

What is prayer? I believe that everything we do and say is a prayer. Every thought, word, feeling and every action we take is a prayer. Prayer is connecting to the presence of God that is within us and everywhere in the universe. I believe that the most powerful prayers are positive and heartfelt statements of Truth that affirm that the desired state is already present. Meditation is a form of prayer that helps us to open ourselves to God's highest expression of good for us.

I worked in the Silent Unity prayer room while in Ministerial School. Most people who called wanted prayers for healing. One person asked that their healing comes *ASAP* I heard it as *Always Say A Prayer*. This request has stuck with me. Here are some ideas to help you pray effectively using the letters in the acronym *ASAP*.

A for **Always**: Remember that God is Always with you as the one Presence and one Power in the universe. God Always desires to be the best expressed through you. Know that you are Always loved. Everything Always happens for good. Always let go and let God's good bless you. Affirm, *As I breathe in I let go, as I breathe out I let go knowing that God is expressing perfectly as me.*

S for **Say**: Say yes to God. Say *thank you* for all the good in your life. Say *I love you*. Always Say your truth. Say out loud what you desire.

A for **Action**: Pray and take Action by moving your feet. Do not pray to change God; pray so that you and others can take **Action** and raise yourselves to the point where your good comes to you. Pray for a change in character, not a change in circumstances.

P for **Presence**: Pray affirming that you are one with the **Presence** of God. Affirm, *God's Presence is working in and through me right now!* Be the **Presence** of God wherever you are. Affirm, *The Presence of God is expressing as me right now.*

Look in the mirror and remember, *Yours is the face of God.*

Looking For Your Face - Rumi

From the beginning of my life I have been looking for your face, but today I have seen it

Today I have seen the charm, the beauty, the unfathomable grace of the face that I was looking for

Today I have found you and those who laughed and scorned me yesterday are sorry that they were not looking as I did

I am bewildered by the magnificence of your beauty and wish to see you with a hundred eyes

My heart has burned with passion and has searched forever for this wondrous beauty that I now behold

I am ashamed to call this love human and afraid of God to call it divine

Your fragrant breath like the morning breeze has come to the stillness of the garden You have breathed new life into me I have become your sunshine and also your shadow

My soul is screaming in ecstasy. Every fiber of my being is in love with you

Your effulgence has lit a fire in my heart, and you have made radiant for me the earth and sky

My arrow of love has arrived at the target I am in the house of mercy, and my heart is a place of prayer

Affirmation: The Presence of God is expressing my perfection now!