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Discover Your
DIVINITY

A MODERN GUIDE
TO AFFIRMATIVE PRAYER
STUDY GUIDE

Discover Your Divinity: A Modern Guide to Affirmative Prayer Study Guide

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Content in this study guide supports our book, Discover Your Divinity: A Modern Guide to Affirmative Prayer, published by Unity Books (Unity Village MO), 2023.

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Linda's Website to purchase signed copies:
www.ur-divine.com

DeeAnn's Website to purchase signed copies:
www.aradiantjoy.com

We support your embracing of your divinity as well as your humanity. As you study and practice affirmative prayer, we are your cheerleaders!
Linda and DeeAnn

Rev. Linda Martella-Whitsett

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. Linda is retired from serving as Vice President at Unity World Headquarters leading Unity's 24/7 global prayer ministry, Silent Unity. In years prior, Linda served Unity communities in Omaha, Nebraska and San Antonio, Texas.

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DeeAnn Weir Morency is an Agape Practitioner, Interfaith Minister and Unity Minister. She has served in spiritual leadership within Unity since 2011. She is currently Senior Minister at Unity In Marin (CA) and Vice President of Unity's West Central Region. An impactful speaker and skilled facilitator of New Thought and universal spiritual principle, DeeAnn is committed to joyfully illuminating the I AM we all are through concrete tools and practices that support living an awakened and empowered life.

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Note: Feel free to slow down your study, working with one chapter per week.

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Study Circle Agreements

Confidentiality

I help create a safe environment by maintaining confidentiality.

Right to Pass

It is okay not to share.

“I” statements

I speak for myself and remember that I can never know someone else’s experience.

Change your mind as often as you like

Stay open to new ideas and new revelations from our shared wisdom.

Be Present

I listen to others compassionately, respectfully, and appreciatively.

Notice our own reactivity and assume good intentions

We take responsibility for our own reactions and meet each other with love.

Advice-free zone

I practice sacred listening and refrain from giving advice.

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Study Session Format

Open

Sing. Singing together harmonizes, unifies, and raises our collective vibration.
Select a theme song or a unique song for each session.

Examples:

All I'll Ever Need (Ginger Curry)
Here is My Breath (Erin McGaughan)
Hold You in the Light (Kit Holmes)
Get Ready My Soul (Daniel Nahmod)
Breathe (Megan McDonough)
There is Only Love (Karen Drucker)

Pray or Meditate. Be still in silence for 5 minutes together.
Or, take turns opening the session with an inspiring reading, prayer, or insight.

Agree. Read Study Circle Agreements. Add to them if desired.

Study

Check in from previous session, sharing insights.
Follow this week's study pages to journal, share, and contribute.
Leave time to discuss highlighted text from Discover Your Divinity.
Note: It is not necessary to cover every question in every session.

Go at your pace, work with the questions
that are most resonant for you and your friends.

Close

Contribute. Invest in your development of knowledge and consciousness.
Contribute money in appreciation, to your sponsoring community
or, by group agreement, to a person or organization
that provides you spiritual nourishment.

Pray. Invite each person to share one point of learning
they will take with them, or an affirmation.

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Week 1

Chapter 1: What is Affirmative Prayer?

An access point to spiritual realization, affirmative prayer is the practice of recognizing oneness, integrating our human and divine identity, and realizing we are fully able to respond to life's circumstances by means of innate spiritual power.

1. What questions and confusions arise when you think about prayer? (Examples: Who am I praying to? It makes no sense that all prayer is answered and that sometimes the answer is "no.")
2. After reading Chapter 1, how would you define affirmative prayer? How is this definition different from your former understanding?
3. What is your initial reaction to the final paragraphs in this chapter introducing the five movements in the affirmative prayer flow? You will be able to explore each of them in-depth in the coming sessions. At this point, notice your comfort or discomfort, curiosity or resistance. Set your intention for what you want from this series.

Reflection

Of the distinguishing features of affirmative prayer outlined in this chapter, select one that challenges your current understanding and belief. Journal and/or share what you might stand to lose and what you might stand to gain from adopting this new understanding.

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Chapter 2: Oneness, the Prime Principle

The principle of oneness, this singular power, is not a person but the very essence of life, the organizing principle and formless intelligence out of which everything and everyone comes into existence. All physical and spiritual principles are contained within oneness.

1. Explain the Prime Principle, Oneness, in your own words.
2. What does this mean to you: “Principle does not use us; we use principle.”?
3. What does oneness mean for you, about you?



