

2019-07-24 Refuge from the heat



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. Ps. 63:1, 2

O God, thou *art* my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; To see thy power and thy glory, so *as* I have seen thee in the sanctuary.

2. Isa. 25:1, 4

O Lord, thou *art* my God; I will exalt thee, I will praise thy name; for thou hast done wonderful *things*; *thy* counsels of old *are* faithfulness *and* truth. ...

For thou hast been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shadow from the heat, when the blast of the terrible ones *is* as a storm *against* the wall.

3. Isa. 30:1–3, 7 (to :)

Woe to the rebellious children, saith the LORD, that take counsel, but not of me; and that cover with a covering, but not of my spirit, that they may add sin to sin: That walk to go down into Egypt, and have not asked at my mouth; to strengthen themselves in the strength of Pharaoh, and to trust in the shadow of Egypt! Therefore shall the strength of Pharaoh be your shame, and the trust in the shadow of Egypt *your* confusion. ...

For the Egyptians shall help in vain, and to no purpose: ...

4. Isa. 32:9, 10, 15–18

¶ Rise up, ye women that are at ease; hear my voice, ye careless daughters; give ear unto my speech. Many days and years shall ye be troubled, ye careless women: for the vintage shall fail, the gathering shall not come. ...

Until the spirit be poured upon us from on high, and the wilderness be a fruitful field, and the fruitful field be counted for a forest. Then judgment shall dwell in the wilderness, and righteousness remain in the fruitful field. And the work of

righteousness shall be peace; and the effect of righteousness quietness and assurance for ever. And my people shall dwell in a peaceable habitation, and in sure dwellings, and in quiet resting places;

5. Isa. 4:6

And there shall be a tabernacle for a shadow in the daytime from the heat, and for a place of refuge, and for a covert from storm and from rain.

6. Hos. 14:1, 4–9

O Israel, return unto the LORD thy God; for thou hast fallen by thine iniquity. ...

... ¶ I will heal their backsliding, I will love them freely: for mine anger is turned away from him. I will be as the dew unto Israel: he shall grow as the lily, and cast forth his roots as Lebanon. His branches shall spread, and his beauty shall be as the olive tree, and his smell as Lebanon. They that dwell under his shadow shall return; they shall revive *as* the corn, and grow as the vine: the scent thereof *shall be* as the wine of Lebanon. Ephraim *shall say*, What have I to do any more with idols? I have heard *him*, and observed him: I *am* like a green fir tree. From me is thy fruit found. Who *is* wise, and he shall understand these *things*? prudent, and he shall know them? for the ways of the LORD *are* right, and the just shall walk in them: but the transgressors shall fall therein.

7. James 1:5, 13–18

If any of you lack wisdom, let him ask of God, that giveth to all *men* liberally, and upbraideth not; and it shall be given him. ...

Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. Do not err, my beloved brethren. Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. Of his own will begat he us with the word of truth, that we should be a kind of firstfruits of his creatures.

8. Isa. 49:8, 9 (to 1st .), 10

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 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.

9. Matt. 4:23

¶ And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

10. Matt. 10:1, 5–7, 42

And when he had called unto *him* his twelve disciples, he gave them power *against* unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease. ...

These twelve Jesus sent forth, and commanded them, saying, Go not into the way of the Gentiles, and into *any* city of the Samaritans enter ye not. But go rather to the lost sheep of the house of Israel. And as ye go, preach, saying, The kingdom of heaven is at hand. ...

And whosoever shall give to drink unto one of these little ones a cup of cold *water* only in the name of a disciple, verily I say unto you, he shall in no wise lose his reward.

11. Ps. 121:5–8

The LORD *is* thy keeper: the LORD *is* thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night. The LORD shall preserve thee from all evil: he shall preserve thy soul. The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.



Science and Health

1. SH 113:16–18

1. God is All-in-all.
2. God is good. Good is Mind.
3. God, Spirit, being all, nothing is matter.

2. SH 114:23–24, 27–29

Christian Science explains all cause and effect as mental, not physical. ... In divine Science, the universe, including man, is spiritual, harmonious, and eternal.

3. SH 124:14, 25–2

The universe, like man, is to be interpreted by Science from its divine Principle, God, and then it can be understood; but when explained on the basis of physical sense and represented as subject to growth, maturity, and decay, the universe, like man, is, and must continue to be, an enigma. ...

Right
interpretation

Spirit is the life, substance, and continuity of all things. We tread on forces. Withdraw

them, and creation must collapse. Human knowledge calls them forces of matter; but divine Science declares that they belong wholly to divine Mind, are inherent in this Mind, and so restores them to their rightful home and classification.

The elements and functions of the physical body and of the physical world will change as mortal mind changes its beliefs.

4. SH 184:16–5; 185:32–24; 187:6–8

Controlled by the divine intelligence, man is harmonious and eternal. Whatever is governed by a false belief is discordant and mortal. We say man suffers from the effects of cold, heat, fatigue. This is human belief, not the truth of being, for matter cannot suffer. Mortal mind alone suffers, — not because a law of matter has been transgressed, but because a law of this so-called mind has been disobeyed. I have demonstrated this as a rule of divine Science by destroying the delusion of suffering from what is termed a fatally broken physical law.

Laws of
human belief

A woman, whom I cured of consumption, always breathed with great difficulty when the wind was from the east. I sat silently by her side a few moments. Her breath came gently. The inspirations were deep and natural. I then requested her to look at the weather-vane. She looked and saw that it pointed due east. The wind had not changed, but her thought of it had and so her difficulty in breathing had gone. The wind had not produced the difficulty. My metaphysical treatment changed the action of her belief on the lungs, and she never suffered again from east winds, but was restored to health. ...

