

## 2019-06-26 Moving freely



The readings are from our Pastor: The Holy Bible and the Christian Science textbook "Science and Health with Key to the Scriptures", by Mary Baker Eddy.



### The Holy Bible

#### 1. Acts 17:24, 25, 28

God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands; Neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things; ...

For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

#### 2. Deut. 10:12–14, 16

¶ And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love him, and to serve the LORD thy God with all thy heart and with all thy soul, To keep the commandments of the LORD, and his statutes, which I command thee this day for thy good? Behold, the heaven and the heaven of heavens *is* the LORD's thy God, the earth *also*, with all that therein *is*. ...

Circumcise therefore the foreskin of your heart, and be no more stiffnecked.

#### 3. John 5:2, 5–9

Now there is at Jerusalem by the sheep *market* a pool, which is called in the Hebrew tongue Bethesda, having five porches. ...

And a certain man was there, which had an infirmity thirty and eight years. When Jesus saw him lie, and knew that he had been now a long time *in that case*, he saith unto him, Wilt thou be made whole? The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. Jesus saith unto him, Rise, take up thy bed, and walk. And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath.

#### 4. Luke 6:6–8, 10

And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered. And the scribes and Pharisees watched him, whether he would heal on the sabbath day; that they might find an accusation against him. But he knew their thoughts, and said to the man which had the withered hand, Rise up, and stand forth in the midst. And he arose and stood forth. ...

And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other.

#### 5. Ps. 143:1 (to :), 6 (to 1st .), 8

Hear my prayer, O LORD, give ear to my supplications: ...

I stretch forth my hands unto thee: my soul *thirsteth* after thee, as a thirsty land. ...

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.

#### 6. Acts 3:1–10, 12

Now Peter and John went up together into the temple at the hour of prayer, *being* the ninth *hour*. And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple; Who seeing Peter and John about to go into the temple asked an alms. And Peter, fastening his eyes upon him with John, said, Look on us. And he gave heed unto them, expecting to receive something of them. Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk. And he took him by the right hand, and lifted *him* up: and immediately his feet and ankle bones received strength. And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God. And all the people saw him walking and praising God: And they knew that it was he which sat for alms at the Beautiful gate of the temple: and they were filled with wonder and amazement at that which had happened unto him. ...

... ¶ And when Peter saw *it*, he answered unto the people, Ye men of Israel, why marvel ye at this? or why look ye so earnestly on us, as though by our own power or holiness we had made this man to walk?

#### 7. John 5:19–24

Then answered Jesus and said unto them, 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.

**8. Gal. 3:26 ye**

... ye are all the children of God by faith in Christ Jesus.

**9. Eph. 5:1, 2**

Be ye therefore followers of God, as dear children; And walk in love, as Christ also hath loved us, and hath given himself for us an offering and a sacrifice to God for a sweet-smelling savour.

**10. 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.

**11. Matt. 10:8**

Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.



## Science and Health

**1. SH 514:28–30; 515:22**

All of God's creatures,  
moving in the harmony of Science, are harmless, useful, indestructible. ...

... All that God imparts moves in accord with Him, reflecting goodness and power.

Creatures of  
God useful

**2. SH 115:13**

God: Divine Principle, Life, Truth, Love,  
Soul, Spirit, Mind.

Divine  
synonyms

**3. SH 516:4, 19–21**

The substance, Life, intelligence, Truth, and Love, which constitute Deity, are reflected by His creation; and when we subordinate the false testimony of the corporeal senses to the facts of Science, we shall see this true likeness and reflection everywhere.

... Man, made in His likeness, possesses and reflects God's dominion over all the earth.

**4. SH 428:30–6; 429:7**

The author has healed hopeless organic disease, and raised the dying to life and health through the understanding of God as the only Life. It is a sin to believe that aught can overpower omnipotent and eternal Life, and this Life must be brought to light by the understanding that there is no death, as well as by other graces of Spirit. We must begin, however, with the more simple demonstrations of control, and the sooner we begin the better. ... When walking, we are guided by the eye. We look before our feet, and if we are wise, we look beyond a single step in the line of spiritual advancement.

Careful  
guidance

**5. SH 192:27–21; 194:2–8**

We walk in the footsteps of Truth and Love by following the example of our Master in the understanding of divine metaphysics. Christianity is the basis of true healing. Whatever holds human thought in line with unselfed love, receives directly the divine power.

I was called to visit Mr. Clark in Lynn, who had been confined to his bed six months with hip-disease, caused by a fall upon a wooden spike when quite a boy. On entering the house I met his physician, who said that the patient was dying. The physician had just probed the ulcer on the hip, and said the bone was carious for several inches. He even showed me the probe, which had on it the evidence of this condition of the bone. The doctor went out. Mr. Clark lay with his eyes fixed and sightless. The dew of death was on his brow. I went to his bedside. In a few moments his face changed; its death-pallor gave place to a natural hue. The eyelids closed gently and the breathing became natural; he was asleep. In about ten minutes he opened his eyes and said: "I feel like a new man. My suffering is all gone." It was between three and four o'clock in the afternoon when this took place.

