

Wed 11/20/24 - True health

November 19 2024



Hymn. 444:1-3

Be still, my heart: you rest in Love divine;
God's gracious touch has silenced grief and pain.
Love's timeless Christ allows for no decline;
In changeless being shall your health remain.
Be still, my heart: your faithful only Friend
Secures your joyful voyage without end.

Be still, my heart: of present glories sing,
Instead of mourning for a troubled past.
Replace sad tunes with melodies that ring
Of God's rich mercy and of blessings vast.
Be still, my heart: the winds and waves recede
When to God's angel voices you give heed.

Be still, my heart: our God casts out all fears,
Assuring you that God and man are one;
And in that oneness here and now appears
Love's everlasting life, with death outdone.
Be still, my heart: no lies, no tears, no curse
Can mar the rhythm of God's universe.

Words: HAROLD ROGERS, ALT.

Music: Fenella Bennetts

Hymn. 462:1-3

Come, you disconsolate, where'er you languish,
Here health and peace are found, Life, Truth,
and Love;
Here bring your wounded hearts, here tell

your anguish;
Earth has no sorrow but Love can remove.

Joy of the desolate, light of the straying,
Hope of the penitent, fadeless and pure;
Here speaks the Comforter, tenderly saying,
Earth has no sorrow that Love cannot cure.

Here see the Bread of Life, see waters flowing
Forth from the throne of God, pure from above;
Come to the feast of love, come, ever knowing,
Earth has no sorrow but Love can remove.

Words: THOMAS MOORE AND THOMAS HASTINGS

Music: A. Fritsch, adapt.; harm. Liederbuch der Christlichen Wissenschaft, 1924

Hymn. 529:1, 2

Love divine, Your healing presence
Lifts us to the holy place,
Where we see Your whole creation
Filled with light and crowned with grace.
We Your children know Your glory,
See Your power from above
Sweep away the shade of darkness
With the healing tide of love.

Humble hearts accept Your blessing,
Turn from sorrow, want, and sin,
Turn the page, rewrite that story,
As the Christ is welcomed in.
Now we know our true relation,
Perfect God and perfect child,
We can live in joy and freedom,
Loved, and pure, and undefiled.

Words: FENELLA BENNETTS

Music: William P. Rowlands

Lev. 11:44 I (to 2nd :)

44 ... I *am* the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I *am* holy: ...

I Cor. 6:19 know, 20 therefore

19 ... know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own?

20 ... therefore glorify God in your body, and in your spirit, which are God's.

III John 1:2

2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Jer. 8:22 why

22 ... why then is not the health of the daughter of my people recovered?

Jer. 15:18 (to 1st ?)

18 Why is my pain perpetual, and my wound incurable, *which* refuseth to be healed? ...

Ps. 42:11

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

Ps. 56:3, 4

3 What time I am afraid, I will trust in thee.

4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

Jer. 31:3 (to :)

3 The LORD hath appeared of old unto me, *saying*, Yea, I have loved thee with an everlasting love: ...

Jer. 30:17 I (to 2nd ,)

17 ... I will restore health unto thee, and I will heal thee of thy wounds, ...

Ezek. 34:16 (to :)

16 I will seek that which was lost, and bring again that which was driven away, and will bind up *that which* was broken, and will strengthen that which was sick: ...

Isa. 58:8 thine (to :)

8 ... thine health shall spring forth speedily: ...

Matt. 4:23 Jesus, 24

23 ... 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.

24 And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them.

Mark 5:25–34

25 And a certain woman, which had an issue of blood twelve years,

26 And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse,

27 When she had heard of Jesus, came in the press behind, and touched his garment.

28 For she said, If I may touch but his clothes, I shall be whole.

29 And straightway the fountain of her blood was dried up; and she felt in *her* body that she was healed of that plague.

30 And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes?

31 And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, Who touched me?

32 And he looked round about to see her that had done this thing.

33 But the woman fearing and trembling, knowing what was done in her, came

and fell down before him, and told him all the truth.

34 And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.

Ps. 45:13 (to :)

13 The king's daughter *is* all glorious within: ...

I John 1:5

5 This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all.

I Thess. 5:5

5 Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.

Ps. 27:1

1 The LORD *is* my light and my salvation; whom shall I fear? the LORD *is* the strength of my life; of whom shall I be afraid?

II Tim. 1:7 God

7 ... God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

I John 4:18 (to :)

18 There is no fear in love; but perfect love casteth out fear: ...

Luke 10:19

19 Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

Rev. 21:9 there, 10, 22–27 (to :)

9 ... there came unto me one of the seven angels which had the seven vials full of the seven last plagues, and talked with me, saying, Come hither, I will shew thee the bride, the Lamb's wife.

10 And he carried me away in the spirit to a great and high mountain, and shewed me that great city, the holy Jerusalem, descending out of heaven from God,

22 And I saw no temple therein: for the Lord God Almighty and the Lamb are the

temple of it.

23 And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb *is* the light thereof.

24 And the nations of them which are saved shall walk in the light of it: and the kings of the earth do bring their glory and honour into it.

25 And the gates of it shall not be shut at all by day: for there shall be no night there.

26 And they shall bring the glory and honour of the nations into it.

27 And there shall in no wise enter into it any thing that defileth, neither *whatsoever* worketh abomination, or *maketh* a lie: ...

