

Wed Rest 2021 05 26

Rest in the Lord

Wednesday, May 26, 2021

The Bible

1. Ps 16:8, 9

- 8 I have set the LORD always before me: because *he is* at my right hand, I shall not be moved.
- 9 Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

2. Ps 37:7 (to :)

- 7 Rest in the LORD, and wait patiently for him:

3. Ps 132:13, 14

- 13 For the LORD hath chosen Zion; he hath desired *it* for his habitation.
- 14 This *is* my rest for ever: here will I dwell; for I have desired it.

4. Ps. 23:1-3 (to :)

- 1 THE LORD *is* my shepherd; I shall not want.
- 2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.
- 3 He restoreth my soul:

5. Gen 1:1, 26 (to :), 27, 31 (to 1st .)

- 1 IN the beginning God created the heaven and the earth.
- 26 ¶ And God said, Let us make man in our image, after our likeness:
- 27 So God created man in his *own* image, in the image of God created he him; male and female created he them.
- 31 And God saw every thing that he had made, and, behold, *it was* very good.

6. Gen 2:1-3

- 1 THUS the heavens and the earth were finished, and all the host of them.
- 2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.
- 3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

7. Num 8:23, 24

- 23 ¶ And the LORD spake unto Moses, saying,
- 24 This *is it* that *belongeth* unto the Levites: from twenty and five years old and upward they shall go in to wait upon the service of the tabernacle of the congregation:

8. Num 9:15, 16, 21-23

- 15 ¶ And on the day that the tabernacle was reared up the cloud covered the tabernacle, *namely*, the tent of the testimony: and at even there was upon

the tabernacle as it were the appearance of fire, until the morning.

- 16 So it was alway: the cloud covered it *by day*, and the appearance of fire by night.
- 21 And *so* it was, when the cloud abode from even unto the morning, and *that* the cloud was taken up in the morning, then they journeyed: whether *it was* by day or by night that the cloud was taken up, they journeyed.
- 22 Or *whether it were* two days, or a month, or a year, that the cloud tarried upon the tabernacle, remaining thereon, the children of Israel abode in their tents, and journeyed not: but when it was taken up, they journeyed.
- 23 At the commandment of the LORD they rested in the tents, and at the commandment of the LORD they journeyed: they kept the charge of the LORD, at the commandment of the LORD by the hand of Moses.

9. Ex 33:14 My

- 14 My presence shall go *with thee*, and I will give thee rest.

10. Josh 1:13

- 13 Remember the word which Moses the servant of the LORD commanded you, saying, The LORD your God hath given you rest, and hath given you this land.

11. Deut 12:10 when, 11 (to 1st ;)

- 10 *when* ye go over Jordan, and dwell in the land which the LORD your God giveth you to inherit, and *when* he giveth you rest from all your enemies round about, so that ye dwell in safety;
- 11 Then there shall be a place which the LORD your God shall choose to cause his name to dwell there;

12. Isa 14:7

- 7 The whole earth is at rest, *and* is quiet: they break forth into singing.

13. Isa 63:14

- 14 As a beast goeth down into the valley, the spirit of the LORD caused him to rest: so didst thou lead thy people, to make thyself a glorious name.

14. Matt 11:25, 28-30

- 25 ¶ At that time Jesus answered and said, I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them unto babes.
- 28 ¶ Come unto me, all *ye* that labour and are heavy laden, and I will give you rest.
- 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.
- 30 For my yoke *is* easy, and my burden is light.

15. Luke 10:1-6 (to :)

- 1 AFTER these things the Lord appointed other seventy also, and sent them two and two before his face into every city and place, whither he himself would come.

- 2 Therefore said he unto them, The harvest truly *is* great, but the labourers *are* few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest.
- 3 Go your ways: behold, I send you forth as lambs among wolves.
- 4 Carry neither purse, nor scrip, nor shoes: and salute no man by the way.
- 5 And into whatsoever house ye enter, first say, Peace *be* to this house.
- 6 And if the son of peace be there, your peace shall rest upon it:

16. Heb 4:2 unto (to :), 3 we, 4, 8-11

- 2 unto us was the gospel preached, as well as unto them:
- 3 we which have believed do enter into rest, as he said, As I have sworn in my wrath, if they shall enter into my rest: although the works were finished from the foundation of the world.
- 4 For he spake in a certain place of the seventh *day* on this wise, And God did rest the seventh day from all his works.
- 8 For if Jesus had given them rest, then would he not afterward have spoken of another day.
- 9 There remaineth therefore a rest to the people of God.
- 10 For he that is entered into his rest, he also hath ceased from his own works, as God *did* from his.
- 11 Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