Mind cures  
hip-disease

I told him to rise, dress himself, and take supper with his family. He did so. The next day I saw him in the yard. Since then I have not seen him, but am informed that he went to work in two weeks. The discharge from the sore stopped, and the sore was healed. ...

... Reviewing this brief experience, I cannot fail to discern the coincidence of the spiritual idea of man with the divine Mind.

A change in human belief changes all the physical symptoms, and determines a case for better or for worse.

Change of  
belief

**6. SH 220:30**

Mortal mind forms all conditions of the mortal body, and controls the stomach, bones, lungs, heart, blood, etc., as directly as the volition or will moves the hand.

**7. SH 415:21**

The muscles, moving quickly or slowly and impelled or palsied by thought, represent the action of all the organs of the human system, including brain and viscera. To remove the error producing disorder, you must calm and instruct mortal mind with immortal Truth.

**8. SH 198:29–14**

Because the muscles of the blacksmith's arm are strongly developed, it does not follow that exercise has produced this result or that a less used arm must be weak. If matter were the cause of action, and if muscles, without volition of mortal mind, could lift the hammer and strike the anvil, it might be thought true that hammering would enlarge the muscles. The trip-hammer is not increased in size by exercise. Why not, since muscles are as material as wood and iron? Because nobody believes that mind is producing such a result on the hammer.

Mind over  
matter

Muscles are not self-acting. If mind does not move them, they are motionless. Hence the great fact that Mind alone enlarges and empowers man through its mandate, — by reason of its demand for and supply of power. Not because of muscular exercise, but by reason of the blacksmith's faith in exercise, his arm becomes stronger.

**9. SH 241:23–24**

One's aim, a point beyond faith, should be to find the footsteps of Truth, the way to health and holiness.

**10. SH 180:27**

The only way to this living Truth, which heals the sick, is found in the Science of divine Mind as taught and demonstrated by Christ Jesus.

**11. SH 108:30**

My discovery, that erring, mortal, misnamed *mind* produces all the organism and action of the mortal body, set my thoughts to work in new channels, and led up to my demonstration of the proposition that Mind is All and matter is naught as the leading factor in Mind-science.

New lines  
of thought

**12. SH 254:10–12**

When we wait patiently on God and seek Truth righteously, He directs our path.

**13. SH 342:21–26**

Christian Science awakens the sinner, reclaims the infidel, and raises from the couch of pain the helpless invalid. It speaks to the dumb the words of Truth, and they answer with rejoicing. It causes the deaf to hear, the lame to walk, and the blind to see.

Argument of  
good works

**14. SH 227:21**

Christian Science raises the standard of liberty and cries: "Follow me! Escape from the bondage of sickness, sin, and death!" Jesus marked out the way. Citizens of the world, accept the "glorious liberty of the children of God," and be free! This is your divine right. The illusion of material sense, not divine law, has bound you, entangled your free limbs, crippled your capacities, enfeebled your body, and defaced the tablet of your being.

Standard  
of liberty

**15. SH 194:8**

When one's false belief is corrected,  
Truth sends a report of health over the body.

Change of  
belief

**16. SH 224:28 (only); 225:3**

Truth brings the elements of liberty. ... Truth makes man free.



## Hymns

**1. Hymn. 565:1-3**

Rise up and walk, take up your bed. / With these few words the sickness fled. / Stretch forth your hand. Receive your sight. / Jesus' commands reveal God's might. / You are God's purpose, His great design. / Beautiful, blameless, His child divine. / Holding your thought to the good and the true, / Spirit will form you anew. /

REFRAIN / Rise up and walk! God made you free, / Born of His liberty. / Carefree and strong, you are His song, / Perfect for all to see. / Mountains and seas, great rising trees, / Echo the joyous song: / Heaven is here, harmony's bliss / To everyone belongs. /

Cleanse the lepers, heal the sick. / Cast out demons. Raise the dead. / Truth is revealed in every place, / Throughout all time, throughout all space. / Right in this moment, doing God's will / "These works shall you do, and greater still." / Standing triumphant upon holy ground, / Songs of the angels resound. // REFRAIN

**2. Hymn. 579:1-3**

Take my life, and let it be / Consecrated, Lord, to Thee. / Take my moments and my days, / Let them flow in ceaseless praise. / Take my hands, and let them move / At the impulse of Thy love. /

Take my feet, and let them be / Swift and beautiful for Thee. / Take my voice, and let me sing / Always, only, for my King. / Take my lips, and let them be / Filled with messages from Thee. /

Take my every thought, to use / In the way that Thou shalt choose. / Take my love; O Lord, I pour / At Thy feet its treasure store. / I am Thine, and I will be / Ever, only, all for Thee.

**3. Hymn. 144:1-3**

In atmosphere of Love divine, / We live, and move, and breathe; / Though mortal eyes  
may see it not, / 'Tis sense that would deceive. /

The mortal sense we must destroy, / If we would bring to light / The wonders of eternal  
Mind, / Where sense is lost in sight. /

For God, immortal Principle, / Is with us everywhere; / He holds us perfect in His love,  
/ And we His image bear.

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