



## Weekly Family Activities for January, 2023

### IN-SPIRIT-ATIONAL LIVING - WHEN WE PRAY, WHERE WE PRAY

As a strong connected global community we know that geography doesn't dictate when we pray or where we pray, yet many of us still may seek guidance on how to create sacred space for this important time with Spirit. Why does the place we pray matter? Or does it? Why does when we pray matter? Or does it? There is much to learn about ourselves when we look at our prayer practices and how we consciously build our relationship with Spirit.

### SUNDAY: WHEN WE PRAY, WHERE WE PRAY



*"Pray without ceasing." (1 Thessalonians 5:17) The idea of anything being unceasing can be hard to comprehend.*

Our culture has trained us to always want the next best thing, sometimes forcing us to need it. It seems for all our needs, there's an app for that. Bored? Pick up your phone. You can watch thousands of other people's lives unfold right before your eyes. Hungry? Let's get some Door Dash.

In our lifetime, there will be few things that stand the test of time. Things will be replaced, discarded, and forgotten. Relationships will end, patience will wear thin, dreams will fall to the wayside as realities set in. But in the midst of the constant change that is our world, there abides Unceasingly is GOD, the always-has-been and always-will-be. What's more, we have access at all hours of the day. We can plug in, download, tune-in and upload as often as we want; in fact, we were designed to do so.

Paul describes prayer as something continuous. "Be constant in prayer." [Rom 12:12](#). "Devote yourselves to prayer." [1 Cor 7:5](#). "Praying at all times in the Spirit." [Eph 6:18](#). "We have not ceased to pray for you." [Col 1:9](#). "Pray without ceasing." [1 Thess 5:17](#). "I remember you constantly in my prayers night and day." [2 Tim 1:3](#).

Pray unceasingly may seem like a lot of pressure until you consider Paul message in the bible to simply build a life of prayer until become natural to us as breathing. Prayer doesn't have to just be a somber, relegated time of the day where you make your requests known to God. Prayer is so much more. It is thankfulness. It is an awareness and acknowledgement of God's presence in us and around us. It is standing in awe of beauty. It is looking at the world and realizing how amazing it is, how amazing we are. It is a heart seeking to involve God in the decisions of our lives. Prayer is and can be to then natural and easy as breathing. If you think about, when something bad happens, like someone, falling or when we hear of some awful news, what do we say by default? "Oh God!" See, it come natural to us already.

### Important Points:

- Prayer is our effort to know more of God.
- Prayer is not something we do for God, but something we do for ourselves.
- The purpose of prayer is to lift us to a higher place in consciousness.
- Prayer changes us not anyone else.
- Denials and Affirmations are the tools of prayer.



Today I pray for you

A heart free of sadness,  
A mind free of worries,  
A life full of gladness,  
A body free of illness,

&

A day full of God's

*Blessings.*



## I Said a Prayer for You

I said a prayer for you today and I know God must have heard, I felt the answer in my heart, although there were no words. I asked for God to be near you at the start of each day. To grant you health and blessings and friends to share your way. Happiness, Joy and Peace, I wish for you too, but more than all of this, I honored the Christ in YOU.

**Be Blessed**

## The Unity Prayer Method

The Unity prayer method is called the **affirmative prayer method**. When most people think of prayer, they may think of asking God for something, However, not so in Unity. Unity uses “affirmative prayer.”

Rather than Asking God for Something, our 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 referenced in the bible by Jesus when he said in Mark Chapter 11 versus 24 ... “So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours” (Mark 11:24).

As each new year arrives, many of us review what we’d like to leave behind and look for new ways of being. The process seems almost routine, but what if we jump in wholeheartedly?

What if we make the end of one year and the beginning of the next an annual commitment to conscious creation—then follow through as the months pass? Can you imagine how powerful this practice would become!

