. He must not only pray; he must watch also.

In your own words, define prayer.



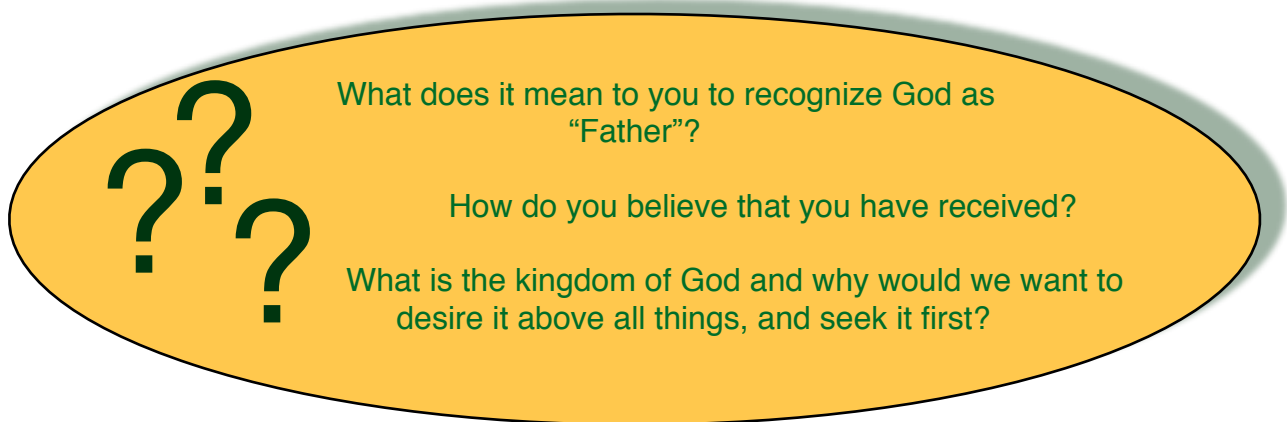
Fillmore says, "When you turn your attention to Spirit your mind makes contact with a realm of ideas very much above the level of your common thinking." (Teach...p. 85) You are lifted up and then able to make statements of Truth. How do you do this in prayer?

Seven Necessary Conditions for True Prayer

Charles Fillmore

1. God should be recognized as Father.
2. Oneness with God should be acknowledged.
3. Prayer must be made within, in "the secret place" (Psalms 91).
4. The door must be closed on all thoughts and interest of the outer world.
5. The one who prays must believe that he has received.
6. The kingdom of God must be desired above all things, and sought first.
7. The mind must let go of every unforgiving thought.

Session 1 continued



• Preparation for Session 2



- Read Session 2 in workbook.
- Read ***How to Pray Without Talking to God***, chapters 2 and 5
- Select a prayer partner from class. Using “Shared Affirmative Prayer” process (located in the final pages of the text and downloadable at www.ur-divine.com) pray together once in the week ahead.

My deepest desire is for each of us to realize all that GOD is, we are. Although to some readers this may appear an outrageous, even blasphemous assertion, to me it is the key to affirmative prayer. GOD cannot be diminished when we assert our Divine Identity. To the contrary, GOD appears bigger, brighter, and more glorious when we bring into visibility the invisible GOD.

Linda Martella-Whitsett

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SESSION 2

Affirmative Prayer
Role of Faith
Five Phases of Prayer
The Silence

Readings

How to Pray Without Talking to God, chapters 2 and 5

We are dealing with prayer not as a religious act or a theological exercise, but as a personal experience of oneness, something that we do, not for God, but in and for ourselves, something we do to lift ourselves to a transcendental awareness of God.

