

2019-03-06 Recovery

Wednesday



When reading or listening to the news, or talking to friends, we are often reminded of the hardships that seem so prevalent around the world and in our communities. Maybe we have experienced hardship in our own lives, or in our church. How can we pray effectively to recover from such hardships? Here is some healing inspiration from our Pastor: *The Holy Bible and Science and Health with Key to the Scriptures*, by Mary Baker Eddy.



The Holy Bible

1. Ps. 42:5

Why art thou cast down, O my soul? and *why* art thou disquieted in me? hope thou in God: for I shall yet praise him *for* the help of his countenance.

2. Isa. 58:1–3 (to 2nd ?), 5–12

Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins. Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God. ¶ Wherefore have we fasted, *say they*, and thou seest not? *wherefore* have we afflicted our soul, and thou takest no knowledge? ...

Is it such a fast that I have chosen? a day for a man to afflict his soul? *is it* to bow down his head as a bulrush, and to spread sackcloth and ashes *under him*? wilt thou call this a fast, and an acceptable day to the LORD? *Is not* this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? *Is it not* to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? ¶ Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I *am*. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And *if* thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness *be* as the noon day: And the LORD shall guide thee continually, and satisfy thy soul in drought, and

make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And *they that shall be* of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

3. Isa. 54:7–10

For a small moment have I forsaken thee; but with great mercies will I gather thee. In a little wrath I hid my face from thee for a moment; but with everlasting kindness will I have mercy on thee, saith the LORD thy Redeemer. For this *is as* the waters of Noah unto me: for *as* I have sworn that the waters of Noah should no more go over the earth; so have I sworn that I would not be wroth with thee, nor rebuke thee. For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the covenant of my peace be removed, saith the LORD that hath mercy on thee.

4. Isa. 11:10, 12, 16

¶ And in that day there shall be a root of Jesse, which shall stand for an ensign of the people; to it shall the Gentiles seek: and his rest shall be glorious. ...

And he shall set up an ensign for the nations, and shall assemble the outcasts of Israel, and gather together the dispersed of Judah from the four corners of the earth. ...

And there shall be an highway for the remnant of his people, which shall be left, from Assyria; like as it was to Israel in the day that he came up out of the land of Egypt.

5. Joel 2:25–27

And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you. And ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed. And ye shall know that I *am* in the midst of Israel, and *that I am* the LORD your God, and none else: and my people shall never be ashamed.

6. Isa. 49:8–11

Thus saith the LORD, In an acceptable time have I heard thee, and in a day of salvation have I helped thee: and I will preserve thee, and give thee for a covenant of the people, to establish the earth, to cause to inherit the desolate heritages; That thou mayest say to the prisoners, Go forth; to them that *are* in darkness, Shew yourselves. They shall feed in the ways, and their pastures *shall be* in all high places. They shall not hunger nor thirst; neither shall the heat nor sun smite them: for he that hath mercy on them shall lead them, even by the springs of water shall he guide them. And I will make all my mountains a way, and my highways shall be exalted.

7. Isa. 43:3–7

For I *am* the LORD thy God, the Holy One of Israel, thy Saviour: I gave Egypt *for* thy ransom, Ethiopia and Seba for thee. Since thou wast precious in my sight, thou hast

been honourable, and I have loved thee: therefore will I give men for thee, and people for thy life. Fear not: for I *am* with thee: I will bring thy seed from the east, and gather thee from the west; I will say to the north, Give up; and to the south, Keep not back: bring my sons from far, and my daughters from the ends of the earth; *Even* every one that is called by my name: for I have created him for my glory, I have formed him; yea, I have made him.

8. Rom. 12:1, 2

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.



Science and Health

1. SH 280:4-6

From Love and from the light and harmony
which are the abode of Spirit, only reflections of good can come.

The things
of God are
beautiful

2. SH 594:19–20 (to 2nd ;)

SPIRIT. Divine substance; Mind; divine Principle; all that is good; God; ...