17. Acts 2:14 Peter, 25 1st I, 26

- 14 Peter, standing up with the eleven, lifted up his voice, and said unto them, Ye men of Judæa, and all ye that dwell at Jerusalem, be this known unto you, and hearken to my words:
- 25 I foresaw the Lord always before my face, for he is on my right hand, that I should not be moved:
- 26 Therefore did my heart rejoice, and my tongue was glad; moreover also my flesh shall rest in hope:

18. I Kings 8:56, 57 (to :)

- 56 Blessed *be* the LORD, that hath given rest unto his people Israel, according to all that he promised: there hath not failed one word of all his good promise, which he promised by the hand of Moses his servant.
- 57 The LORD our God be with us, as he was with our fathers:

19. Isa. 30:15 (to :)

- 15 For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength:

Science and Health with Key to the Scriptures by Mary Baker Eddy

1. SH 570:14-18

- Millions of unprejudiced minds — simple seekers for
- 15 Truth, weary wanderers, athirst in the desert — are waiting and watching for rest and drink. Give them a cup of cold water in Christ's name,

18 and never fear the consequences.

2. SH 457:19-24

Christian Science is not an exception to the general rule, that there is no excellence without labor in a direct line. One cannot scatter his fire, and at the same time hit the mark. To pursue other vocations and advance rapidly in the demonstration of this Science, is not possible.

Backsliders and mistakes

3. SH 426:5-11

The discoverer of Christian Science finds the path less difficult when she has the high goal always before her thoughts, than when she counts her footsteps in endeavoring to reach it. When the destination is desirable, expectation speeds our progress. The struggle for Truth makes one strong instead of weak, resting instead of wearying one.

Our footsteps heavenward

4. SH 96:12-15

This material world is even now becoming the arena for conflicting forces. On one side there will be discord and dismay; on the other side there will be Science and peace.

Arena of contest

5. SH 456:20

So long as matter is the basis of practice, illness cannot be efficaciously treated by the metaphysical process. Truth does the work, and you must both understand and abide by the divine Principle of your demonstration.

6. SH 387:3

Because mortal mind is kept active, must it pay the penalty in a softened brain? Who dares to say that actual Mind can be overworked? When we reach our limits of mental endurance, we conclude that intellectual labor has been carried sufficiently far; but when we realize that immortal Mind is ever active, and that spiritual energies can neither wear out nor can so-called material law trespass upon God-given powers and resources, we are able to rest in Truth, refreshed by the assurances of immortality, opposed to mortality.

Mind heals brain-disease

7. SH 79:23-5

The unscientific practitioner says: "You are ill. Your brain is overtaxed, and you must rest. Your body is weak, and it must be strengthened. You have nervous prostration, and must be treated for it." Science objects to all this, contending for the rights of intelligence and asserting that Mind controls body and brain.

Mistaken methods

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.

Divine strength

80:1 We have strength in proportion to our apprehension of
the truth, and our strength is not lessened by giving
3 utterance to truth. A cup of coffee or tea is not the equal
of truth, whether for the inspiration of a sermon or for
the support of bodily endurance.

8. SH 217:19-8

When mentality gives
rest to the body, the next toil will fatigue you less, for
21 you are working out the problem of being in divine meta-
physics; and in proportion as you understand the con-
trol which Mind has over so-called matter, you will be
24 able to demonstrate this control. The scientific and
permanent remedy for fatigue is to learn the power of
Mind over the body or any illusion of physical weariness,
27 and so destroy this illusion, for matter cannot be weary
and heavy-laden.

You say, "Toil fatigues me." But what is this *me*?
30 Is it muscle or mind? Which is tired and so speaks?
Without mind, could the muscles be tired? Do the
muscles talk, or do you talk for them? Matter is non-
218:1 intelligent. Mortal mind does the false talking, and that
which affirms weariness, made that weariness.

3 You do not say a wheel is fatigued; and yet the body
is as material as the wheel. If it were not for what the
human mind says of the body, the body, like
6 the inanimate wheel, would never be weary.
The consciousness of Truth rests us more than hours of
repose in unconsciousness.