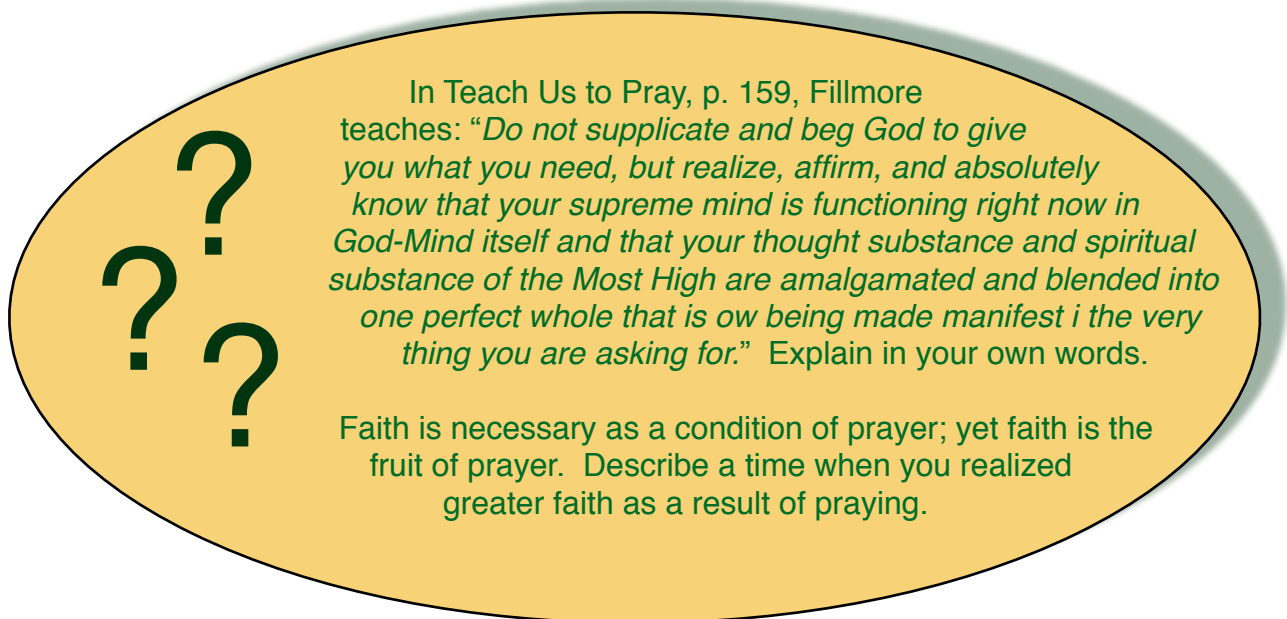
Eric Butterworth, *The Universe is Calling*, p. 62

Affirmative Prayer

Characteristics of Traditional Prayer:

Session 2 continued

Characteristics of Affirmative Prayer:



In Teach Us to Pray, p. 159, Fillmore teaches: *“Do not supplicate and beg God to give you what you need, but realize, affirm, and absolutely know that your supreme mind is functioning right now in God-Mind itself and that your thought substance and spiritual substance of the Most High are amalgamated and blended into one perfect whole that is now being made manifest in the very thing you are asking for.”* Explain in your own words.

Faith is necessary as a condition of prayer; yet faith is the fruit of prayer. Describe a time when you realized greater faith as a result of praying.

Five Phases of Prayer

Relaxation:

Cultivate “a calm state of mind and a relaxed condition of body. It is said, ‘You cannot pour into a vessel already full.’ This is true of the individual whose mind and body are already preoccupied with some tense or strenuous state of mind or feeling.” (E. V. Ingraham, *The Silence*, p. 17)

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Session 2 continued

“Relaxation practice enjoins body and mind in a comfortable and conscious state of being. Restful, yet awake; relaxed, yet attentive.” Linda Martella-Whitsett, *How to Pray Without Talking to God*, p. 118.

Concentration:

“Concentration...The centering of the attention on a particular idea. Concentration forms a mental loadstone in the mind to which thought substance rushes like iron filings to a magnet, bringing the forces, whether mental or physical, to a common purpose.” Charles Fillmore, *The Revealing Word*, p. 39-40.

“Concentrated attention of the mind on an idea of any kind is equal to prayer and will make available the spiritual principle that is its source in proportion to the intensity and continuity of the mental effort.” Charles Fillmore, *Jesus Christ Heals*, p. 48.

Meditation:

“Continuous and contemplative thought; to dwell mentally on anything; realizing the reality of the Absolute; a steady effort of the mind to know God; man’s spiritual approach to God. The purpose of meditation is to expand the consciousness Christward; to bring into realization divine Truth; to be transformed in spirit, soul, and body by the renewing of the mind.” Charles Fillmore, *The Revealing Word*, p. 131.

