



Good News from ...

# Soul Food Unity Ministry

“The Word of God is true Soul Food”

~ Charles Fillmore

Volume I, Number 5

*Shining the Light of Truth on Contemporary Issues*

May, 2009

## You Are On The Air!

Many of us are weary of the media’s broadcasting of the economic crisis. In both broadcast and print media, the focus on the negative is overwhelming. For example, the front page of the Kansas City Star’s business section recently reported on lay-off conditions at three local companies.

- One story reported on a company that planned no lay-offs.
- The second reported on a company that might lay-off 11% of its workforce.
- The third company was hiring new workers.

Guess which story was the headline story? **You’re right** – it’s the story of the company that might lay-off workers.

Twenty-four hours a day the news is broadcast that at 8%, unemployment hasn’t been this high since 1984 (or some other date in the past.) Since we made it through that time of high unemployment and have prospered since then, all of the negative drama is unnecessary.

Also, if 8% are unemployed then **92% are employed!** Let’s appreciate and give thanks for that, remembering that what we give thanks for is increased.

For those of us who live in God’s economy rather than Wall Street’s economy, every financial challenge is an opportunity for spiritual growth. In God’s economy, we do not depend upon people or conditions for our cash flow. God is the Source of our supply and provides amazing channels of supply for each and all of us. Therefore, when one channel closes, another can open up. That’s why we

must be careful not to confuse the channels of our supply with its true source – God.

Realizing this truth, we can move out of the pervading consciousness of hard economic times. We begin this move by paying close attention to “broadcasting” — to both the broadcast we receive and the broadcast we are sending out. Our physical bodies begin and leave off at a certain place — our mind has no such limitations. And although we think our inner thoughts and feelings are confidential, others can and do listen in. That’s possible because what we think about evokes feelings, and those feelings vibrate, and that vibration is our *personal broadcast*.

Not only are we broadcasting our personal feelings to others, we are also responsive to the personal feelings of others.

What we must understand is that we are at the controls of our own broadcasting and receptivity. We have the right and power to control our broadcasting and receiving instruments and tune in to only the programs we desire. If we are surrounded by those who are projecting attitudes of negation, we have the power to change the dial and not tune in. The broadcast can bypass us so that it doesn’t arouse in us a corresponding feeling and attitude. That leaves us free to tune in to the Holy Spirit’s broadcast of peace, love, and well-being.

| <i>In this issue:</i>            | <i>page</i> |
|----------------------------------|-------------|
| <i>You Are On The Air! . . .</i> | <i>1</i>    |
| <i>Teach Us to Pray.....</i>     | <i>2</i>    |
| <i>Visit our Web Site.....</i>   | <i>4</i>    |

After years of giving and receiving negative broadcasts, especially about money, how do we tune it out and begin a new personal broadcast?

♥ At the start of each day, deliberately and consciously choose the subject of your personal broadcast for the day.

♥ “Choose you this day whom you will serve.” (Joshua 24:15)

♥ Write it on post-it notes and post it where you will see it often during the day as a reminder that *you are on the air!*

I choose to broadcast  
peace, love and well-  
being!

“Let the words of my mouth and the meditations of my heart are acceptable to you, O Lord my strength and my redeemer.” (Psalm 19:14)

~ Sallye Taylor



## Teach Us to Pray

“Take it to God in prayer” is a phrase I have heard often since early childhood. Prayer was recommended as the remedy for all things at all times and in every situation. Not only was this advice given, it was usually followed by the support of scriptural references:

“Watch and pray that ye enter not into temptation...” (Matthew 26:41)

“Men ought always to pray and not faint...” (Luke 18:1)

[“...Jesus told them a parable about their need to pray always and not to lose heart.”] RSV

and

“Pray without ceasing.” (1 Thess. 5:17)

Take it to God in prayer was good advice then, and it remains true today and tomorrow.

The word *pray* is referenced in Strong’s Concordance of the Bible more than 430 times, not including other forms of the word. Just as the importance of prayer is emphasized repeatedly in scripture, I find it equally important to realize another truth: one’s prayers can only demonstrate to the degree of their understanding of *what* prayer is. Challenges often require that we re-examine different aspects of our lives. This time of economic upheaval (or whatever your personal challenge might be) may present the perfect opportunity for

many to consider their thoughts, beliefs and practices regarding prayer.

