

# WHAT GOES IN EACH STEP OF AFFIRMATIVE PRAYER

**Problem:** What problem would you like to solve with this prayer? What would you like to see differently when this prayer is complete?

**Quality:** Which spiritual qualities would be helpful in changing the way you feel about the problem?

**Purpose:** An affirmation statement about the solution we seek, using the qualities we have just identified.

**Recognition:** Spirit is \_\_\_\_\_ (a whole bunch of stuff that you know that God is, in the form of spiritual qualities). Eternal, All-Knowing, pure Love, absolute Abundance. Sweet Spirit is expressing as everyone and everything. Include whatever matters to you and helps you find that sense of how amazing and huge and powerful Spirit is.

**Unification:** I am one with God. I am made up of God stuff, so I am that which God is. I am Love, Prosperity, or whatever qualities you have claimed for God.

**Realization:** Because I am the (fill in the blank quality) that God is, I am experiencing (the thing or experience) that I want now. (Note the present tense.)

**Thanksgiving:** I am so thankful to know this is already the Truth.

**Release:** I release this prayer into the Law – the mechanism of how the Energetic Universe works. I like to close the release step of my affirmative prayers with “And So It Is”. That’s basically what Amen means in modern English. Amen is fine too. Whatever works for you is just dandy.