3. SH 295:5

God creates and governs the universe, including man. The universe is filled with spiritual ideas, which He evolves, and they are obedient to the Mind that makes them. Mortal mind would transform the spiritual into the material, and then recover man's original self in order to escape from the mortality of this error. Mortals are not like immortals, created in God's own image; but infinite Spirit being all, mortal consciousness will at last yield to the scientific fact and disappear, and the real sense of being, perfect and forever intact, will appear.

Mortals
unlike
immortals

4. SH 264:32; 265:16–19 (np); 266:25–2

The universe of Spirit is peopled with spiritual beings, and its government is divine Science. Man is the offspring, not of the lowest, but of the highest qualities of Mind. Man understands spiritual existence in proportion as his treasures of Truth and Love are enlarged. Mortals must gravitate Godward, their affections and aims grow spiritual, — they must near the broader interpretations of being, and gain some proper sense of the infinite, — in order that sin and mortality may be put off. ...

Godward
gravitation

The senses represent birth as untimely and death as irresistible, as if man were a weed growing apace or a flower withered by the sun and nipped by

untimely frosts; but this is true only of a mortal, not of a man in God's image and likeness. The truth of being is perennial, and the error is unreal and obsolete.

Mortal birth
and death

Who that has felt the loss of human peace has not gained stronger desires for spiritual joy? The aspiration after heavenly good comes even before we discover what belongs to wisdom and Love. The loss of earthly hopes and pleasures brightens the ascending path of many a heart. The pains of sense quickly inform us that the pleasures of sense are mortal and that joy is spiritual.

Blessings
from pain

The pains of sense are salutary, if they wrench away false pleasurable beliefs and transplant the affections from sense to Soul, where the creations of God are good, "rejoicing the heart." Such is the sword of Science, with which Truth decapitates error, materiality giving place to man's higher individuality and destiny.

Decapitation
of error

Would existence without personal friends be to you a blank? Then the time will come when you will be solitary, left without sympathy; but this seeming vacuum is already filled with divine Love. When this hour of development comes, even if you cling to a sense of personal joys, spiritual Love will force you to accept what best promotes your growth. Friends will betray and enemies will slander, until the lesson is sufficient to exalt you; for "man's extremity is God's opportunity." The author has experienced the foregoing prophecy and its blessings. Thus He teaches mortals to lay down their fleshliness and gain spirituality. This is done through self-abnegation. Universal Love is the divine way in Christian Science. ...

Uses of
adversity

... Perfect and infinite Mind enthroned is heaven. The evil beliefs which originate in mortals are hell. Man is the idea of Spirit; he reflects the beatific presence, illumining the universe with light. Man is deathless, spiritual. He is above sin or frailty. He does not cross the barriers of time into the vast forever of Life, but he coexists with God and the universe.

Beatific
presence

Every object in material thought will be destroyed, but the spiritual idea, whose substance is in Mind, is eternal.

5. SH 311:4

God is Mind: all that Mind, God, is, or hath made, is good, and He made all. Hence evil is not made and is not real.

6. SH 423:8

The Christian Scientist, understanding scientifically that all is Mind, commences with mental causation, the truth of being, to destroy the error. This corrective is an alterative, reaching to every part of the human system. According to Scripture, it searches "the joints and marrow," and it restores the harmony of man.

Scientific
corrective

7. SH 79:29-3

Mind-science teaches that mortals need “not be weary in well doing.” It dissipates fatigue in doing good. Giving does not impoverish us in the service of our Maker, neither does withholding enrich us. We have strength in proportion to our apprehension of the truth, and our strength is not lessened by giving utterance to truth.

Divine strength

8. SH 325:20-2

Paul had a clear sense of the demands of Truth upon mortals physically and spiritually, when he said: “Present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.” But he, who is begotten of the beliefs of the flesh and serves them, can never reach in this world the divine heights of our Lord. The time cometh when the spiritual origin of man, the divine Science which ushered Jesus into human presence, will be understood and demonstrated.

