

Wed 2/26/25 - the healing effect of song

February 25 2025

Hymn. 313:1, 2

Sometimes a light surprises
The Christian while he sings;
It is the Lord who rises
With healing in his wings.
When comfort seems declining,
There comes to us again
A season of clear shining,
To cheer us after rain.

In holy contemplation
We sweetly then pursue
The theme of God's salvation,
And find it ever new.
To God, in light abiding,
True praise shall tune my voice,
For while in Him confiding,
I cannot but rejoice.

Words: WILLIAM COWPER, ADAPTED

Music: William Lloyd

Hymn. 412:1-4

O dreamer, leave thy dreams for joyful waking,
O captive, rise and sing, for thou art free;
The Christ is here, all dreams of error breaking,
Unloosing bonds of all captivity.

He comes to bless thee on his wings of healing;
To banish pain, and wipe all tears away;
He comes anew, to humble hearts revealing
The mounting footsteps of the upward way.

He comes to give thee joy for desolation,
Beauty for ashes of the vanished years;
For every tear to bring full compensation,
To give thee confidence for all thy fears.

He comes to call the dumb to joyful singing;
The deaf to hear; the blinded eyes to see;
The glorious tidings of salvation bringing.
O captive, rise, thy Saviour comes to thee.

Words: ROSA M. TURNER

Music: Traditional Irish Melody

Hymn. 595:1–8

When my heart is lost in sorrow,
and light seems far and dim,
There's a tender prayer I can always pray:
Simply praising Him.

REFRAIN 1

Praise the creator. Let all within me sing!
For that's what I am made to do, and
comfort it will bring.

When weariness engulfs me,
discouragement sinks in,
There's a hopeful prayer I can always pray:
Simply praising Him.

REFRAIN 2

Praise the creator. Let all within me sing!
For that's what I am made to do, and
courage it will bring.

When my days feel much too busy
to find where prayer fits in,
There's a timeless prayer I can always pray:
Simply praising Him.

REFRAIN 3

Praise the creator. Let all within me sing!
For that's what I am made to do, and
stillness it will bring.

When earth seems satisfying,
my joys filled to the brim,
There's still a prayer I need to pray:
Simply praising Him.

REFRAIN 4

Praise the creator. Let all within me sing!
For that's what I am made to do,
and goodness it will bring.
For that's what we are made to do,
let all the earth now sing!

Words: SUSAN MACK, ALT.

Music: Susan Booth Mack Snipes; arr. Sue Loomis and Robert Rockabrand

I Cor. 14:15 I

15 ... I will pray with the spirit, and I will pray with the understanding also: I will
sing with the spirit, and I will sing with the understanding also.

Eph. 5:18–20 2nd be

- 18 ... be filled with the Spirit;
- 19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;
- 20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

Ps. 100:1, 2

- 1 Make a joyful noise unto the LORD, all ye lands.
- 2 Serve the LORD with gladness: come before his presence with singing.

Ps. 7:17

- 17 I will praise the LORD according to his righteousness: and will sing praise to the name of the LORD most high.

Ps. 30:11, 12

- 11 Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;
- 12 To the end that *my* glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.

Acts 16:19–23 they, 25, 26

- 19 ... they caught Paul and Silas, and drew *them* into the marketplace unto the rulers,
- 20 And brought them to the magistrates, saying, These men, being Jews, do exceedingly trouble our city,
- 21 And teach customs, which are not lawful for us to receive, neither to observe, being Romans.
- 22 And the multitude rose up together against them: and the magistrates rent off their clothes, and commanded to beat *them*.
- 23 And when they had laid many stripes upon them, they cast *them* into prison, charging the jailer to keep them safely:
- 25 ¶ And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.
- 26 And suddenly there was a great earthquake, so that the foundations of the

prison were shaken: and immediately all the doors were opened, and every one's bands were loosed.

Ps. 27:6 now

- 6 ... now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.

Ps. 13:6

- 6 I will sing unto the LORD, because he hath dealt bountifully with me.

Ps. 33:1–3

- 1 Rejoice in the LORD, O ye righteous: *for* praise is comely for the upright.
2 Praise the LORD with harp: sing unto him with the psaltery *and* an instrument of ten strings.
3 Sing unto him a new song; play skilfully with a loud noise.

Ps. 51:10–12

- 10 Create in me a clean heart, O God; and renew a right spirit within me.
11 Cast me not away from thy presence; and take not thy holy spirit from me.
12 Restore unto me the joy of thy salvation; and uphold me *with thy* free spirit.

I Sam. 16:14–19 the, 21–23

- 14 ... the spirit of the LORD departed from Saul, and an evil spirit from the LORD troubled him.
15 And Saul's servants said unto him, Behold now, an evil spirit from God troubleth thee.
16 Let our lord now command thy servants, *which are* before thee, to seek out a man, *who is* a cunning player on an harp: and it shall come to pass, when the evil spirit from God is upon thee, that he shall play with his hand, and thou shalt be well.
17 And Saul said unto his servants, Provide me now a man that can play well, and bring *him* to me.
18 Then answered one of the servants, and said, Behold, I have seen a son of Jesse the Beth-lehemite, *that is* cunning in playing, and a mighty valiant man, and a man of war, and prudent in matters, and a comely person, and the LORD

is with him.

19 ¶ Wherefore Saul sent messengers unto Jesse, and said, Send me David thy son, which *is* with the sheep.