A patient under the influence of mortal mind is healed only by removing the influence on him of this mind, by emptying his thought of the false stimulus and reaction of will-power and filling it with the divine energies of Truth.

False
stimulus

Christian Science destroys material beliefs through the understanding of Spirit, and the thoroughness of this work determines health. Erring human mind-forces can work only evil under whatever name or pretence they are employed; for Spirit and matter, good and evil, light and darkness, cannot mingle.

Evil is a negation, because it is the absence of truth. It is nothing, because it is the absence of something. It is unreal, because it presupposes the absence of God, the omnipotent and omnipresent. Every mortal must learn that there is neither power nor reality in evil.

Evil
negative and
self-destructive

Evil is self-assertive. It says: "I am a real entity, overmastering good." This falsehood should strip evil of all pretensions. The only power of evil is to destroy itself. It can never destroy one iota of good. Every attempt of evil to destroy good is a failure, and only aids in peremptorily punishing the evil-doer. If we concede the same reality to discord as to harmony, discord has as lasting a claim upon us as has harmony. ...

Here you may see how so-called material sense creates its own forms of thought, gives them material names, and then worships and fears them.

5. SH 374:26 (only), 30–32

Heat and cold are products of mortal mind. ... Mortal mind produces animal heat, and then expels it through the abandonment of a belief, or increases it to the point of self-destruction.

6. SH 232:19, 32–1; 233:16; 234:4

Jesus never taught that drugs, food, air, and exercise could make a man healthy, or that they could destroy human life; nor did he illustrate these errors by his practice. He referred man's harmony to Mind, not to matter, and never tried to make of none effect the sentence of God, which sealed God's condemnation of sin, sickness, and death. ...

There is neither place nor opportunity in Science for error of any sort. ...

Already the shadow of His right hand rests upon the hour. Ye who can discern the face of the sky, — the sign material, — how much more should ye discern the sign mental, and compass the destruction of sin and sickness by overcoming the thoughts which produce them, and by understanding the spiritual idea which corrects and destroys them. To reveal this truth was our Master's mission to all mankind, including the hearts which rejected him. ...

Christ's
mission

Whatever inspires with wisdom, Truth, or Love — be it song, sermon, or Science — blesses the human family with crumbs of comfort from Christ's table, feeding the hungry and giving living waters to the thirsty.

Crumbs of
comfort

7. SH 436:11–12, 13

Giving a cup of cold water in Christ's name, is a Christian service. ... Such acts bear their own justification, and are under the protection of the Most High.

8. SH 384:6

God never punishes man for doing right, for honest labor, or for deeds of kindness, though they expose him to fatigue, cold, heat, contagion. If man seems to incur the penalty through matter, this is but a belief of mortal mind, not an enactment of wisdom, and man has only to enter his protest against this belief in order to annul it. Through this action of thought and its results upon the body, the student will prove to himself, by small beginnings, the grand verities of Christian Science.

Corporeal
penalties

9. SH 125:31–2 (to 2nd .)

Thus matter will finally be proved nothing more than a mortal belief, wholly inadequate to affect a man through its supposed organic action or supposed existence. Error will be no longer used in stating truth.

10. SH 468:10–11

All is infinite Mind and its infinite manifestation, for God is All-in-all.



1. Hymn. 539:1-5

O gentle presence, peace and joy and power; / O Life divine, that owns each waiting hour, / Thou Love that guards the nestling's faltering flight! / Keep Thou my child on upward wing tonight. /

Love is our refuge; only with mine eye / Can I behold the snare, the pit, the fall: / His habitation high is here, and nigh, / His arm encircles me, and mine, and all. /

O make me glad for every scalding tear, / For hope deferred, ingratitude, disdain! / Wait, and love more for every hate, and fear / No ill,—since God is good, and loss is gain. /

Beneath the shadow of His mighty wing; / In that sweet secret of the narrow way, / Seeking and finding, with the angels sing: / “Lo, I am with you always,”—watch and pray. /

No snare, no fowler, pestilence or pain; / No night drops down upon the troubled breast, / When heaven's aftersmile earth's tear-drops gain, / And mother finds her home and heav'nly rest.

2. Hymn. 50:1-4

Dear Lord and Father of us all, / Forgive our foolish ways; / Reclothe us in our rightful mind; / In purer lives Thy service find, / In deeper reverence, praise. /

In simple trust like theirs who heard, / Beside the Syrian sea, / The gracious calling of the Lord, / Let us, like them, without a word / Rise up and follow thee. /

Breathe through the pulses of desire / Thy coolness and Thy balm; / Let sense be dumb, let flesh retire; / Speak through the earthquake, wind and fire, / O still small voice of calm. /

Drop Thy still dews of quietness, / Till all our strivings cease; / Take from us now the strain and stress, / And let our ordered lives confess / The beauty of Thy peace.

3. Hymn. 33:1-3

Call the Lord thy sure salvation, / Rest beneath th' Almighty's shade; / In His secret habitation / Dwell, nor ever be dismayed. /

He shall charge His angel legions / Watch and ward o'er thee to keep, / Though thou walk through hostile regions, / Though in desert wilds thou sleep. /

There no tumult can alarm thee, / Thou shalt dread no hidden snare; / Guile nor violence shall harm thee / In eternal safeguard there.

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.