## A Prayer for Children: Visioning, Creating, and Attracting

*By Trish Yancey, LUT, CSE*

### A Prayer for Visioning, Creating, and Attracting for All Children

*Centering my awareness on God everywhere present, I open my heart and envision the child within every being on earth feeling loved, nurtured, encouraged, valued, and divinely inspired. I sit for a moment and allow each of those feelings to wash over and through me, and I send these energetic patterns to manifest everywhere, in everyone. I claim it in the love, light, and nature of God.*

### A Shared Family Prayer for Visioning, Creating, and Attracting

*We come together, joined by love, centered in God, and present to the unlimited possibility the future holds. Reaching within our hearts, we envision room there for everyone. We create a space within that allows each being to be fully loved, accepted, encouraged, and supported. We energetically encourage that sacred space to grow and enfold every being on earth. Visualizing that world, we feel it manifesting right before us, and we are grateful*

## WEEKLY FAMILY ACTIVITY—Continue in Prayer



On the following pages are examples of prayers that were reproduced from a monthly column on Unity.org to help parents, grandparents, and teachers introduce children to spiritual topics in the context of prayer. It includes a prayer for adults, one for children and adults to share. I encourage as a family to set aside some time to review the pages as well as to explore inspirational family prayers:

<https://www.unity.org/article/prayer-children-prayer-and-meditation>, <https://www.unity.org/article/prayer-children-prosperity>, <https://www.unity.org/article/prayer-children-determination>, <https://www.unity.org/article/prayer-children-endurance>, <https://www.unity.org/article/prayer-children-gratitude>, <https://www.unity.org/article/prayer-children-honesty-and-integrity>



## A Prayer for Children: Guidance and Faith

By Rev. Adriana Segovia

### A Prayer for Children's Guidance and Faith

*As sources of love and comfort for our children, we take a moment to reestablish our trust in the one presence and one power that created the world and call it good. We let our hearts lead the way to peace, to the sacred place in us that knows the truth, the truth that is the foundation of our faith and that rises above any fact or tribulation.*

### A Shared Family Prayer for Guidance and Faith

*United in prayer, we take heart for we know we can overcome the world. There is no night too dark, no trouble too big, no fear too strong for the presence of God—in me and around me. I believe in the beauty of a flower and in the power of the rain, in the joy that heals any sadness and the faith that leads the way. I allow my emotions to run their course. I bless them and trust them to God, to my Spirit divine, to that in me that is forever kind. And so it is!*



## A Prayer for Children: Healing

By Trish Yancey, LUT, CSE

### A Prayer for Prayer in All Children

*Taking a deep breath, I envision fresh air moving through every cell of my body, bathing me in the energy of wholeness.*

*I feel the cleansing power of Spirit coursing through me so strongly that it spills forth. I picture it moving outward with each exhalation in great waves of love, light, and divine energy.*

*I see that energy expanding with every breath, sending this powerful force forward to touch every life on this planet—children and adults—with strength, perseverance, gratitude, and health. I imagine it settling everywhere it touches, taking root and growing.*

*I claim it to be so, and so it is.*

### A Shared Family Prayer for Prayer and Meditation

*Together we hold a vision of wholeness for all beings. We imagine divine light traveling from our core, spreading outward and onward, making everything glow with the light of God. We see that light bringing hope, healing, joy, and love as it expands into infinity. As we envision it, it comes to be, and we are grateful.*





# A Prayer for Children: Gratitude

*By Trish Yancey, LUT, CSE*

## A Prayer for Gratitude in All Children

*I pause. Breathing deeply, I feel my way into my sacred heart space. Exhaling distractions, I focus on the feelings of appreciation. I allow waves of grateful energy to flow through my body and mind. I picture the energy of gratitude growing and expanding until it reaches every being on our planet. Knowing these moments spent in prayer can change the world for the better, I rest in my grateful heart.*

## A Shared Family Prayer for Gratitude

*Joining hands and hearts, we call to mind our endless blessings and name some of them. Picturing everyone we know, we send them thanks. We allow the joy and excitement of future possibilities to bubble up within and feel grateful in advance*



# A Prayer for Children: Inspiration

*By Araceli Marchan*

## A Prayer for Inspiration in All Children

*As we turn within and focus our awareness on God's presence in us all, we use our power of imagination to envision all children everywhere free of negativity, fear, doubt, lack, and seeming limitations.*

*One with God, we hold a mental picture in our minds of children claiming their divine inheritance as they embrace their own God-given talents and abilities. With enlightened minds and love-filled hearts, we send them the light and love of God to guide, protect, and comfort them in all they aspire to be and do.*

## A Shared Family Prayer for Inspiration

*In this quiet moment, we relax and focus on our breathing. With each breath we recognize and release the thoughts racing through our minds and turn instead to the presence of God that is always available to us.*

