

2018-10-24 Fear not

Wednesday



"Fear not", "Be not afraid"! This divine reassurance is given almost a hundred times in the Bible. Let's hear a few of these, and then we'll look at correlative, explanatory passages from our Christian Science textbook.



Holy Bible

1. Josh. 1:9 Be

Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God *is* with thee whithersoever thou goest.

2. Prov. 3:5, 6

¶ Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

3. Luke 8:41, 42 (to .), 49–55; 9:1, 2

¶ And, behold, there came a man named Jairus, and he was a ruler of the synagogue: and he fell down at Jesus' feet, and besought him that he would come into his house: For he had one only daughter, about twelve years of age, and she lay a-dying. ... ¶ While he yet spake, there cometh one from the ruler of the synagogue's *house*, saying to him, Thy daughter is dead; trouble not the Master. But when Jesus heard *it*, he answered him, saying, Fear not: believe only, and she shall be made whole. And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden. And all wept, and bewailed her: but he said, Weep not; she is not dead, but sleepeth. And they laughed him to scorn, knowing that she was dead. And he put them all out, and took her by the hand, and called, saying, Maid, arise. And her spirit came again, and she arose straightway: and he commanded to give her meat. ... Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases. And he sent them to preach the kingdom of God, and to heal the sick.

4. Mark 4:35 when, 36 (to And), 36 2nd they (to .), 37–40

when the even was come, he saith unto them, Let us pass over unto the other side. And ... they took him even as he was in the ship. ... And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And he was in the

hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm. And he said unto them, Why are ye so fearful? how is it that ye have no faith?

5. Matt. 6:25 I (to 2nd ,)

I say unto you, Take no thought for your life,

6. Matt. 10:29–31

Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows.

7. Prov. 3:19, 21–26

The LORD by wisdom hath founded the earth; by understanding hath he established the heavens. ... ¶ My son, let not them depart from thine eyes: keep sound wisdom and discretion: So shall they be life unto thy soul, and grace to thy neck. Then shalt thou walk in thy way safely, and thy foot shall not stumble. When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet. Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. For the LORD shall be thy confidence, and shall keep thy foot from being taken.

8. Acts 5:12 (to ;), 17–21 (to .)

¶ And by the hands of the apostles were many signs and wonders wrought among the people; ... ¶ Then the high priest rose up, and all they that were with him, (which is the sect of the Sadducees,) and were filled with indignation, And laid their hands on the apostles, and put them in the common prison. But the angel of the Lord by night opened the prison doors, and brought them forth, and said, Go, stand and speak in the temple to the people all the words of this life. And when they heard *that*, they entered into the temple early in the morning, and taught.

9. Ex. 14:13 Fear (to :), 14

Fear ye not, stand still, and see the salvation of the LORD, which he will shew to you to-day: ... The LORD shall fight for you, and ye shall hold your peace.

10. John 5:19 Jesus (to Jesus), 19 said (to said), 19–25 Verily

Jesus ... said ... Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise. For the Father loveth the Son, and sheweth him all things that himself doeth: and he will shew him greater works than these, that ye may marvel. For as the Father raiseth up the dead, and quickeneth *them*; even so the Son quickeneth whom he will. For the Father judgeth no man, but hath committed all judgment unto the Son: That all *men* should honour the Son, even as they honour the Father. He that honoureth not the Son honoureth not the Father which hath sent him. Verily, verily, I say unto you, He that heareth my word, and believeth on him

that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life. Verily, verily, I say unto you, The hour is coming, and now is, when the dead shall hear the voice of the Son of God: and they that hear shall live.

11. Rom. 7:25 (to .); 8:2, 6, 14–17

I thank God through Jesus Christ our Lord. ... For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. ... For to be carnally minded *is* death; but to be spiritually minded *is* life and peace. ... For as many as are led by the Spirit of God, they are the sons of God. For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with *him*, that we may be also glorified together.

12. Luke 1:76–79

And thou, child, shalt be called the prophet of the Highest: for thou shalt go before the face of the Lord to prepare his ways; To give knowledge of salvation unto his people by the remission of their sins, Through the tender mercy of our God; whereby the dayspring from on high hath visited us, To give light to them that sit in darkness and *in* the shadow of death, to guide our feet into the way of peace.

13. John 14:27

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.



Science and Health

1. SH 410:29–30

Christian scientific practice begins with Christ's keynote of harmony, “Be not afraid!”

2. SH 645:3 Before

Before I knew anything of Christian Science my business had often been a burden to me, fear and worry deprived me of my rest. How different it is now! Through the study of the Bible, which now possesses unmeasurable treasures for me, and of our textbook, Science and Health, and the other works of our Leader, I receive peace and confidence in God and that insight into character which is necessary for the correct management of any business. — W. H. H., Bloomfield, Neb.

3. SH 406:1 (only), 3–4 (to The), 4–5 divine (to 1st), 5 is

The Bible contains the recipe for all healing. ... Sin and sickness are both healed by the same Principle. The ... divine Principle, ... is equal to every emergency, offering full salvation from sin, sickness, and death. Sin will

submit to Christian Science when, in place of modes and forms, the power of God is understood and demonstrated in the healing of mortals, both mind and body. "Perfect Love casteth out fear."

The leaves
of healing

4. SH 13:20-24

If we pray to God as a corporeal person, this will prevent us from relinquishing the human doubts and fears which attend such a belief, and so we cannot grasp the wonders wrought by infinite, incorporeal Love, to whom all things are possible.