“...there is nowhere to go in meditation. It is not trying to get into something or out of something or up to something And it is not trying to *do* something. Actually, it is *not doing*...I prefer to use the term *the silence* instead of *meditation*, for it puts the emphasis on a state of consciousness, instead of a mental exercise.” Eric Butterworth, *The Universe is Calling*, p. 78.

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Session 2 continued

“The word is powerful, but the silence is more powerful. The silence is the Presence of God.”
Sue Sikking, *Only Believe*, p. 138.

Realization:

“The one way to enter the realm of the fourth dimension, or of realization, is through scientific prayer, commonly named the silence.” Charles Fillmore, *Keep a True Lent*, p. 170.

“The deep inner conviction and assurance of the fulfillment of an ideal...the dawning of Truth in the consciousness... It is the inner conviction that prayer has been answered, although there is as yet no outer manifestation.” Charles Fillmore, *The Revealing Word*, p. 164.

“Spiritual realization is the fruit of prayer... Realization occurs when truth becomes real to you, no longer theoretical...A truth idea you had intellectually understood to be true now reveals its expansive meaning and implications and how you can use it in daily living.” Linda Martella-Whitsett, *How to Pray Without Talking to God*, p. 123.

Appreciation:

“True thanksgiving may be likened to rain falling upon ready soil, refreshing it and increasing its productiveness.” Charles Fillmore, *The Revealing Word*, p. 192.

“Gratitude is a spiritual enzyme that hastens the fulfillment of your prayer of faith.” Charles Roth, *Mind: The Master Power*, p. 6.

“Instead of a supplication, prayer should be a jubilant thanksgiving. This method of prayer quickens the mind miraculously, and, like a mighty magnet, draws out the spiritual qualities that transform the whole man when they are given expression in mind, body and affairs. Charles Fillmore, *Christian Healing*, p. 76.

“There is a something about the mental act of thanksgiving that seems to carry the human mind far beyond the region of doubt into the clear atmosphere of faith and trust, where ‘all things are possible’ ” H. Emilie Cady, *Lessons in Truth*, p. 134.

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Session 2 continued



The Silence is a state of non-awareness, no thought. If you think you are in the Silence, you are not. After a session of prayer, how do you know whether you have been in the Silence?

Discuss differences between daydreaming, napping, and resting in the Silence.

Preparation for Session 3



- Read Session 3 in workbook.
- Read *How to Pray Without Talking to God*, chapter 3
- Bring a favorite traditional prayer with you next session.
- Practice daily prayer, including 15 minutes in the Silence.

SESSION 3

Power of the Word Reforming Prayer Language

Readings

How to Pray Without Talking to God, chapter 3

Power of the Word

The Spoken Word

Explain the following statements:

This is the purpose of affirmative prayer, to think again, to speak another word, an empowering word.

Linda Martella-Whitsett

“Out of the abundance of the heart the mouth speaks” (*Teach Us to Pray*, p. 74 and *How to Pray Without Talking to God*, p. 48-49)

The Healing Word

“You are made whole.” (*Teach Us to Pray*, p. 165 and *How to Pray Without Talking to God*, p. 129)

“The Word does not heal anything.” (*Teach Us to Pray*, p. 172 and *How to Pray Without Talking to God*, p. 137-138)

Thou Shalt Decree

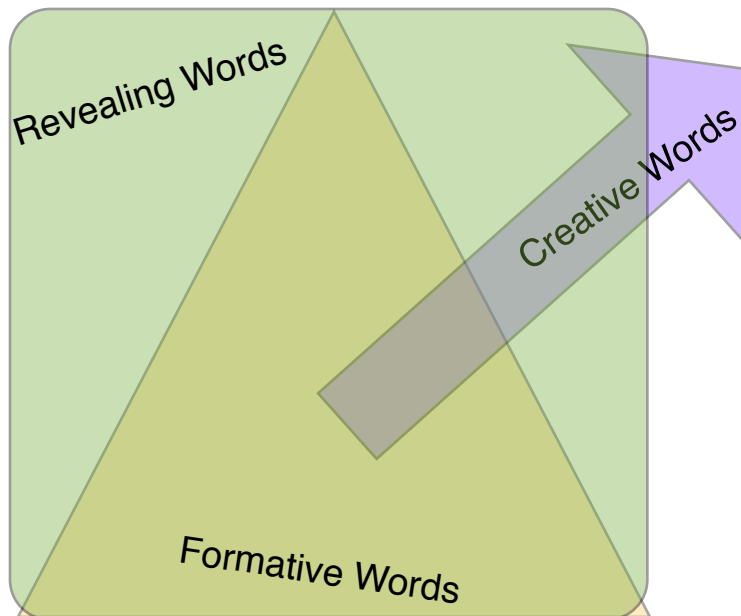
“We form by our word the world in which we live.” (*Teach Us to Pray*, p. 77 and *How to Pray Without Talking to God*, p. 50-54)