Mind never
weary

9. SH 128:11

The human
12 mind, imbued with this spiritual understanding, becomes
more elastic, is capable of greater endurance, escapes
somewhat from itself, and requires less repose. A knowl-
15 edge of the Science of being develops the latent abilities
and possibilities of man. It extends the atmosphere of
thought, giving mortals access to broader and higher
18 realms. It raises the thinker into his native air of insight
and perspicacity.

10. SH 384:6

God never
punishes man for doing right, for honest labor, or for
deeds of kindness, though they expose him to fatigue,
9 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
12 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
15 grand verities of Christian Science.

11. SH 119:27-1

As astron-

omy reverses the human perception of the
 movement of the solar system, so Christian Science re-
 30 verses the seeming relation of Soul and body and makes
 body tributary to Mind. Thus it is with man, who
 is but the humble servant of the restful Mind, though it
 120:1 seems otherwise to finite sense.

12. SH 519:22-3

Genesis ii. 2. And on the seventh day God ended His
 work which He had made; and He rested on the seventh
 24 day from all His work which He had made.

God rests in action. Imparting has not impoverished,
 can never impoverish, the divine Mind. No
 27 exhaustion follows the action of this Mind,
 according to the apprehension of divine Science. The
 520:1 highest and sweetest rest, even from a human standpoint,
 is in holy work.

3 Unfathomable Mind is expressed.

13. SH 583:12

12 **CHURCH.** The structure of Truth and Love; what-
 ever rests upon and proceeds from divine Principle.

14. SH 31:14-22 (to .)

12 It is the
 15 living Christ, the practical Truth, which makes
 Jesus “the resurrection and the life” to all who follow him
 in deed. Obeying his precious precepts, — following his
 18 demonstration so far as we apprehend it, — we drink of
 his cup, partake of his bread, are baptized with his pu-
 rity; and at last we shall rest, sit down with him, in a full
 21 understanding of the divine Principle which triumphs
 over death.

15. SH 288:10

9 When the final physical and moral effects of Christian
 Science are fully apprehended, the conflict between truth
 12 and error, understanding and belief, Science and material
 sense, foreshadowed by the prophets and inaugurated
 by Jesus, will cease, and spiritual harmony reign. The
 15 lightnings and thunderbolts of error may burst and flash
 till the cloud is cleared and the tumult dies away in the
 distance. Then the raindrops of divinity refresh the
 18 earth. As St. Paul says: “There remaineth therefore
 a rest to the people of God” (of Spirit).

Hymns: 461, 195, 566

461

Come unto me, you weary,
 And I will give you rest.
 O tender words of Jesus,
 Still come to hearts oppressed.
 They tell of benediction,

Resting in holy
 work

Of pardon, grace, and peace,
 Of joy that has no ending,
 Of love that cannot cease.

.
 Come unto me, ye wanderers,
 And I will give you light.
 O loving words of Jesus,
 Which come to cheer the night.
 Come, all ye heavy laden,
 And I will give you life.
 O peaceful words of Jesus,
 Which come to end all strife.

.
195

Not what I am, O Lord, but what Thou art;
 That, that alone can be my soul's true rest;
 Thy love, not mine, bids fear and doubt depart,
 And stills the tumult of my troubled breast.

.
 Girt with the love of God, on every side,
 I breathe that love as heaven's own healing air;
 I work and pray, and follow still my guide,
 And fear no foe, escaping every snare.

.
 'Tis what I know of Thee, my Lord and God,
 That fills my soul with peace, my lips with song;
 Thou art my health, my joy, my staff, my rod;
 I lean on Thee, in weakness I am strong.

.
566

Rock of Ages, Truth divine,
 Be Thy strength forever mine;
 Let me rest secure on Thee,
 Safe above life's raging sea.
 Rock of Ages, Truth divine,
 Be Thy strength forever mine.

.
 Rock of Truth, our fortress strong,
 Thou our refuge from all wrong,
 When from mortal sense I flee,
 Let me hide myself in Thee.
 Rock of Ages, Truth divine,
 Be Thy strength forever mine.

.
 Christ, the Truth, foundation sure,
 On this rock we are secure;
 Peace is there our life to fill,
 Cure is there for every ill.
 Rock of Ages, Truth divine,
 Be Thy strength forever mine.

