

Affirmative Prayer Cheat Sheet

You are invited to pray! In the Center for Spiritual Living North Jersey all members are called to use prayer. Use these opportunities as a way to feel safe while cultivating comfort and potency with your word.

There is no wrong prayer.

This form is a simple sheet to support you in doing so.

FIVE Steps to Affirmative Prayer

1. **Recognition:** Declare the name of your God/Spirit.
2. **Unification:** Claim your oneness with this God/Spirit.
3. **Blessing/Affirmation:** Name the blessing/affirmation.
4. **Gratitude:** Be thankful for what is!
5. **Release:** And so it is!

(An example is on the back.)

Where two or more
are gathered,
there I am.

Feel safe to speak.

You are loved
and valued.



A Simple Example

Fill in the blanks:

~ There is one God, one Spirit, one life. It is good and very good, and I am one with it. I am one with this One now and always.

~ I speak my word for _____ (NAME THE PERSON OR THE TEAM.) who is also one with this One. All good is available to us now.

~ I declare in this moment that (STATE YOUR BLESSING.)

~ I am abundantly grateful for this demonstrated word and for life itself and for _____ (Name the team again or the individual that you are praying for.)

~ I release this word with total faith and conviction.
And so it is!