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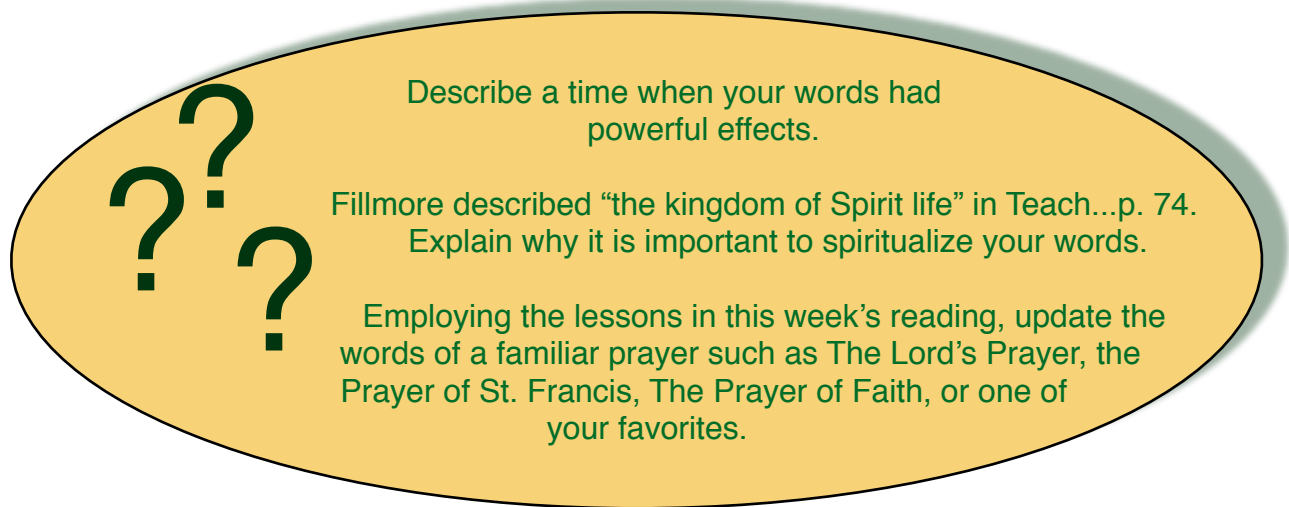


Session 3 continued



Here is a practical approach to affirmative prayer that is compatible with an evolving understanding of GOD (Divine Nature) and the Power of the Word. Instead of talking to GOD, we acknowledge Divine Nature and our Divine Identity, knowing Oneness. Instead of asking GOD to change us, other people, or our conditions, we affirm the highest truth revealed in the moment. Instead of saying "thank you" to GOD, we feel and express appreciation in many other ways. Linda Martella-Whitsett

Session 3 continued



Describe a time when your words had powerful effects.

Fillmore described “the kingdom of Spirit life” in Teach...p. 74. Explain why it is important to spiritualize your words.

Employing the lessons in this week’s reading, update the words of a familiar prayer such as The Lord’s Prayer, the Prayer of St. Francis, The Prayer of Faith, or one of your favorites.

Preparation for Session 4



Read Session 4 in workbook.

Read ***How to Pray Without Talking to God***, chapter 4

Also recommended: *The Universe is Calling*, chapters 6 and 8

Using this week’s lesson as a foundation, write your own Daily Word message.

Practice daily prayer, including 15 minutes in the Silence.

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SESSION 4

Denials and Affirmations

Readings

How to Pray Without Talking to God, chapter 4

Teach Us To Pray

The Unreality of Error

Denials

Denial, also named release or renunciation, is dis-identification with, repudiation of, and elimination of thoughts and beliefs that we realize are contrary to spiritual Truth... True denial corrects consciousness. True denial erases belief in only-human consciousness.

