

Wed 2/19/25 - Watching

February 19 2025



Hymn. 67:1–3

Gird thy heavenly armor on,
Wear it ever night and day;
Ambushed lies the evil one:
Watch and pray.

Hear the victors who o'ercame;
Still they mark each warrior's way;
All with warning voice exclaim,
Watch and pray.

Hear, above all, hear thy Lord;
Him thou lovest to obey;
Hide within thy heart His word,
Watch and pray.

Words: CHARLOTTE ELLIOTT, ADAPTED
Music: Friedrich Filitz

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.

Words: MARY BAKER EDDY

Music: Lisa Redfern; arr. CSPA

Hymn. 183:1–3

Make haste, O man, to do
 Whatever must be done;
 Thou hast no time to lose in sloth,
 When all to Truth must come.

The useful and the great,
 The thing that never dies,
 The silent toil that is not lost,—
 Set these before thine eyes.

Up, face the task and work;
 Fling ease and self away;
 This is no time for thee to sleep;
 Up, watch, and work, and pray.

Words: HORATIUS BONAR, ADAPTED

Music: Mason and Webb’s Cantica Laudis, 1850

Luke 2:8–11 there

- 8 ... there were in the same country shepherds abiding in the field, keeping watch over their flock by night.
- 9 And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.
- 10 And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.
- 11 For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

SH vii:2–13

The wakeful shepherd beholds

- 3 the first faint morning beams, ere cometh the full radiance of a risen day. So shone the pale star to the prophet-shepherds; yet it traversed the night, and came where, in
- 6 cradled obscurity, lay the Bethlehem babe, the human herald of Christ, Truth, who would make plain to benighted understanding the way of salvation through Christ
- 9 Jesus, till across a night of error should dawn the morning beams and shine the guiding star of being. The Wisemen were led to behold and to follow this daystar of
- 12 divine Science, lighting the way to eternal harmony.
- The time for thinkers has come.

I Thess. 5:5, 6

- 5 Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.
- 6 Therefore let us not sleep, as *do* others; but let us watch and be sober.

Matt. 26:36–41 (to :)

- 36 ¶ Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder.
- 37 And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy.

- 38 Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.
- 39 And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou *wilt*.
- 40 And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour?
- 41 Watch and pray, that ye enter not into temptation: ...

SH 47:31–6

During his night of gloom and glory in the garden, Jesus realized the utter error of a belief in any possible material intelligence. The pangs of neglect and the staves of bigoted ignorance smote him sorely. His students slept. He said unto them: “Could ye not watch with me one hour?” Could they not watch with him who, waiting and struggling in voiceless agony, held uncomplaining guard over a world?

Gethsemane
glorified

Prov. 8:33, 34

- 33 Hear instruction, and be wise, and refuse it not.
- 34 Blessed is the man that heareth me, watching daily at my gates, waiting at the posts of my doors.

Matt. 25:1–13

- 1 Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom.
- 2 And five of them were wise, and five *were* foolish.
- 3 They that *were* foolish took their lamps, and took no oil with them:
- 4 But the wise took oil in their vessels with their lamps.
- 5 While the bridegroom tarried, they all slumbered and slept.
- 6 And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him.
- 7 Then all those virgins arose, and trimmed their lamps.
- 8 And the foolish said unto the wise, Give us of your oil; for our lamps are

gone out.

- 9 But the wise answered, saying, *Not so*; lest there be not enough for us and you: but go ye rather to them that sell, and buy for yourselves.
- 10 And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage: and the door was shut.
- 11 Afterward came also the other virgins, saying, Lord, Lord, open to us.
- 12 But he answered and said, Verily I say unto you, I know you not.
- 13 Watch therefore, for ye know neither the day nor the hour wherein the Son of man cometh.

Mark 13:34–37

- 34 *For the Son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch.*
- 35 Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning:
- 36 Lest coming suddenly he find you sleeping.
- 37 And what I say unto you I say unto all, Watch.

Eph. 5:14 Awake

- 14 ... Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

SH 249:21–22 God, 24–25

- 21 God
never slumbers, and His likeness never dreams.

Illusive
dreams

- 24 Sleep and apathy are phases of the dream that life, substance, and intelligence are material.

SH 324:13–15

- Be watchful, sober, and vigilant. The way is straight and narrow, which leads to the understanding that God
15 is the only Life.

I John 4:1

- 1 Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.