Ps. 103:1–4

1 Bless the LORD, O my soul: and all that is within me, *ble*ss his holy name.

2 Bless the LORD, O my soul, and forget not all his benefits:

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

SH 518:21

21 All the varied
expressions of God reflect health, holiness, immortality —
infinite Life, Truth, and Love.

SH 230:1–2, 4–6

1 If sickness is real, it belongs to immortality; if true,
it is a part of Truth.

But if sickness and sin are illusions, the awakening from
this mortal dream, or illusion, will bring us into health,

6 holiness, and immortality.

SH 296:31

Mortal belief is a liar from the beginning, not deserving
power. It says to mortals, “You are wretched!” and they

1 think they are so; and nothing can change this state, until

the belief changes. Mortal belief says, “You are happy!”
3 and mortals are so; and no circumstance can
alter the situation, until the belief on this sub-
ject changes. Human belief says to mortals, “You are
6 sick!” and this testimony manifests itself on the body as
sickness. It is as necessary for a health-illusion, as for
an illusion of sickness, to be instructed out of itself into
9 the understanding of what constitutes health; for a change
in either a health-belief or a belief in sickness affects the
physical condition.

Belief an
autocrat

SH 120:7–17

Science reverses the false testimony of the physical
senses, and by this reversal mortals arrive at the funda-
9 mental facts of being. Then the question in-
evitably arises: Is a man sick if the material
senses indicate that he is in good health? No! for matter
12 can make no conditions for man. And is he well if the
senses say he is sick? Yes, he is well in Science in which
health is normal and disease is abnormal.

Reversal of
testimony

15 Health is not a condition of matter, but of Mind; nor
can the material senses bear reliable testimony on the sub-
ject of health.

SH 129:22–24

We must look deep
into realism instead of accepting only the out-
24 ward sense of things.

Ontology
needed

SH 476:32–4

Jesus beheld in Science the per-
1 fect man, who appeared to him where sinning mortal
man appears to mortals. In this perfect man the Saviour
3 saw God’s own likeness, and this correct view of man
healed the sick.

SH 151:18–21 The, 23–24

18 The
blood, heart, lungs, brain, etc., have nothing
to do with Life, God. Every function of the
21 real man is governed by the divine Mind.

Man governed
by Mind

The divine Mind that made man
24 maintains His own image and likeness.

SH 371:27

27 The necessity for uplifting the race is father to
the fact that Mind can do it; for Mind can impart
purity instead of impurity, strength instead of weak-
30 ness, and health instead of disease. Truth is an altera-
tive in the entire system, and can make it “every whit
whole.”

SH 162:4–13

Christian Science brings to the body the sunlight of
Truth, which invigorates and purifies. Christian Science
6 acts as an alterative, neutralizing error with
Truth. It changes the secretions, expels hu-
mors, dissolves tumors, relaxes rigid muscles, restores
9 carious bones to soundness. The effect of this Science is
to stir the human mind to a change of base, on which it
may yield to the harmony of the divine Mind.

Truth an
alterative

12 Experiments have favored the fact that Mind governs
the body, not in one instance, but in every instance.

SH 217:16–19

When you have once conquered
a diseased condition of the body through
18 Mind, that condition never recurs, and you
have won a point in Science.

Fatigue is
mental

SH 370:5–8

The body improves under the
6 same regimen which spiritualizes the thought; and if
health is not made manifest under this regimen, this
proves that fear is governing the body.

SH 399:29

Our Master asked: “How can one enter into a strong
30 man’s house and spoil his goods, except he first
bind the strong man?” In other words: How
can I heal the body, without beginning with so-called
1 mortal mind, which directly controls the body? When
disease is once destroyed in this so-called mind, the fear
3 of disease is gone, and therefore the disease is thor-
oughly cured. Mortal mind is “the strong man,” which
must be held in subjection before its influence upon health
6 and morals can be removed. This error conquered, we
can despoil “the strong man” of his goods, — namely, of
sin and disease.

Confirmation
in a parable

SH 425:32

Discard all notions about lungs, tubercles, in-
1 herited consumption, or disease arising from any cir-
cumstance, and you will find that mortal mind, when
3 instructed by Truth, yields to divine power, which steers
the body into health.

SH 391:29–32

Mentally contradict every complaint from the body,
30 and rise to the true consciousness of Life as
Love, — as all that is pure, and bearing the
fruits of Spirit.

Sin to be
overcome

SH 390:29

Meet the incipient stages

Treatment
of disease

30 of disease with as powerful mental opposi-
tion as a legislator would employ to defeat the passage of
an inhuman law. Rise in the conscious strength of the
1 spirit of Truth to overthrow the plea of mortal mind,
alias matter, arrayed against the supremacy of Spirit.
3 Blot out the images of mortal thought and its beliefs in
sickness and sin. Then, when thou art delivered to the
judgment of Truth, Christ, the judge will say, “Thou
6 art whole!”

SH 418:22

By the

truthful arguments you employ, and especially by the
24 spirit of Truth and Love which you entertain, you will
heal the sick.

SH 365:15–19

15 If the Scientist reaches his patient through divine
Love, the healing work will be accomplished at one
visit, and the disease will vanish into its native
18 nothingness like dew before the morning sun-
shine.

Speedy
healing

SH 569:11–14

He that touches the hem

12 of Christ’s robe and masters his mortal beliefs, animality,
and hate, rejoices in the proof of healing, — in a sweet
and certain sense that God is Love.