*In the Silence, the wisdom of God permeates our being and decision-making is now made easy. As we walk in the light of God and shine our own lights for all the world to be inspired, we carry the song in our hearts: "This little light of mine, I'm going to let it shine. Let it shine. Let it shine. Let it shine!" And so it is.*



# A Prayer for Children: Grief

By Laura Duksta

## A Prayer for Grief for All Children

*I take three full, deep breaths, centering myself into the present moment, knowing we are all connected to and through one infinite source. I acknowledge that as human beings, we experience feelings of loss and grief. I know everything in this lifetime is temporary, yet our souls are eternal. I trust that by tuning in to my inner wisdom, I can find the energy, time, and words to guide myself and my family through any and every challenging circumstance. We go and grow through grief as one of life's most profound experiences with patience, grace, gratitude, and prayer.*

## A Shared Family Prayer for Grief

*With our hands on our hearts, we take in a big belly breath, hold it in, and release. In life we are here to experience all the feelings—from joy and happiness to fear and sadness. When loved ones are no longer with us physically, they stay close in our hearts and memories, reminding us to keep shining!*



# A Prayer for Children: Overcoming Fear

By Trish Yancey, LUT, CSE

## A Prayer for Overcoming Fear in All Children

*Taking a centering breath, releasing and relaxing into this moment, I move with purpose into my heart space. I allow the light of God within me to glow brighter, then I release it from my heart into the space around me. I affirm: Peace, be still. Breathing deeply and regularly, I envision light and peace moving from the center of my heart into the world around me. I spread the light, love, strength, and peace of God outward and forward until it encircles the globe. Resting in this vision for a moment, I picture a loving, comforting, warm, blanket of divine energy settling over every child, calming fears, soothing worries, sinking into every atom of being. As I see it, it is so, and I am grateful. Amen.*

## A Shared Family Prayer for Overcoming Fear

*We link hands and hearts, breathing into the presence and power of God within and among us. We radiate feelings of love, strength, comfort, peace, faith, and understanding—envisioning them as they reach every child on the planet. We affirm together: Peace, be still. With love, light, and gratitude, we claim it to be, and it is so. Amen.*



## A Prayer for Children: Inner Peace

*By Laura Duksta*

### A Prayer for Prayer in All Children

*I connect to the infinite God source and know that beyond the seeming upset, fear, and chaos in the world, there is a space and place of peace.*

*This inner peace is as close as my next breath, and I call on it to bring me and my children back to the center.*

*I give thanks knowing and trusting that no matter what is going on in our lives or in the world around us, we are truly, deeply, and profoundly loved.*

### A Shared Family Prayer for Prayer and Meditation

*I take a deep, belly breath and know I am surrounded by God's love and protection. No matter what is going on in my head, my life, or in the world around me, I am loved. By tuning in to my breath and heart, I always have access to inner peace.*



## A Prayer for Children: Joy and Happiness

*By Rev. Adriana Segovia*

### A Prayer for Children's Joy and Happiness

*Let's find that space of joy within us as we move into a time of prayer. As we center our hearts and minds in sacred delight, our worries, fears, and challenges dissipate.*

*We visualize our hearts linking with the hearts of the dear children in our lives through joy.*

*We cease to put limits on what is possible and embrace what is real. Joy is real.*

*We hold a safe place for children to explore their imagination and to be free to live their vision of happiness.*

*We release, let go, and trust that joy will light the road that leads us to a life where we can be all we can be.*

*We let our hearts come out and play with all the children in the world!*

*Amen.*

### A Shared Family Prayer for Joy and Happiness

*We pray together with a sense of joy and possibilities.*

*We see beyond whatever we might see or hear in the news. We play on the fertile soil of our imagination.*

*We cease putting limits on what we think is possible. All things are possible, which includes a happy and fulfilled life here and now, for us and for our beloved children.*

*Children are expressions of the joy of God.*

*As we go forth in these uncertain times, we claim our joy, share our joy, and let it be the compass in our journey to a future filled with happy blessings.*

*And so it is!*



# A Prayer for Children: Courage

By Trish Yancey, LUT, CSE

## A Prayer for Children's Courage

*Finding a quiet place to settle, I center in my heart with a deep breath. Knowing I am within God, I relax my body. I breathe deeply, spending a moment in gratitude for how my faith gives me the strength and courage I need to face my fears or overcome any obstacle. Bringing to my heart all the children of the world, I feel my connection with them. Sending waves of strength, courage, and an abiding faith from my heart to theirs, I envision an ever-expanding web of divine determination connecting and strengthening us all. Feeling it to be so, I am grateful.*