Many of us learned to pray according to what was modeled for us. Even though this was true for me, for a long time, also felt that something was missing. A statement in the book of James had gotten my attention – Chapter 4:3, “*You ask and do not receive because you ask wrongly...*” So, I prayed, “*Teach me to pray.*” The second part of verse 3 had escaped my attention totally, “*You ask wrongly, in order to spend what you get on your pleasures.*” I not only failed to understand verse 3, I had missed the entire point of the opening of the chapter. The people’s prayers were entrenched in wrong intentions to gratify their desires of passion. (Thankfully, God meets each of us right where we are and prompts us to grow in spiritual maturity.) Finally, the realization came through Holy Spirit that there was something more to prayer than beseeching from a place of lack and limitation.



Prayer is much more than a list of requests for God to grant them. Prayer is a state of consciousness where the Allness of God is experienced, and the **knowing** that we “*...live and move and have our being...*” (Acts 17:28) in the Allness.

In the Revealing Word, Charles Fillmore says, “*Prayer [is] communion between God and man...in the innermost part of man’s being...It is*

*the language of spirituality ...Prayer is more than supplication. It is affirmation of Truth that eternally exists, but has not yet come into consciousness not by supplication but by affirmation...get still and think about the inexhaustible resources of infinite Mind.”*

To pray earnestly **is** to “Seek ye first the kingdom of God (Christ consciousness) and his righteousness (harmony, right judgment and relation).” (Matthew 6:33) Prayer is not a thoughtless activity; it is deliberate. Fillmore surmises from scripture seven necessary conditions for true prayer:

- ♦ God should be recognized as Father.
- ♦ Oneness with God should be acknowledged.
- ♦ Prayer must be made within “*the secret place.*”
- ♦ The door must be closed on all thoughts and interest of the outer world.
- ♦ Believe that you have received.
- ♦ The kingdom of God must be desired above all things and sought first.
- ♦ The mind must let go of every unforgiving thought.

By meeting these conditions, one is open for communion with God.

The life of prayer is a life of discipline. It is necessary to practice prayer daily because it is a conditioning of the mind. If prayer is a regular part of our daily activities – in all times and situations – relationship is developed with God, the Source and Giver, rather than longing only for the gifts. It is said that “*When the pupil is ready, the teacher will appear.*” So in our desire of learning to pray, let us open our heart and mind to seek the kingdom within us. The experience is common to all humankind; it is not new. Consider the description of this developmental process written in Effectual Prayer by Frances W. Foulkes:

*“Strange as it may seem, a great desire to enter into close communion with the Father rarely comes first through joy, during prosperity and success, youth and health; for at these times there is a*

*certain sense of security when one seems sufficient unto oneself...All of us travel the path from self to God by way of prayer. Little by little one learn to relax the physical so the God-life may enter; to let go of the mental so that God-life may enter...and become still...No one can take these steps for another any more than one can [eat or sleep] for another. Each one must take them for oneself, at [ones] own time, in [ones] own way. Through many experiences we learn the way...through prayers of many words, through desires and emotions the soul finally learns to cut out the “unessentials” and go directly to the Father...Let praise and thanksgiving ever rise like sweet incense from the altar of prayer in your heart. Let the joy of inner communion open the way for you to the glory of God, no matter what the outer appearances may be. When this is done there is no force in the heaven or the earth that can keep your good from you...”*

As true disciples, let us seek an enriched prayer life through the guidance of Holy Spirit teaching us to pray. Remember the words and the truth of this old hymn:

*“O what peace we often forfeit,  
O what needless pains we bear,  
All because we do not carry,  
Everything to God in prayer.”*

### *Application*

1. Develop a strong desire for Holy Spirit to “*Teach me [you] to pray.*”
2. Set regular prayer times daily and keep them.
3. Practice one Truth affirmation and allow yourself to enter the stillness. (As cares and concerns enter your mind, practice detachment from each concern – *let it go.*)
4. Dwell in the stillness and feel the refreshment, emotionally, mentally and physically.

~ Gloria Lilly-Holt



Visit our web site at  
[www.UnityTruthSeekers.com](http://www.UnityTruthSeekers.com)

***Editorial Staff***

**Managing Editor**  
Rev. Sallye Taylor

**Co-Editor**  
Rev. Gloria Lilly-Holt

**Copy Editor**  
Linda Miller

*Soul Food Unity Ministry*

*Rev. Sallye Taylor & Rev. Gloria Lilly-Holt, Co-ministers*

923 NE Woods Chapel Rd. #239

Lee's Summit, MO 64064