

When our prayers are answered exactly the way we think they should be, we enthusiastically respond, *God is good!* But what about when it feels like our prayers have been ignored? Or worse yet, when exactly what we didn't want to happen, is what happens?

Can we honestly reply that God is good when our heart, body, or mind is in pain? I believe that God is always good, and sometimes stuff happens that doesn't always feel good. However, stuff happens so that we can experience a deeper awareness and experience of God. Many times our prayers develop out of our desire for change. I used to pray believing that I could change God. Now I understand that I pray to change me.

The *Grace Prayer* is one of my favorite prayers. It is based on statements that Jesus said in the garden of Gethsemane and on the cross.

The italicized words below are from the Grace Prayer. The Grace Prayer is very powerful and comes with a Warning: Use it carefully because it is very effective and will stimulate changes in your consciousness and in your life.

1. *For Thee, I Thirst.* Our nature is to thirst for oneness with God. We *thirst* for the *living waters* of Spirit. We *thirst* for the ways which God can express as us. The *thirst* we experience is God's presence within us desiring its fullest expression.
2. *Into Thy Hands, I Commit my Spirit.* (Insert: My Soul, My Body, or this Particular Problem or Opportunity) Here identify what you desire, and include it as the underlined part of the sentence.
3. *Thy Will be my will.* Here we totally surrender that which we are praying for to the power of God and accept that God's good is manifesting in the perfect way.
4. *Heal Me at depth.* This statement indicates our willingness to be healed and transformed at the deep subjective or subconscious level of mind.
5. *Reveal that which needs to be revealed.* Here we are opening to a deep understanding of what spiritual truth we need to know. We are asking for guidance from the presence of God within us.
6. *Heal that which needs to be healed.* As you continue to work with this prayer, you will come to understand the ultimate grace teaching: There is nothing to be healed, only God to be revealed!
7. *So that I may glorify you God and live in the fullness of Grace.* To glorify God is to live a God-centered life and to be the fullest expression of the Christ that we can be.
8. *It Is Finished.* As you pray this statement, know that you are now free from all unforgiving thoughts, feelings, and actions. You are the love of God whole and complete right now! It is finished!

Once you begin to use this prayer, you are asking for transformation at the very deepest levels of your being. You are asking for the healing of the mental, emotional, and physical bodies and purification of the soul begins.

Affirmation: *God is good all the time, and all the time God is good!*

Inspired by: Grace Awakening, 1993 Unity Institute, Rev. Debbie Tyson.