## A Shared Family Prayer for Courage

*As we open to this time of sacred prayer, we breathe together, aware that we are breathing the breath of God. We remember that we share every breath with every living thing on earth. We visualize our connection as a wave of energy and support that encircles the globe. With every inhalation, we feel love, power, and strength filling our body until it overflows with all we could ever need. Each time we exhale, that same powerful, loving energy flows outward to every living thing. In sharing, we are strengthened and empowered. Grateful beyond measure, we know it is so.*

# A Prayer for Children: Health and Wholeness

By Trish Yancey, LUT, CSE

## A Prayer for Health and Wholeness in All Children

*Taking a deep, centering breath, I focus my energy at my core, the center of divine love within me.*

*Picturing that love as a warm, invigorating, healing light, I send it through my body and into the world around me.*

*I see its soft glow illuminating every child, invigorating their mind, body, spirit, and life with health and wholeness. I envision them aglow, embraced, and enfolded in Source energy, whole and perfect expressions of God embodied.*

*Declaring it to be, I call it into being.*

## A Shared Prayer of Health for Families and Youth Groups

*Inhale. We visualize the breath of God filling our bodies with divine love, light, and wholeness.*

*Centering in our heart space we allow it all to settle there, taking root inside us.*

*We pause and we allow that divine energy to grow and expand, radiating outward, renewing and infusing every cell of our body, mind, and spirit with divine substance.*

*Exhale and we let any stress or tension leave us, feeling it neutralized and cleansed as it does. Restored, it moves outward, bringing new life and health to us, our home, and our family.*

*We gratefully claim it now, and so it is.*



# A Prayer for Children: Inner Peace

*By Rev. Adriana Segovia*

## A Prayer for Inner Peace for My Beloved Child and All Children

*I bless the children in my life and around the world. I visualize all children living the peace of God and being the peace of God at this very moment. With a heart full of gratitude, I affirm a meaningful and fulfilling future for the children I treasure and all children of the world.*

## A Shared Family Prayer for Inner Peace

We take a moment now to center ourselves. We trust in the peace of God within us as we pray:

*The peace of God flows through our minds, our bodies, and our emotions. We let all fears disperse in the wind—like bubbles on a sunny, breezy day.*

*We surrender our troubles to the soothing presence of God, and we are reassured and uplifted.*

*Every child is loved immeasurably and eternally, and the way to their inner peace is uniquely revealed.*



# A Prayer for Children: Kindness and Compassion

*By Trish Yancey, LUT, CSE*

## A Prayer for Kindness and Compassion in All Children

- *Pausing for a moment, I rest my hands on my heart. Breathing deeply and becoming comfortable in this space, I open into the energy of prayer.*
- *Bringing all children of the world into my awareness, I feel empathy, acceptance, and understanding reaching from my heart to theirs.*
- *Love flows between and over us like a blanket of compassion wrapped tenderly around our planet.*
- *I envision every child finding examples of goodness and grace to follow every single day, each one feeling moved and motivated to follow the loving lessons they find.*

*One heart at a time, peace prospers, goodwill grows, and love lights the way. Brought into being by belief, it is so.*

## A Shared Family Prayer for Kindness and Compassion

*We come together in this moment to open our hearts in the energy of prayer.*

*We take a deep breath in, imagining it is moving through us to filter out any stress, worry, or tension that might be hanging out in our bodies. Feeling it all dissolving, we blow it out, wiggling it out of any parts where it may be stuck as it leaves.*

*With the next breath, we feel clean, fresh air coming in, picturing love pouring in with it, filling us up with kindness and compassion.*

*Breathing out any leftover worry or discomfort, we envision ourselves filled to overflowing with love to share wherever we go. We see love, we feel love, and we are love. And so it is. Amen.*



# A Prayer for Children: The Power of Imagination

By Araceli Marchan

## A Prayer to Boost the Power of Imagination in Children:

Through prayer we affirm our oneness with God.