Linda Martella-Whitsett

Every plant that my heavenly Father has not planted will be uprooted.
Matthew 15:13

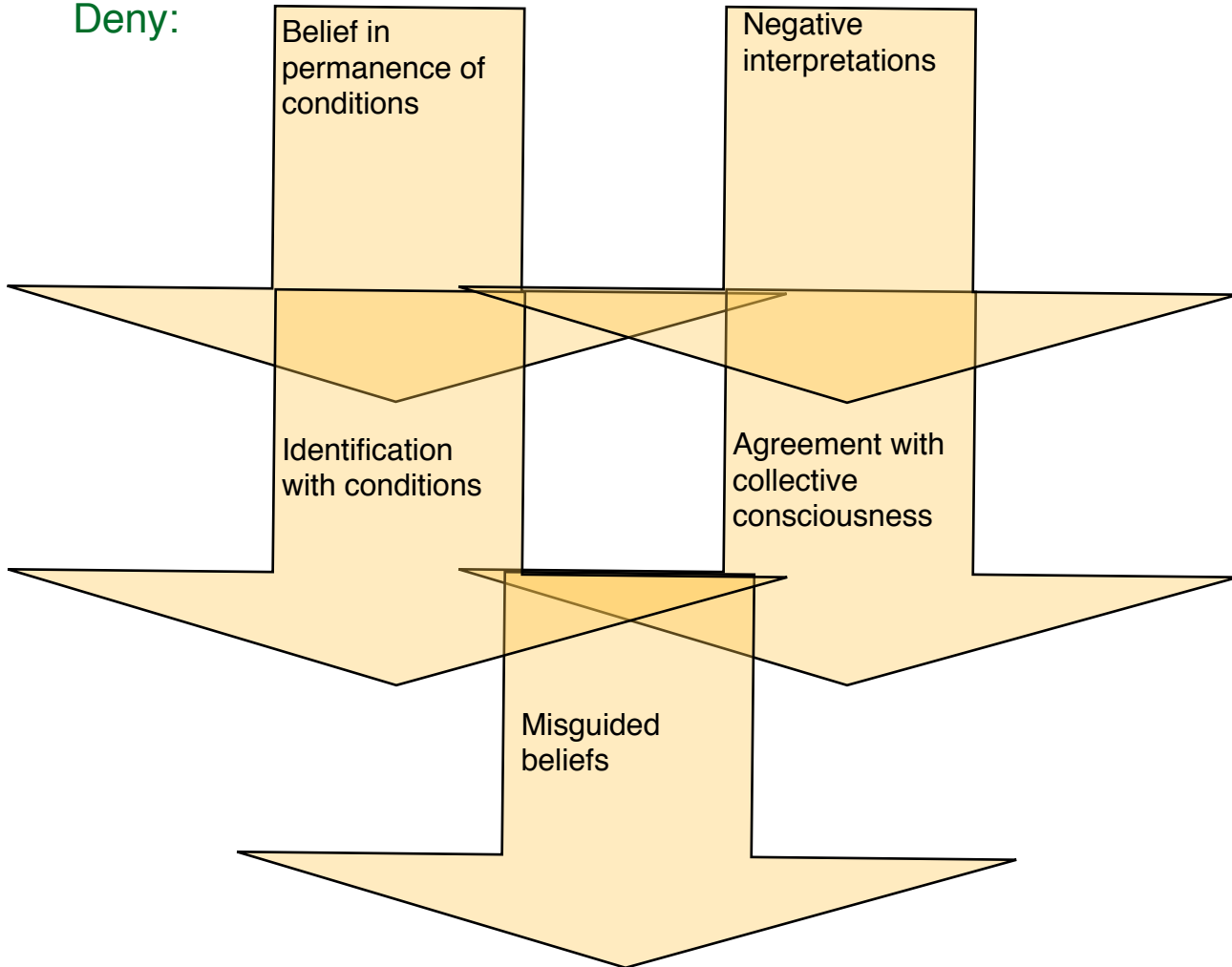
Every thought has life and substance. When we think about material things and conditions as being real and having power, we give them the life and substance of our thought. Myrtle Fillmore, *How to Let God Help You*, p. 119

By denial we mean declaring not to be true a thing that seems true. H. Emilie Cady, *Lessons in Truth*

Do not deny _____ or _____.