Corporeal
ignorance

5. SH 445:19-21

Christian Science silences human will, quiets fear with Truth and Love, and illustrates the unlabored motion of the divine energy in healing the sick.

6. SH 188:22-23 (to 1st.), 24-26

Sickness is a growth of error, springing from mortal ignorance or fear. ... The soil of disease is mortal mind, and you have an abundant or scanty crop of disease, according to the seedlings of fear.

7. SH 377:26-4 (to 1st.); 378:8-10

The cause of all so-called disease is mental, a mortal fear, a mistaken belief or conviction of the necessity and power of ill-health; also a fear that Mind is helpless to defend the life of man and incompetent to control it. Without this ignorant human belief, any circumstance is of itself powerless to produce suffering. It is latent belief in disease, as well as the fear of disease, which associates sickness with certain circumstances and causes the two to appear conjoined, even as poetry and music are reproduced in union by human memory. Disease has no intelligence. ... Without the so-called human mind, there can be no inflammatory nor torpid action of the system. Remove the error, and you destroy its effects.

8. SH 411:21-1

Disease is always induced by a false sense mentally entertained, not destroyed. Disease is an image of thought externalized. The mental state is called a material state. Whatever is cherished in mortal mind as the physical condition is imaged forth on the body. Always begin your treatment by allaying the fear of patients. Silently reassure them as to their exemption from disease and danger. Watch the result 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, your patient is healed.

Fear as the
foundation

Unspoken
pleading

9. SH 243:30-31, 32-12

Sickness, sin, and death are not the fruits of Life. They are inharmonies which Truth destroys. ... Inasmuch as God is good and the fount of all being, He does not produce moral or physical deformity; therefore such deformity is not real, but is illusion, the mirage of error. Divine Science reveals these grand facts. On their basis

Jesus demonstrated Life, never fearing nor obeying error in any form. If we were to derive all our conceptions of man from what is seen between the cradle and the grave, happiness and goodness would have no abiding-place in man, and the worms would rob him of the flesh; but Paul writes: "The law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death."

Deformity
and
perfection

10. SH 208:25–26, 31–2; 209:5

Mind, not matter, is causation. A material body only expresses a material and mortal mind. ... You should banish all thoughts of disease and sin and of other beliefs included in matter. Man, being immortal, has a perfect indestructible life. ... Mind, supreme over all its formations and governing them all, is the central sun of its own systems of ideas, the life and light of all its own vast creation; and man is tributary to divine Mind. The material and mortal body or mind is not the man.

Allness of
Truth

11. SH 393:16–18

Be firm in your understanding that the divine Mind governs, and that in Science man reflects God's government.

12. SH 391:29–2; 392:5–8

Mentally contradict every complaint from the body, and rise to the true consciousness of Life as Love, — as all that is pure, and bearing the fruits of Spirit. Fear is the fountain of sickness, and you master fear and sin through divine Mind; hence it is through divine Mind that you overcome disease. ... Fear, which is an element of all disease, must be cast out to readjust the balance for God. Casting out evil and fear enables truth to outweigh error.

Sin to be
overcome

13. SH 494:30–3

Our Master cast out devils (evils) and healed the sick. It should be said of his followers also, that they cast fear and all evil out of themselves and others and heal the sick. God will heal the sick through man, whenever man is governed by God. Truth casts out error now as surely as it did nineteen centuries ago.

Followers
of Jesus

14. SH 406:20-25 We

We can, and ultimately shall, so rise as to avail ourselves in every direction of the supremacy of Truth over error, Life over death, and good over evil, and this growth will go on until we arrive at the fulness of God's idea, and no more fear that we shall be sick and die.

Resist to
the end

15. SH 578:10

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for [LOVE] is with me; [LOVE'S] rod and [LOVE'S] staff they comfort me.



1. Hymn. 124:1-3

How gentle God's commands, / How kind His precepts are; / Come, cast your
burdens on the Lord, / And trust His constant care. // Beneath His watchful eye /
His saints securely dwell; / That hand which bears creation up / Shall guard His
children well. // His goodness stands approved, / Unchanged from day to day: / I
drop my burden at His feet, / And bear a song away. //

2. Hymn. 139:1-3

I walk with Love along the way, / And O, it is a holy day; / No more I suffer cruel
fear, / I feel God's presence with me here; / The joy that none can take away / Is
mine; I walk with Love today. // Who walks with Love along the way, / Shall talk
with Love and Love obey; / God's healing truth is free to all, / Our Father answers
every call; / 'Tis He dispels the clouds of gray / That all may walk with Love today.
// Come, walk with Love along the way, / Let childlike trust be yours today; / Uplift
your thought, with courage go, / Give of your heart's rich overflow, / And peace
shall crown your joy-filled day. / Come, walk with Love along the way. //

3. Hymn. 181:1-4

Loving Father, we Thy children / Look to Thee in fear's dark night / While the
angels of Thy presence / Guide us upward to the light. // Then we feel the power
that lifts us / To Thy holy secret place, / Where our gloom is lost in glory / As we
see Thee face to face. // We would learn, O gracious Father, / To reflect Thy
healing love. / May we all awake to praise Thee / For Thy good gifts from above. //
Make us strong to bear the message / To Thy children far and near: / Fear shall
have no more dominion. / God is All, and heaven is here. //