

## What Is Affirmative Prayer?

When most people think of prayer, they think of asking God for something.

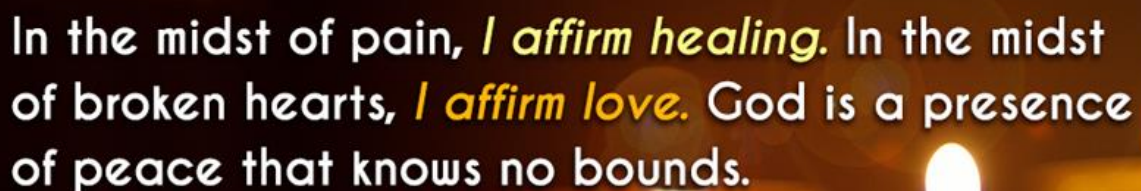
Not so in Unity.

Unity uses “affirmative prayer.” Rather than begging or beseeching God, this method involves connecting with the spirit of God within and asserting positive beliefs about the desired outcome. Affirmative prayer is the same method of prayer Jesus taught when he said, “So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours” (Mark 11:24).

If, for example, one were to pray traditionally, one might say: “Please God, help me find a job.” By contrast, an affirmative prayer might be: “I am now guided to my right and perfect employment.”

**Affirmative prayer reflects the certainty that we are each being led to our highest good, despite any temporary appearances.**

Metaphysicians believe that thoughts transmit magnetic energy and this energy attracts other energy of the same frequency. Whether you are conscious of it or not, your thoughts are transmitting energy that is attracting more of the same. When you remain focused on your intentions, you will draw those things into your life.



In the midst of pain, *I affirm healing.* In the midst of broken hearts, *I affirm love.* God is a presence of peace that knows no bounds.