Session 4 continued

Deny:



How to Practice Denial

Four horizontal, rounded rectangular boxes stacked vertically, intended for writing notes on how to practice denial.

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Session 4 continued

The origin of my life is not my body or my circumstances. I am not my conditions. Nothing can take over my Divine Identity. No temporary condition could possibly define me or limit the fullness of my Divine Life. Linda Martella-Whitsett



How do you recognize a need for denials?
What happens in your body, mind, and emotions when you are, shall we say, full of it?

Distinguish psychological denial from spiritual denial.

Share with others a success story in your practice of denial.

Affirmations

An affirmation is a positive and orderly statement of Truth...By affirmation we claim and appropriate that which is ours. Charles Fillmore, *Keep a True Lent*, page 142.

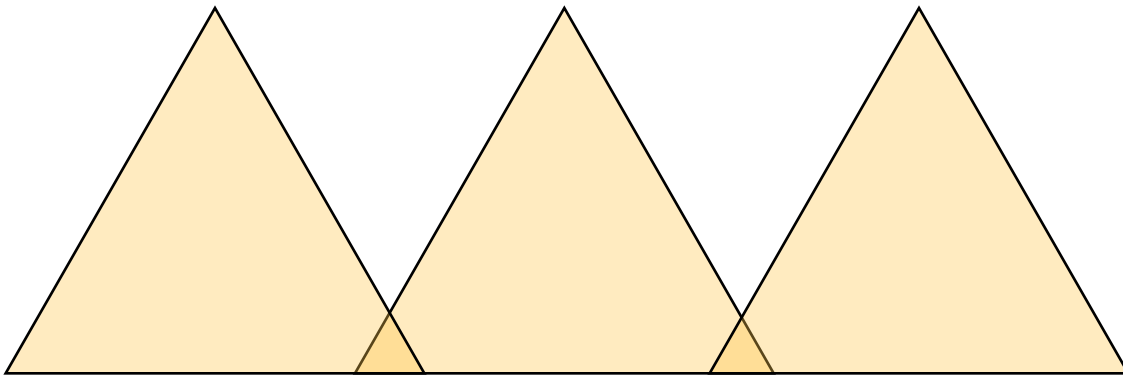
Our affirmations are for the purpose of establishing in our consciousness a broad understanding of the principles on which all life and existence depend. Charles Fillmore, *Prosperity*, page 56.

Session 4 continued

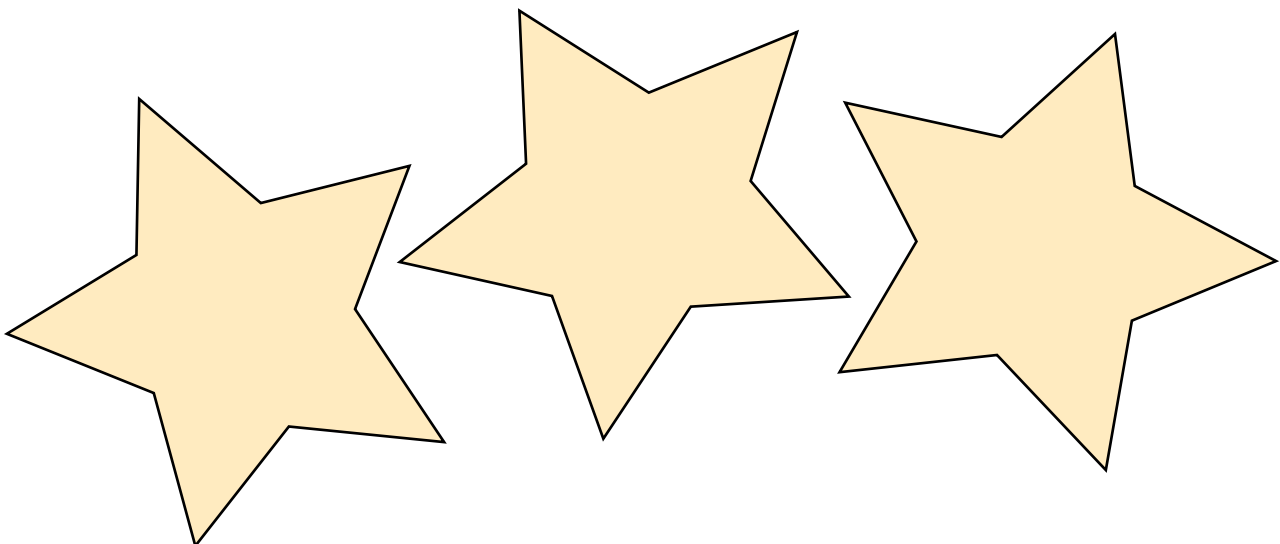
An affirmation is a declaration of spiritual Truth that, when we speak it, fixes our attention on Truth. An affirmation is a structure of support in the way an anchor holds a boat steady in its position on the water. An affirmation is a claim on Truth, our demand on Truth to establish itself in mind and heart. An affirmation rightfully follows a denial of a limiting or negative belief.