Divide the group into pairs, determining which of the two will speak first. Speaker takes a moment with their partner, seeing their divine nature. Then share what you see with them, sharing what you know of their divine identity. Be specific, noting what principles you see (example: you may see spiritual strength, compassion, love, zeal, or wisdom etc - hold to the truth of their wholeness. After 2 minutes, switch speakers and repeat.

Note: this activity can be done with people you already know and it also can be very powerful with people you do not know. The invitation is to see past the “personality” to their divinity.

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Week 2

Chapter 3: Transformative Mind Action

The power of mind action is the creative process at work in the flow of affirmative prayer. The creative process is the way the invisible becomes visible, and the infinite gets expressed in finite ways. It is an orderly progression of mind, idea, and expression, the action of divine order.

1. Define and explain consciousness, in your own words.
2. Describe your experience of a consciousness shift in terms of the creative process (Mind, Idea, and Expression).



Activity

Divide into two groups for a group debate. Reading the first of the two essential teachings about healing (starting page 37: healing is not a phenomenon that happens to us...), one group will argue in favor of the teaching and the other group will argue against it. Do your best to convince the other group, and then talk about your conclusions in light of New Thought teachings.

Both groups now switch roles, the group formerly arguing in favor now arguing against. This time, read the second of the two essential teachings about healing (p. 38: Although healing is widely believed to be associated with curing a condition, a condition does not need to resolve in order for healing to happen...) Repeat the activity.

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Chapter 4: Affirmation and Negation

Affirmative prayer relies upon statements of Truth, or affirmations, as anchors for shifting awareness from powerlessness to empowerment. A complementary tool is negation, or in classical Unity teachings, denial. Negations are statements renouncing false beliefs with their accompanying negative thinking.

1. Affirmations have made their way into western culture. We hear them on television shows, listen to podcasts advocating affirmative self-talk, and read them in contemporary novels. Notice the particular instruction in this chapter about affirmations, distinguishing them from popular statements that may contain magical thinking or spiritual bypass. When and how have affirmations been particularly useful to you?

2. Negations are far less commonly known or utilized, which we think is a shame because negations clear the mind so that affirmations can actually take hold in consciousness. Think about a situation that has been difficult to get past—maybe a relentless resentment or inability to let go of an injustice from your past. Using the instruction on page 50, work with others in your group to identify one or more unconscious beliefs that could be recognized and released.

Reflection

**Complete the Negation and Affirmation Practice
on pages 54 and 55.**



Partner with one or two others in your study circle to talk about your insights from completing the Negation and Affirmation Practice.

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Week 3

Chapter 5: Recognize the Nature of God

...Wrestling with our understanding of God leads us to a greater God, a God we can identify with. When our grasp on God expands, our prayer leads to expanded consciousness.

1. Explain the three perspectives of God (starting on page 56) in your own words. Which of the three seems obvious and already incorporated into your understanding. Which feels like a stretch? What might you practice in order to incorporate the perspective you relate to least?
2. How can you understand God as principle without losing a sense of God as personal to you?

Reflection

Jot down a quick list of words that describe your understanding of God, including names you give to God and/or words you use instead of "God." Review your list, answering the questions on pages 58 and 59 of this chapter.



Activity

Partner with one or two others in your study group to share insights from the above reflection. How has your understanding of the nature of the divine evolved over time? What new dimensions of the divine have you recently discovered?

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Chapter 6: Claim Divine Identity

Recognizing the nature of God as principle, we can claim the principle as our own. We claim the spiritual authority of I AM, by which we become able to heal, to thrive, and to manifest the life we deeply desire.

1. The human consciousness is particularly challenged to recognize the divine or spiritual consciousness that is its counterpart. In human consciousness our attention is on the physical, which is necessary in time, space, and form. Discuss practices you have engaged in to devote attention to your spiritual nature?
2. What is the rightful and essential role of the human ego in relationship to claiming our divine identity?

Reflection

Review Challenges of Claiming I AM starting on page 70.

Which of these challenges have you reconciled, allowing you to claim I AM? Recall details of your shifting thought process leading to this understanding.

Which of these challenges is at your doorstep now? What might you study and practice, who might you consult with, and how might you expand your awareness?

Thinking about a particular concern, select one power or principle to name and claim. Write it down.

In the midst of _____, I know God is _____,
and therefore I AM _____.

Enter silent meditation as a group. Set a timer for 10 minutes. Experience I AM.

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Week 4

Chapter 7: The Affirmative Prayer Flow

In the flow of affirmative prayer, each movement leads to the next. As we inhabit each movement, our consciousness, like a fern frond, unfurls from the tension of a prayer concern toward the expansiveness of divine realization. It is in the realization that we can concretely activate the divinity we are.