21 And David came to Saul, and stood before him: and he loved him greatly; and he became his armour-bearer.

22 And Saul sent to Jesse, saying, Let David, I pray thee, stand before me; for he hath found favour in my sight.

23 And it came to pass, when the *evil* spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.

Ps. 118:1, 5, 6 (to :), 14, 15, 17, 24, 28

1 O give thanks unto the LORD; for *he is* good: because his mercy *endureth* for ever.

5 I called upon the LORD in distress: the LORD answered me, *and set me* in a large place.

6 The LORD *is* on my side; I will not fear: ...

14 The LORD *is* my strength and song, and is become my salvation.

15 The voice of rejoicing and salvation *is* in the tabernacles of the righteous: the right hand of the LORD doeth valiantly.

17 I shall not die, but live, and declare the works of the LORD.

24 This *is* the day *which* the LORD hath made; we will rejoice and be glad in it.

28 Thou *art* my God, and I will praise thee: *thou art* my God, I will exalt thee.

Isa. 51:3 the

3 ... the LORD shall comfort Zion: he will comfort all her waste places; and he will make her wilderness like Eden, and her desert like the garden of the LORD; joy and gladness shall be found therein, thanksgiving, and the voice of melody.

Isa. 51:11 the

11 ... the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy *shall be* upon their head: they shall obtain gladness and joy; *and* sorrow and mourning shall flee away.

Isa. 55:12 ye

12 ... ye shall go out with joy, and be led forth with peace: the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap *their* hands.

SH 477:26–29

Man is the expression of Soul. The Indians caught
27 some glimpses of the underlying reality, when they called a certain beautiful lake “the smile of the Great Spirit.”

Man
inseparable
from Spirit

SH 89:18–20, 22

18 Mind is not necessarily dependent upon educational processes. It possesses of itself all beauty and poetry, and the power of expressing them.

The influence or
action of Soul confers a freedom, which explains the phe-
24 nomena of improvisation and the fervor of untutored lips.

SH 213:26

Music is the rhythm of head and heart.
27 Mortal mind is the harp of many strings, discoursing either discord or harmony according as the hand, which sweeps over it, is human or divine.

SH 276:14, 26 Discord

Harmony
15 in man is as real and immortal as in music. Discord is unreal and mortal.

Discord is the
27 *nothingness* named error. Harmony is the *somethingness* named Truth.

SH 304:16–17, 20

Harmony is produced by its Principle, is controlled by it and abides with it.

Harmony in man is as beautiful
21 as in music, and discord is unnatural, unreal.

SH 305:2

A discon-
3 tented, discordant mortal is no more a *man* than discord is music.

SH 240:10–11

In the order of Science, in which the Principle is above what it reflects, all is one grand concord.

SH 130:9

9 It is unwise to doubt
if reality is in perfect harmony with God, divine Principle,
— if Science, when understood and demonstrated, will
12 destroy all discord, — since you admit that God is om-
nipotent; for from this premise it follows that good and
its sweet concords have all-power.

Excuses for
ignorance

SH viii:4

To develop the full
might of this Science, the discords of corporeal sense
6 must yield to the harmony of spiritual sense, even as the
science of music corrects false tones and gives sweet con-
cord to sound.

SH 60:24

24 An ill-attuned ear calls discord harmony, not appreciat-
ing concord. So physical sense, not discerning the true
happiness of being, places it on a false basis.

Spiritual
concord

27 Science will correct the discord, and teach us
life's sweeter harmonies.

SH 255:3–6

3 “Let there be light,”
is the perpetual demand of Truth and Love,
changing chaos into order and discord into the
6 music of the spheres.

Inadequate
theories of
creation

SH 190:21

21 The Hebrew bard, swayed by mortal thoughts, thus
swept his lyre with saddening strains on human existence:

As for man, his days are as grass:

24 As a flower of the field, so he flourisheth.
For the wind passeth over it, and it is gone;
And the place thereof shall know it no more.

27 When hope rose higher in the human heart, he sang:

As for me, I will behold Thy face in righteousness:
I shall be satisfied, when I awake, with Thy likeness.

30 For with Thee is the fountain of life;
In Thy light shall we see light.

SH 337:7–10

For true happiness,
man must harmonize with his Principle, divine Love; the
9 Son must be in accord with the Father, in conformity with
Christ.

SH 332:31

Into the real and ideal man the fleshly element cannot
enter. Thus it is that Christ illustrates the coincidence,
1 or spiritual agreement, between God and man in His

image.

SH 234:4

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

Crumbs of
comfort

SH 568:26–30

A louder song, sweeter
27 than has ever before reached high heaven,
now rises clearer and nearer to the great heart of Christ;
for the accuser is not there, and Love sends forth her
30 primal and everlasting strain.

Pæan of
jubilee

SH 619:18

I think I never realized
what fear meant until I began to try and put into practice
my understanding of Christian Science for my children.
I have proved, however, many times, that fear can
neither help nor hinder in our demonstration of truth.
The first time I realized this was in the overcoming of
a severe case of croup for my little boy. I was
awakened one night by the sound that seems to bring
terror to every mother's heart, and found the little
fellow sitting up in bed, gasping for breath. I got up,
took him in my arms, and went into the next room.
My first thought was, "O if only there was another
Christian Scientist in town!" But there was not, and
the work must be done and done quickly. I tried
1 to treat him, but was so frightened I could not think;
so I picked up Science and Health, which lay on the
table beside me, and began reading aloud. I had read
but a few lines when these words came to me as though

a voice spoke, “The word of God is quick, and powerful, and sharper than any two-edged sword.” Almost immediately after, the little one said, “Mamma, sing ‘Shepherd,’ ” — our Leader’s hymn, that both the big and the little children love. I began singing, and commencing with the second line, the little voice joined me. I shall never forget the feeling of joy and peace that came over me, when I realized how quickly God’s word, through Science and Health and the beautiful hymn, had accomplished the healing work. This is only one of many instances in which the power of God’s word to heal has been demonstrated in our home. — A. J. G., Riverside, Cal.