Consecration required

When first spoken in any age, Truth, like the light, “shineth in darkness, and the darkness comprehended it not.” A false sense of life, substance, and mind hides the divine possibilities, and conceals scientific demonstration.

9. SH 390:4

We cannot deny that Life is self-sustained, and we should never deny the everlasting harmony of Soul, simply because, to the mortal senses, there is seeming discord. It is our ignorance of God, the divine Principle, which produces apparent discord, and the right understanding of Him restores harmony. Truth will at length compel us all to exchange the pleasures and pains of sense for the joys of Soul.

Ultimate harmony

10. SH 120:4-9

Soul, or Spirit, is God, unchangeable and eternal; and man coexists with and reflects Soul, God, for man is God's image.

Science reverses the false testimony of the physical senses, and by this reversal mortals arrive at the fundamental facts of being.

11. SH 425:24-26

Correct material belief by spiritual understanding, and Spirit will form you anew.

12. SH 214:32

Spirit's senses are without pain, and they are forever at peace. Nothing can hide from them the harmony of all things and the might and permanence of Truth.

13. SH 45:16

Glory be to God, and peace to the struggling hearts! Christ hath rolled away the stone from the door of human hope and faith, and through the revelation and demonstration of life in God, hath elevated them to possible at-onement with the spiritual idea of man and his divine Principle, Love.

The stone
rolled away

14. SH 520:3–5 (to !)

Unfathomable Mind is expressed. The depth, breadth, height, might, majesty, and glory of infinite Love fill all space. That is enough!



Hymns

1. Hymn. 458:1-3

Christ comes, with succor speedy, / To those who suffer wrong; / To help the poor and needy, / And bid the weak be strong; / Christ comes to break oppression, / To set the captive free, / To take away transgression, / And rule in equity. /

God's blessings come as showers / Upon the thirsty earth; / And joy and hope, like flowers, / Spring in His path to birth. / Before Him on the mountains / Shall Peace, the herald, go; / From hill to vale the fountains / Of righteousness shall flow. /

To God shall prayer unceasing, / And daily vows, ascend; / Love's kingdom still increasing, / A kingdom without end. / The tide of time shall never / God's covenant remove; / Her name shall stand forever: / Her changeless name of Love.

2. Hymn. 280:1-3

Praise, my soul, the King of heaven; / To His feet thy tribute bring. / Ransomed, healed, restored, forgiven, / Who like us His praise should sing? / Praise Him, praise Him, praise Him, praise Him, / Praise the everlasting King. /

Fatherlike, He tends and spares us, / Well our daily needs He knows; / In His hand He gently bears us, / Rescues us from all our foes. / Praise Him, praise Him, praise Him, praise Him, / Widely as His mercy flows. /

Praise Him for His grace and favor / To our fathers in distress; / Praise Him still the same forever, / Slow to chide, and swift to bless. / Praise Him, praise Him, praise Him, praise Him, / Glorious in His faithfulness.

3. Hymn. 64:1-3

From sense to Soul my pathway lies before me, / From mist and shadow into Truth's clear day; / The dawn of all things real is breaking o'er me, / My heart is singing: I have found the way. /

I reach Mind's open door, and at its portal / I know that where I stand is holy ground; / I feel the calm and joy of things immortal, / The loveliness of Love is all around. /

The way leads upward and its goal draws nearer, / Thought soars enraptured, fetterless
and free; / The vision infinite to me grows clearer, / I touch the fringes of eternity.

Printed from CONCORD: A CHRISTIAN SCIENCE STUDY RESOURCE, published by The Christian Science Board of Directors in Boston, MA, USA. This content may be under copyright and may not be further reproduced or distributed, unless permitted under the Concord User License Agreement.