

The Bible

1. Zech. 8:4–8, 21, 22

- 4 Thus saith the LORD of hosts; There shall yet old men and old women dwell in the streets of Jerusalem, and every man with his staff in his hand for very age.
- 5 And the streets of the city shall be full of boys and girls playing in the streets thereof.
- 6 Thus saith the LORD of hosts; If it be marvellous in the eyes of the remnant of this people in these days, should it also be marvellous in mine eyes? saith the LORD of hosts.
- 7 Thus saith the LORD of hosts; Behold, I will save my people from the east country, and from the west country;
- 8 And I will bring them, and they shall dwell in the midst of Jerusalem: and they shall be my people, and I will be their God, in truth and in righteousness.
- 21 And the inhabitants of one *city* shall go to another, saying, Let us go speedily to pray before the LORD, and to seek the LORD of hosts: I will go also.
- 22 Yea, many people and strong nations shall come to seek the LORD of hosts in Jerusalem, and to pray before the LORD.

2. Ps. 33:3–5 play, 8, 9, 12–15, 20

- 3 ... play skilfully with a loud noise.
- 4 For the word of the LORD *is* right; and all his works *are done* in truth.
- 5 He loveth righteousness and judgment: the earth is full of the goodness of the LORD.
- 8 Let all the earth fear the LORD: let all the inhabitants of the world stand in awe of him.
- 9 For he spake, and it was *done*; he commanded, and it stood fast.
- 12 Blessed *is* the nation whose God *is* the LORD; *and* the people *whom* he hath chosen for his own inheritance.
- 13 The LORD looketh from heaven; he beholdeth all the sons of men.
- 14 From the place of his habitation he looketh upon all the inhabitants of the earth.
- 15 He fashioneth their hearts alike; he considereth all their works.
- 20 Our soul waiteth for the LORD: he *is* our help and our shield.

3. Heb. 12:1

- 1 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset *us*, and let us run with patience the race that is set before us,

4. I Cor. 9:24–27 (to :)

- 24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.
- 25 And every man that striveth for the mastery is temperate in all things. Now they *do it* to obtain a corruptible crown; but we an incorruptible.

26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

27 But I keep under my body, and bring *it* into subjection: ...

5. I Cor. 15:54–58

54 So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.

55 O death, where *is* thy sting? O grave, where *is* thy victory?

56 The sting of death *is* sin; and the strength of sin *is* the law.

57 But thanks *be* to God, which giveth us the victory through our Lord Jesus Christ.

58 Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

6. Isa. 25:8, 9

8 He will swallow up death in victory; and the Lord GOD will wipe away tears from off all faces; and the rebuke of his people shall he take away from off all the earth: for the LORD hath spoken *it*.

9 ¶ And it shall be said in that day, Lo, this *is* our God; we have waited for him, and he will save us: this *is* the LORD; we have waited for him, we will be glad and rejoice in his salvation.

7. Ps. 98:1–4

1 O sing unto the LORD a new song; for he hath done marvellous things: his right hand, and his holy arm, hath gotten him the victory.

2 The LORD hath made known his salvation: his righteousness hath he openly shewed in the sight of the heathen.

3 He hath remembered his mercy and his truth toward the house of Israel: all the ends of the earth have seen the salvation of our God.

4 Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.

8. Ps. 116:5, 7–9, 12, 13

5 Gracious *is* the LORD, and righteous; yea, our God *is* merciful.

7 Return unto thy rest, O my soul; for the LORD hath dealt bountifully with thee.

8 For thou hast delivered my soul from death, mine eyes from tears, *and* my feet from falling.

9 I will walk before the LORD in the land of the living.

12 What shall I render unto the LORD *for* all his benefits toward me?

13 I will take the cup of salvation, and call upon the name of the LORD.

9. I Chron. 29:11–13

11 Thine, O LORD, *is* the greatness, and the power, and the glory, and the victory, and the majesty: for all *that is* in the heaven and in the earth *is thine*; thine *is* the kingdom, O LORD, and thou art exalted as head above all.

12 Both riches and honour *come* of thee, and thou reignest over all; and in thine hand *is* power and might; and in thine hand *it is* to make great, and to give strength unto all.

13 Now therefore, our God, we thank thee, and praise thy glorious name.



1. SH 218:27–20; 219:23–28; 220:1

27 The Scriptures say, “They that wait upon the Lord
... shall run, and not be weary; and they shall walk,
and not faint.” The meaning of that passage is not
30 perverted by applying it literally to moments of fatigue,
for the moral and physical are as one in their results.
When we wake to the truth of being, all disease,
1 pain, weakness, weariness, sorrow, sin, death, will be
unknown, and the mortal dream will forever cease. My
3 method of treating fatigue applies to all bodily ailments,
since Mind should be, and is, supreme, absolute, and
final.

