

Aired 05/02/2021 – [Watch on YouTube](#) (high-speed available)

“If one would grow, one must live whatever message is given in the silence.”
~ Frances W. Foulks

Frances Foulkes, who wrote about the five step effective prayer process, teaches that affirmative prayer is empowering prayer, beginning with the recognition of the all-pervading, universal power that is known by many names.

In prayer we shift our attention away from human circumstances and focus on our spiritual nature, our Oneness with the Infinite. What is the process? Here are the basics:

1. Relax

Breathe deeply, knowing you are in the presence of God and the Presence of God is within you. Let go of your concerns and know that all is well.

Take deep, conscious breaths. As you relax your body and release busy thoughts, feel your heart opening up.

2. Concentrate

As you close your eyes and release any thought of the world around you, focusing upon God’s presence in your life. Focus your mind on a single thought or idea or scripture that resonates with you. Repeat this idea over and over, either silently or aloud until it becomes your only thought.

Center your thoughts on the ever-present energy of God in your life. You can do this as simply by inhaling “God Is,” and exhaling “I am.”

3. Meditate

Allow this focused state of mind to move you into a deeper awareness of God. “Be Still and know that I AM God.” Be still as you connect with this divine presence within you.

How to: In silence, experience the power of your own divinity, knowing your share all the attributes of God... love, strength, wisdom.

4. Realize

From the depth of your being, know that you are one with God. This knowing, this realization as you experience God’s holy presence is “silent soul communion.” In this receptive state of mind and heart, listen for the inspiration of your Higher Self, or Christ nature.

How To: Feel a click as everything falls into place and you know all is well, regardless of outer circumstances. It is done.

5. Give Thanks

Let gratitude be your heart's joyous response to this experience of communion with God and with infinite goodness. Give thanks for the blessings to come.

How to: Empower your life with every expression of gratitude.

Questions to consider:

What is Affirmative Prayer? How does it differ from other types of prayer?

Why does relaxation work best at the beginning of this kind of process?

Why do we need to discipline our mind and avoid mind-wandering?

What disciplining of mind wandering strategies do you find effective?

What kind of prayer / meditation processes do you use frequently?

What sources of inspiration do you use?

What do you think are God thoughts?

Many thanks to Rev. Marylou Palmer for this handout and questions!