1. When you feel in need of prayer, whether asking someone to pray with you or entering prayer yourself, what is typically happening? What is the quality of your thoughts and emotions? Talk about some recent examples, examining what you believe you wanted to result from prayer. Although it is understandable to have wanted a particular outcome, think in terms of what you wanted spiritually. What did you want to understand? What did you want in terms of power to act?
2. Explain the flow of affirmative prayer as described in this chapter. Be aware of how it tracks with or differs from what you have understood in the past.

Reflection

Write an affirmative prayer, using the Affirmative Prayer Flow Template starting on page 110. Base the prayer on your own prayer need or refer to pages 105-106 for examples of common prayer conditions.



In small groups of 3 or 4, identify a common prayer condition (refer to pages 105-106 for examples). Take turns reflecting on the 12 Powers and principles that might be applicable to incorporate in the affirmative prayer flow. Note there is no single correct answer, and that various powers and principles can be applied for different purposes. Depending upon the amount of time the group has, select another common prayer condition and repeat.

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Week 5

Chapter 8: When Prayer Seems Not to Be Working

The ability to meet ourselves — to be present with our fears, worries, and doubts and meet them with Truth — is the heart of integrative affirmative prayer. It is a personal process of healing where we actively choose to listen for those voices of doubt, worry, or fear — not to squash them but to transform them.

1. Define in your own words the explanations in this chapter for when prayer seems not to be working. Discuss how and when you have been subject to them, and their effects. If you have moved through them, talk about how and by what means your understanding changed.

- Outlining
- Influence of Collective Consciousness
- The Energy Hump
- Lack of Specificity
- Magical Thinking

Reflection

**Practice using the Integrative Affirmative Prayer
Process
starting on page 120.**



Activity

Share with another person your reflection on the Integrative Affirmative Prayer Process. Listen as your partner shares their reflection. Share insights with each other.

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Chapter 9: Preparing to Pray with Others

When praying with others, we are realizing the Truth about their divinity. It is by our spiritual authority to name and claim our own divine nature that we can also name and claim their divine nature.

1. What, in your experience and understanding, is the connection between your prayer consciousness and your support of another person in prayer?
2. Review Common Misunderstandings When Praying with Others, starting on page 132. Review what to do and not do when praying with others, in the chart below. Discuss highlights and insights. What seems most important for you to remember when you anticipate praying with others? (see chart on next page)

Reflection

**Write a prayer for another person,
using the Affirmative Prayer Template.**



Activity

Share your written prayer with another one or two partners and listen to their prayers. Talk about how the words track with what you have been learning.

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When Praying with Others

Do...	Do Not...
Pray from my enlightened consciousness.	Assume they know what I know.
Meet them with compassion and empathy.	Try to make them feel a certain way.
Know their divine identity.	Fall into or join in their story.
Study and prepare for extemporaneous prayer.	Merely go to the heart and let the words flow.
Understand the point of prayer is spiritual realization and empowerment.	Pray for an outcome.
Lead the way to their realization.	Attempt to fix them or it.
Focus upon the person requesting prayer.	Omit the person requesting prayer or pray only for the 3rd person.
Acknowledge and honor their feelings.	Attempt or advise spiritual bypass.
Be specific, highlighting truth without outlining an expected outcome.	Generalize.

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Week 6

Chapter 10: Evolving Your Prayer Style and Vocabulary

When we are praying with others, we are not having a conversation with them; we are speaking from spiritual authority as the I AM. We are declaring Truth. We are speaking aloud the reality of their divine nature... Speaking, activating, claiming from our divine spiritual authority is an embodied experience of oneness; we are expressing an elevated consciousness.

1. Thinking about praying in a point of view different from what is familiar to you, and in light of the content in this chapter, under what circumstances could you envision using a different point of view?
2. What does it mean to you to stand in spiritual authority when you pray with another person?

Reflection

Build an outline that follows the Affirmative Prayer Template, containing some phrases or sentences as starters for each of the five movements. Incorporate recommendations from this chapter regarding active rather than passive voice and writing statements that clearly convey Truth.