6 In mathematics, we do not multiply when we should
subtract, and then say the product is correct. No more
can we say in Science that muscles give strength,
9 that nerves give pain or pleasure, or that matter
governs, and then expect that the result will be harmony.
Not muscles, nerves, nor bones, but mortal mind makes
12 the whole body “sick, and the whole heart faint;” whereas
divine Mind heals.

Affirmation
and result

When this is understood, we shall never affirm concern-
15 ing the body what we do not wish to have manifested. We
shall not call the body weak, if we would have it strong;
for the belief in feebleness must obtain in the human
18 mind before it can be made manifest on the body, and
the destruction of the belief will be the removal of its
effects.

We may hear a sweet melody, and yet misunderstand
24 the science that governs it. Those who are healed
through metaphysical Science, not compre-
hending the Principle of the cure, may misun-
27 derstand it, and impute their recovery to change of air or
diet, not rendering to God the honor due to Him alone.

Scientific
beginning

1 We hear it said: “I exercise daily in the open air. I
take cold baths, in order to overcome a predisposition to
3 take cold; and yet I have continual colds,
catarrh, and cough.” Such admissions ought
to open people’s eyes to the inefficacy of material hygiene,
6 and induce sufferers to look in other directions for cause
and cure.

Hygiene
ineffectual

2. SH 145:8–20

The struggle for the recovery of invalids goes on, not
9 between material methods, but between mortal minds
and immortal Mind. The victory will be on
the patient's side only as immortal Mind
12 through Christ, Truth, subdues the human belief in
disease. It matters not what material method one may
adopt, whether faith in drugs, trust in hygiene, or reliance
15 on some other minor curative.

The struggle
and victory

Scientific healing has this advantage over other meth-
ods, — that in it Truth controls error. From this fact
18 arise its ethical as well as its physical ef-
fects. Indeed, its ethical and physical effects
are indissolubly connected.

Mystery of
godliness

3. SH 253:19–28, 32–6

Matter can
make no opposition to right endeavors against
21 sin or sickness, for matter is inert, mindless.
Also, if you believe yourself diseased, you can
alter this wrong belief and action without hindrance from
24 the body.

Right
endeavor
possible

Do not believe in any supposed necessity for sin, dis-
ease, or death, knowing (as you ought to know) that God
27 never requires obedience to a so-called material law, for
no such law exists.

The divine demand, “Be ye therefore perfect,” is sci-
1 entific, and the human footsteps leading to perfection are
indispensable. Individuals are consistent who, watching
3 and praying, can “run, and not be weary; . . .
walk, and not faint,” who gain good rapidly
and hold their position, or attain slowly and
6 yield not to discouragement.

Patience
and final
perfection

4. SH 417:5–16

Never
6 tell the sick that they have more courage
than strength. Tell them rather, that their strength
is in proportion to their courage. If you make the sick
9 realize this great truism, there will be no reaction from
over-exertion or from excited conditions. Maintain
the facts of Christian Science, — that Spirit is God, and
12 therefore cannot be sick; that what is termed matter
cannot be sick; that all causation is Mind, acting

Helpful en-
couragement

through spiritual law. Then hold your ground with
15 the unshaken understanding of Truth and Love, and
you will win.

5. SH 20:27–5

27 St. Paul wrote, “Let us
lay aside every weight, and the sin which doth so
easily beset us, and let us run with patience the race that
30 is set before us;” that is, let us put aside material self
and sense, and seek the divine Principle and Science of
all healing.

1 If Truth is overcoming error in your daily walk and
conversation, you can finally say, “I have fought a
3 good fight . . . I have kept the faith,” be-
cause you are a better man. This is having
our part in the at-one-ment with Truth and Love.

Behest of
the cross

Moral
victory

6. SH 452:32–8

You do

1 not deny the mathematician’s right to distinguish the cor-
rect from the incorrect among the examples on the black-
3 board, nor disbelieve the musician when he distinguishes
concord from discord. In like manner it should be granted
that the author understands what she is saying.

6 Right and wrong, truth and error, will be at strife in
the minds of students, until victory rests on the side of
invincible truth.

7. SH 411:27

27 Always begin your treatment by allaying the fear
of patients. Silently reassure them as to their exemp-
tion from disease and danger. Watch the re-
30 sult of this simple rule of Christian Science,
and you will find that it alleviates the symptoms of every
disease. If you succeed in wholly removing the fear,
1 your patient is healed. The great fact that God lovingly
governs all, never punishing aught but sin, is your stand-
3 point, from which to advance and destroy the human fear
of sickness. Mentally and silently plead the case scien-
tifically for Truth. You may vary the arguments to meet
6 the peculiar or general symptoms of the case you treat,
but be thoroughly persuaded in your own mind concern-
ing the truth which you think or speak, and you will be
9 the victor.

Unspoken
pleading

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