



From Fear
to Faith

World Day of Prayer September 9–10, 2020

Standing in Truth, I move from fear to faith.


unity[®]
World Headquarters
at Unity Village

This brochure is for use with any labyrinth style as part of the 2020 Unity World Day of Prayer, “From Fear to Faith,” or at any time.

The enclosed affirmations and denials follow the Threefold Mystical Path (Purgation, Illumination, and Union) as documented by Rev. Lauren Artress, D.Min., in *Walking a Sacred Path* (Riverhead Books, 1995), the most widely used method for experiencing the labyrinth.

The affirmations and denials also align to aspects of the Five-Step Prayer Process of Unity (Relaxation, Concentration, Meditation, Realization, Appreciation), offering an opportunity to include a labyrinth as an integral component to your World Day of Prayer experience.

Relaxation

“A letting go of tenseness in mind and body ... Loosening the tight mental grip we have on ourselves in order that the healing Christ life may flow freely through our being.”—Charles Fillmore, *The Revealing Word* (Unity Books, 1959)

Purgation

“To purge’—to release, to empty, to quiet ... shedding relinquish the things that we attempt to control ... surrender our daily concerns.”—*Walking a Sacred Path*

Stand at the entrance to the labyrinth, taking in the energy and atmosphere of the space. Breathe. Allow yourself to be present in the moment. Use the following denials and affirmations prior to beginning your walk, opening yourself to hear the voice of Spirit.

- *I stand in Truth as I move from fear to faith.*
- *The fear I may experience is fueled by my thoughts. As I shift in faith, my fear subsides.*
- *I shift my attention from my concerns to my oneness with God.*
- *I reject the power fear holds over me and shift my thoughts toward faith.*

Concentration

“In prayer, attention is the concentration of the mind upon a statement of Truth. Attention is focalizing the I AM or inner entity upon a word of prayer, until the inner meaning is realized and the soul is aware of a definite spiritual uplift.”—Charles and Cora Fillmore, *Teach Us to Pray* (Unity Books, 1941)

Illumination

“The center [of the labyrinth] is a place for meditation and prayer... With an open heart and mind, we will be able to receive what is there for us.”—*Walking a Sacred Path*

When you are ready, enter the labyrinth, and begin along the path. Take your time as you walk the path. Do not hurry. Be deliberate as you place one foot in front of the other. Use the following statements as you travel the path to the center of the labyrinth.

- *I have the power to shape substance through faith.*
- *I recognize the light of Spirit is my source and true nature.*
- *Through daily prayer, my faith becomes stronger.*
- *By faith I see beyond what my human eyes can see.*
- *I trust my divine identity as the greatest reality; and I live in joyous expectation.*

Meditation

You have reached the center of the labyrinth. Take a few moments while in the center of the labyrinth and claim the Truth you are.

Claim the -----
Truth
----- you are.

Thanksgiving

“As you come out of the Silence, count your blessings and give thanks for them. Realize that only good exists in you and in your world, that the power you contacted in the Silence may have opportunity to multiply and increase your blessings.”—*Myrtle Fillmore’s Healing Letters* (Unity Books, 1954)

Union

“Empowers the seeker to move back out into the world, replenished and directed ... [with] the insight they have gained [while in the labyrinth].”—*Walking a Sacred Path*

Use these affirmations as you walk out of the labyrinth and return to where the path began.

- *I look with kindness upon fear and worries, for they urge me to harness my great power of faith.*
- *By my faith I envision the magnificent possibilities of a healthful life, harmonious love, and boundless prosperity.*
- *Through faith, I trust in universal goodness allowing me to rest in spiritual assurance.*
- *I move from fear to faith, knowing my divine identity as the greatest reality; and I live in joyous expectation.*