Linda Martella-Whitsett

Qualities of effective affirmations



How to create effective affirmations



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Denials and Affirmations Worksheet

Facts

I Feel

I Mistakenly Believed

I Deny

I Affirm

I Promise to Live the Affirmation

Session 4 continued



Create a list of evocative, potent words describing Divine Nature (GOD) to use as a basis for your affirmations.

Working with a current circumstance (facts), examine your feelings and beliefs regarding the circumstance. Write denials and affirmations leading to realization of your True Nature. Commit to one action that will demonstrate your realization (refer to *Denials and Affirmations Worksheet*).

Preparation for Session 5



- Read Session 5 in workbook.
- Read ***How to Pray Without Talking to God***, chapters 6 and 7
- Complete the **Denials and Affirmations Worksheet**
- Practice daily prayer, including 15 minutes in the Silence.

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SESSION 5

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Healing and Wholeness
Prosperity
Harmony

Readings

How to Pray Without Talking to God, chapters 6 and 7

The number one intention for which most people pray is healing. We have established that wholeness is natural to us, because wholeness is an aspect of Divine Nature and therefore our Divine Identity. When we pray for healing, we actually seek to be reminded of our essential wholeness.

Linda Martella-Whitsett

What is Wholeness?

Life Of Prayer

Session 5 continued

The spiritually developed soul gives thought and attention to these apparently invisible yet powerful forces, and by repeated mental contacts it unifies spirit, soul, and body in the one Mind, which sustains and unifies all things.” Charles and Cora Fillmore, Teach Us to Pray, p. 108.

God is Spirit. God is the source of all that we are, hence the source of life, substance, and intelligence. The one and only substance out of which all things are formed is right here at all times, awaiting our recognition of it in its spiritual freedom. When we do recognize it in the simple faith that it will carry out our demands, we are doing just what Jesus did. Teach Us to Pray, p. 94

The intelligence that created your body knows how to repair it. Get still, relax, turn your attention to the sustaining life forces within your organism. Teach Us to Pray, p. 105.

God is life, and life is whole. Life can only seek to express and perfect life. So if you pray for life, life can only say “Yes!” What can life know but life? Can light know darkness? Can air know a vacuum? Thus, your prayer, for life or for health, must be your commitment to get into the spirit of life. Let your prayer say “Yes!” to life: “I am an ever-unfolding expression of perfect life. Eric Butterworth, *The Universe is Calling*, p. 91.



Tell of a time you succeeded to overcome negativity by devoted attention to the invisible yet powerful forces described by Fillmore.

Consciousness is pivotal, meaning we view our experience either from an “only human” perspective or from our Divine Identity. What spiritual practices do you engage in that support your remembrance of Divine Identity?

God does not heal. Explain.

Final assignment: create a prayer prescription and follow it for seven consecutive days.

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Session 5 continued

Prayer Prescriptions

Five daily practices during times of healing

Meditation

Education

Introspection

Inspiration

Affirmation

Prayer with wholeness in mind is acknowledgment of the incorruptible, uninterrupted nature of Divine Life. Prayer is asserting mental order into a chaotic consciousness.

Linda Martella-Whitsett

For information, ordering, and booking events contact



Certain materials in this guidebook are copyrighted, including [Denials and Affirmations Worksheet](#), [Prayer Prescriptions](#), and text from [How to Pray Without Talking to God: moment by moment, choice by choice](#) (Hampton Roads Publishing, 2011). Appreciatively provided by Linda Martella-Whitsett for students and teachers of Unity's Life of Prayer SEE course.