

Unity Prayer SEE Course 2023

Course Objectives

An introduction to Unity's affirmative prayer method and flow for daily practice.

- Identify spiritual principles applicable to Unity prayer.
- Describe and demonstrate the five movements of the prayer flow.
- Practice drawing from one or more of Unity's 12 Powers, as describable divine attributes; and drawing from innate spiritual powers in response to circumstances and intentions.
- Design a daily prayer practice incorporating Unity's prayer flow.

Required Texts

- Butterworth, Eric. *The Universe is Calling*. Harper Collins (1993).
- Martella-Whitsett, Linda. *How to Pray Without Talking to God: Moment by Moment, Choice by Choice*. Hampton Roads Publishing (2011).
- Martella-Whitsett, Linda. *Divine Audacity: Dare to be the Light of the World*. Hampton Roads Publishing (2015).

Student Preparation

Advance reading will be helpful for the fast pace of this course over five days. Read these chapters that will be the focus of the series:

The Universe is Calling: chapters 5 through 9

How to Pray Without Talking to God: chapters 1, 2, 4, 5, 6

Divine Audacity: Intro through page 35; and any of the 12 Powers

Academic Achievement



Attendance and participation is required for credit.



Submit the following no later than end of day **March 3, 2023**. Pages or Word documents. Email to linda@ur-divine.com

- Description in your own words of the five movements of affirmative prayer, including the principles upon which each is based. (600- 1000 words)
- An original prayer following the flow of five movements. (250 max words)
- Your prayer prescription, selecting 2-3 categories, with commentary about your practice. (200 max words)

Instructor will read and reply with comments, or request resubmission, by March 18, 2023.

Course Contents

Session 1

Experience the flow of Unity Prayer.
Defining characteristics of Unity Prayer.
Unity's Primary Teachings and key Principles.

Session 2

Mind Action, the Creative Power.
Divine Nature and Divine Identity.
Spiritual Issues.

Session 3

Five Movements of Affirmative Prayer.
The Silence.

Session 4

Unity's Denial (Negation) and Affirmation.

Session 5

Potential Pitfalls in Prayer Practice.
Your Prayer Prescription

Instructor



Award-winning New Thought author and Unity minister, Linda Martella-Whitsett teaches that we are here to be the light of the world. Her message promotes humanity's innate capacities with which to respond to life's circumstances in spiritual maturity. After twenty years ministering in Unity communities, in 2017 Linda joined the executive team of Unity World Headquarters at Unity Village (MO), leading Unity's 24/7 global prayer ministry, Silent Unity. She is co-author of the upcoming book, *Discover Your Divinity: A Modern Approach to Affirmative Prayer* (due September 2023).

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