Activity

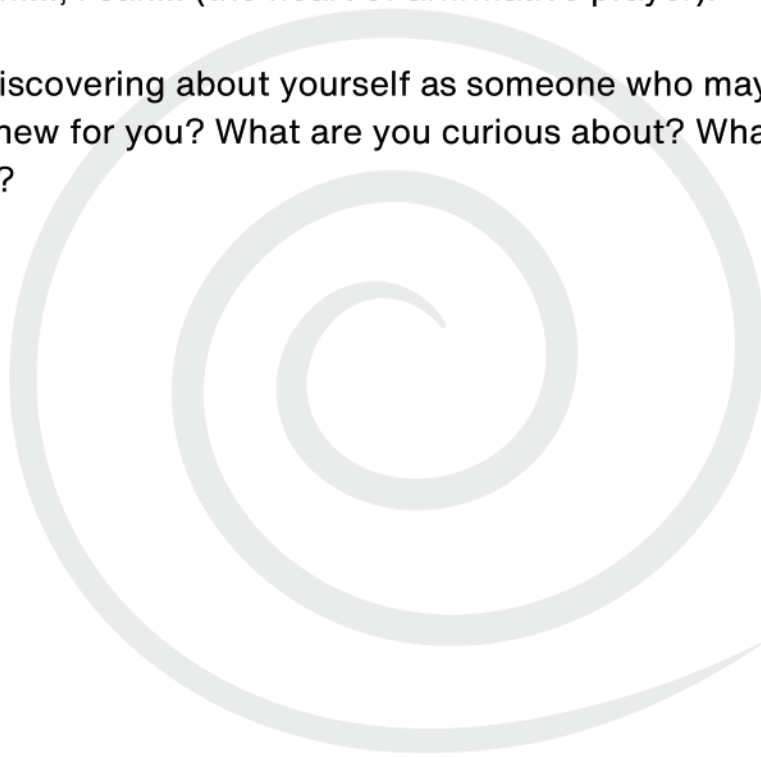
Take turns praying with a partner. Practice using a different point of view (first person, second person, or third person); and with eyes open if you generally pray with eyes closed (and vice versa). Talk about the experience, whether comfortable or uncomfortable. Make note of important take-aways.

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Chapter 11: Praying the Five Movements with Others

The prayer process when praying with others is not for them; it is a process that enables us to awaken more deeply to our own divinity, know that our divinity is their divinity, and then share that realization with others.

1. Review the flow of affirmative prayer by defining the purpose of each movement and sharing examples of God is...; I AM...; I can... (the heart of affirmative prayer).
2. What have you been discovering about yourself as someone who may pray with others? What have you learned that is new for you? What are you curious about? What are you willing to incorporate and practice?



Activity

Practice exchanging prayer with one partner, devoting time afterwards to share your experience. Select another partner and repeat, as time allows.

The Twelve Powers

Faith: Perception, Conviction, Expectancy

Imagination: Conception, Vision, Embodiment

Understanding: Comprehension, Realization, Insight

Will: Choice, Commitment, Willingness

Zeal: Enthusiasm, Audacity, Devotion

Power: Concentration, Self-Mastery, Authority

Love: Magnetism, Harmony, Unity

Wisdom: Judgment, Discernment, Intuition

Order: Organization, Adjustment, Evolution

Strength: Stability, Courage, Tenacity

Release: Cleansing, Renunciation, Repentance

Life: Animation, Vitality, Presence



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Affirmative Prayer Flow Template

Condition:

State the condition that you are experiencing and want to change.

Purpose:

State the purpose of the prayer by identifying the desired state of mind and/or principle to claim.

1. I Open

I open and create space for a new understanding, relaxing into what is possible.

2. I Recognize God Is

There is only one power and one presence. I recognize and name the divine ideas/principles that would be useful, specifically those principles that seem to be lacking.

3. I Integrate: I AM

Awareness of the I AM, integrating human and divine identity, claiming the divine principles and qualities just recognized.

4. I Realize: I Can, I Have, I Know

Realizing what my divinity makes possible. Affirming, activating, claiming, realizing those divine ideas by which I can experience wholeness in new, specific, and actionable ways.

5. I Appreciate

Appreciation for how consciousness has been changed/aligned and that the prayer is fulfilled/done right now—not in the future.

Negation and Affirmation Practice

Condition (concise phrase, e.g., my house is not selling; or my brother is ill and I am worried; or I am having trouble with my ex- spouse)

Facts (2 or 3 facts, not suppositions, judgments, or conclusions). We do not deny what is happening.

I feel (e.g., insecure; fearful; worthless). We do not deny feelings.

What I believe about the condition now (about God, self, life, what is possible or impossible)

I negate (release, eliminate, erase, renounce, reject, refuse, stop, relinquish, say no to... the false beliefs)

I affirm (I claim, I AM—statements of being from your divine identity)

Review your affirmation. Is it present tense, an absolute rather than relative statement, and does it have personally meaningful language?

I promise to live the affirmation. (Now that I know my divine identity, I will... —statements of “doing” that are clear and measurable)

NOTES



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For additional resources, to schedule an event,
or to connect with us:

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