John 10:1–9

- 1 Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber.
- 2 But he that entereth in by the door is the shepherd of the sheep.
- 3 To him the porter openeth; and the sheep hear his voice; and he calleth his own sheep by name, and leadeth them out.
- 4 And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice.
- 5 And a stranger will they not follow, but will flee from him: for they know not the voice of strangers.
- 6 This parable spake Jesus unto them: but they understood not what things they were which he spake unto them.
- 7 Then said Jesus unto them again, Verily, verily, I say unto you, I am the door of the sheep.
- 8 All that ever came before me are thieves and robbers: but the sheep did not hear them.
- 9 I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.

SH 332:9–11 Christ

- 9 Christ is the true idea voicing good, the divine message from God to men speaking to the human consciousness.

SH 261:4

- 6 Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts.

SH 234:9–12

9 We should become more familiar with good than with
 evil, and guard against false beliefs as watchfully as we
 bar our doors against the approach of thieves
 12 and murderers.

Hospitality
 to health
 and good

SH 392:24 Stand

24 Stand porter at the door of thought.
 Admitting only such conclusions as you wish realized in
 bodily results, you will control yourself har-
 27 moniously. When the condition is present
 which you say induces disease, whether it be air, exercise,
 heredity, contagion, or accident, then perform your office
 30 as porter and shut out these unhealthy thoughts and fears.
 Exclude from mortal mind the offending errors; then the
 body cannot suffer from them. The issues of pain or
 1 pleasure must come through mind, and like a watchman
 forsaking his post, we admit the intruding belief, forget-
 3 ting that through divine help we can forbid this entrance.

Guarding
 the door

SH 82:31–2

In a world of sin and sensuality hastening to a
 greater development of power, it is wise earnestly to
 1 consider whether it is the human mind or the divine
 Mind which is influencing one.

SH 419:16–18 Observe

Ob-
 serve mind instead of body, lest aught unfit for develop-
 18 ment enter thought.

SH 195:19 Observation

Observa-
 tion, invention, study, and original thought are expansive
 and should promote the growth of mortal mind out of it-

21 self, out of all that is mortal.

SH 185:32

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

False
stimulus

SH 446:27–30

27 The exercise of will brings on a
 hypnotic state, detrimental to health and integrity of
 thought. This must therefore be watched and guarded
 30 against.

Iniquity
overcome

SH 442:30

30 Christian Scientists, be a law to yourselves that mental
 malpractice cannot harm you either when asleep or when
 awake.

SH 451:31–3

Show your student that mental malpractice tends to
 blast moral sense, health, and the human life. Instruct
 1 him how to bar the door of his thought against this
 seeming power, — a task not difficult, when one under-
 3 stands that evil has in reality no power.

Matt. 5:14, 15

14 Ye are the light of the world. A city that is set on an hill cannot be hid.
 15 Neither do men light a candle, and put it under a bushel, but on a
 candlestick; and it giveth light unto all that are in the house.

Luke 12:35–38

35 Let your loins be girded about, and *your* lights burning;
 36 And ye yourselves like unto men that wait for their lord, when he will
 return from the wedding; that when he cometh and knocketh, they may

open unto him immediately.

37 Blessed *are* those servants, whom the lord when he cometh shall find watching: verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them.

38 And if he shall come in the second watch, or come in the third watch, and find *them* so, blessed are those servants.

SH 367:17

A Christian Scientist occupies the place at this period
 18 of which Jesus spoke to his disciples, when he said: “Ye are the salt of the earth.” “Ye are the light of the world. A city that is set on an hill cannot be hid.” Let us watch, work, and pray that this salt
 21 lose not its saltness, and that this light be not hid, but radiate and glow into noontide glory.

The salt of the earth

SH 463:32

It has been said to the author, “The world is benefited by you, but it feels your influence without seeing
 1 you. Why do you not make yourself more widely known?” Could her friends know how little
 3 time the author has had, in which to make herself outwardly known except through her laborious
 6 publications, — and how much time and toil are still required to establish the stately operations of Christian Science, — they would understand why she is so secluded.
 9 Others could not take her place, even if willing so to do. She therefore remains unseen at her post, seeking no self-aggrandizement but praying, watching, and working for
 12 the redemption of mankind.

Seclusion of the author

SH 1:6

6 Prayer, watching, and working, combined with self-immolation, are God’s gracious means for accomplishing whatever has been successfully done for the Christian-

9 ization and health of mankind.

SH 497:24 And

24 ... And we solemnly promise to watch, and pray for
that Mind to be in us which was also in Christ Jesus; to
do unto others as we would have them do unto us; and
27 to be merciful, just, and pure.

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