*There is nothing to fear for we are never alone.*

*All children everywhere are surrounded and protected by the presence of pure being. They express physical, mental, emotional, and total well-being. Each child is blessed with an imagination that allows them to be all that they came here to be.*

*You are now guided to use your imagination—to propel yourself to wonderful life experiences.*

## A Shared Prayer for Imagination Energy for Families and Youth Groups:

*We collectively activate our imagination energy center between our eyes, infusing this area of our body with light. We envision great possibilities and the fulfillment of our dreams.*

*We hold these divine ideas in our minds. We feel the joy and love of our every desire flooding our bodies.*

*By the light of imagination, we realize the qualities and powers of the Christ within and know that with God all things are possible.*

# Prayer for Children: Inner Light

By Rev. Adriana Segovia

## A Prayer for the Inner Light for My Beloved Child and All Children

*Let's pause for a moment to remember how we felt as children when someone acknowledged we could contribute to our world just by being who we are. Now we bring to mind and heart the children and young people in our lives; we enfold them with a light that is bright in nature and sacred by design. We affirm possibilities for growth and happiness for them as they proceed, joyfully and undeterred, to realize their intentions and dreams.*

## A Shared Family Prayer for Inner Light

*It is written in our hearts. We all acknowledge that we can make a difference. I support the children and young people in my life as they discover their gifts, their light, and the areas in which they are called to shine.*

*During the summer, carefree days, our light is bright like the sun; we are kind and warm. When it is rainy and cloudy, we become rainbows, joyful as we share our uniqueness and adorn the sky with vibrant colors. When it is gloomy and dark, we unite like a string of lights, finding comfort in each other's hearts.*

*With our inner divine light, any differences fade and we shine brightly to reveal our true identity and sacred connection with all.*

*It is so reassuring to know that the light of God is within us and shining always. We are open and willing to be the light that Jesus said we are. Amen.*

# תפילת האדון

אֱלֹהֵינוּ יְיָ אֱלֹהֵינוּ  
 be thy name    hallowed    who art in heaven    Our Father  
 shimkha    yitkadesh    shebashamayim    Avinu

תְּבָרָךְ מְלָכֵנוּ יְיָ אֱלֹהֵינוּ  
 in heaven    as it is    in earth    Thy will be done    Thy Kingdom come  
 bashamayim    na'asah    ba'aretz    r'tzonekha    ye'asch    malkhutekha    Tavo

חֵלֶךְ לֶחֶם הַיּוֹם  
 daily    bread    this day    Give us  
 chukeinu    lechem    hayom    Ten-lanu

וְסָלַח לָנוּ אֶת אֲשֶׁר עָשִׂינוּ  
 debtors    our    we forgive    as    our debts    And forgive us  
 lanu    ashmu    la'asher    anachnu    she-solechim    ka'asher    et-ashmateinu    uselach-lanu

וְלֹא לְתַבְּנוּתֵנוּ  
 from evil    but deliver us    temptation    not into    And lead us  
 min-hara    ki im-hatsleinu    nissayon    lidei    Ve'al-tevieinu

אָמֵן  
 amen    for ever    and the glory    and the power    the kingdom    For thine is  
 amen    l'olamei olamin    ve'ha tiferet    vehagevurah    ha-mamlakha    Ki lekha

THE LORD'S PRAYER

# The Lord's Prayer

R	E	H	D	S	Y	L	I	A	D	E	R	N	A
E	S	O	H	T	Y	R	H	Y	H	H	R	E	T
A	S	T	L	T	Y	A	N	E	D	S	N	I	S
L	E	O	O	E	E	D	A	L	E	I	R	L	Y
Y	S	D	R	N	N	H	F	A	T	H	E	R	E
V	L	A	D	A	R	E	H	O	E	N	A	M	E
T	O	Y	S	B	A	E	H	Y	H	T	H	E	E
A	Y	R	L	R	A	E	E	H	E	H	A	A	E
G	O	E	S	E	N	H	D	T	A	L	L	L	T
A	L	Y	V	A	S	E	T	L	V	A	L	S	V
I	L	A	H	D	V	O	S	E	E	A	O	I	E
N	A	R	A	I	R	L	D	H	N	G	W	A	R
S	A	P	G	U	D	S	A	E	Y	H	E	R	T
T	L	E	O	H	O	T	A	M	V	E	D	D	A

THY  
HEAVEN  
HALLOWED  
THOSE  
OUR  
TODAY  
DAILY  
LORDS  
PRAYER  
BREAD  
AGAINST  
NAME  
GIVE  
SINS  
FATHER

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