

# Our Bodily Autonomy

July 23 2025



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## Hymn. 168:1–4

Let all the earth with songs rejoice;  
Let heaven return the joyful voice;  
All mindful of our God's great name,  
Let every man His praise proclaim.

Ye servants who once bore the light  
Of Gospel truth o'er darkest night,  
Still may our work that light impart,  
To glad the eyes and cheer the heart.

O God, by whom to them was given  
The key that shuts and opens heaven,  
Our chains unbind, our loss repair,  
Reveal Thy power through answered prayer.

For at Thy will they preached the Word  
Which cured disease, which health conferred:  
And now, that healing power once more  
Our peace and health to us restore.

Words: RICHARD MANT, TR., ADAPTED

Music: Geistliche Lieder, Leipzig, 1539

## Hymn. 475:1–4

Forget not who you are, O child of God,  
For God demands of you reflection pure;  
Your heritage is goodly, and your home,  
In Spirit's warm embrace, is safe, secure.

You are the child of Spirit, sinless, pure—  
Yours is a perfect beauty, born of Soul—  
Complete with health, vitality, and grace.  
For is not God, your Father, perfect, whole?

Your understanding, too, comes straight from God.  
For in that Mind, magnificent and clear,  
You are conceived by Love, a perfect child,  
Unhampered by the flesh, or doubt, or fear.

So now look up to God's pure holy light  
And greet with fearless joy each coming day.  
Of royal birth, you are a King's own child—  
And God is yours, and you are God's always.

Words: MILDRED SPRING CASE, ALT.

Music: Alfred Morton Smith

**Hymn. 139:1–3**

I walk with Love along the way,  
And O, it is a holy day;  
No more I suffer cruel fear,  
I feel God's presence with me here;  
The joy that none can take away  
Is mine; I walk with Love today.

Who walks with Love along the way,  
Shall talk with Love and Love obey;  
God's healing truth is free to all,  
Our Father answers every call;  
'Tis He dispels the clouds of gray  
That all may walk with Love today.

Come, walk with Love along the way,  
Let childlike trust be yours today;

Uplift your thought, with courage go,  
Give of your heart's rich overflow,  
And peace shall crown your joy-filled day.  
Come, walk with Love along the way.

Words: MINNY M. H. AYERS

Music: Henry Carey

**I Kings 18:21 How (to :)**

21 ... How long halt ye between two opinions? if the LORD *be* God, follow him: ...

**Prov. 14:30 (to :)**

30 A sound heart *is* the life of the flesh: ...

**Job 19:26, 27 (to ;)**

26 And *though* after my skin *worms* destroy this *body*, yet in my flesh shall I see  
God:

27 Whom I shall see for myself, and mine eyes shall behold, and not another; ...

**Matt. 6:22–24, 33 (to ;)**

22 The light of the body is the eye: if therefore thine eye be single, thy whole  
body shall be full of light.

23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore  
the light that is in thee be darkness, how great *is* that darkness!

24 ¶ No man can serve two masters: for either he will hate the one, and love the  
other; or else he will hold to the one, and despise the other. Ye cannot serve  
God and mammon.

33 But seek ye first the kingdom of God, and his righteousness; ...

**Prov. 3:5–8**

5 ¶ Trust in the LORD with all thine heart; and lean not unto thine own  
understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

7 ¶ Be not wise in thine own eyes: fear the LORD, and depart from evil.

8 It shall be health to thy navel, and marrow to thy bones.

### **Mark 5:21 when (to :), 25–34**

- 21 ... when Jesus was passed over again by ship unto the other side, much people gathered unto him: ...
- 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.

### **Prov. 15:30, 33**

- 30 The light of the eyes rejoiceth the heart: *and* a good report maketh the bones fat.
- 33 The fear of the LORD *is* the instruction of wisdom; and before honour *is* humility.

### **II Cor. 5:1–8**

- 1 For we know that if our earthly house of *this* tabernacle were dissolved, we have a building of God, an house not made with hands, eternal in the heavens.
- 2 For in this we groan, earnestly desiring to be clothed upon with our house which is from heaven:
- 3 If so be that being clothed we shall not be found naked.
- 4 For we that are in *this* tabernacle do groan, being burdened: not for that we

would be unclothed, but clothed upon, that mortality might be swallowed up of life.

- 5 Now he that hath wrought us for the selfsame thing *is* God, who also hath given unto us the earnest of the Spirit.
- 6 Therefore *we are* always confident, knowing that, whilst we are at home in the body, we are absent from the Lord:
- 7 (For we walk by faith, not by sight:)
- 8 We are confident, *I say*, and willing rather to be absent from the body, and to be present with the Lord.

#### **Acts 14:8–10**

- 8 ¶ And there sat a certain man at Lystra, impotent in his feet, being a cripple from his mother's womb, who never had walked:
- 9 The same heard Paul speak: who stedfastly beholding him, and perceiving that he had faith to be healed,
- 10 Said with a loud voice, Stand upright on thy feet. And he leaped and walked.

#### **Rom. 8:1, 2, 5, 6**

- 1 *There is* therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.
- 2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.
- 5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.
- 6 For to be carnally minded *is* death; but to be spiritually minded *is* life and peace.

#### **Rom. 12:1, 2**

- 1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service.
- 2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

## SH 62:22

The divine Mind, which forms the  
bud and blossom, will care for the human  
24 body, even as it clothes the lily; but let no mortal inter-  
fere with God's government by thrusting in the laws of  
erring, human concepts.

The Mind  
creative

## SH 166:15

15 The erring human mind is inharmonious in itself.  
From it arises the inharmonious body. To ignore  
God as of little use in sickness is a mistake.  
18 Instead of thrusting Him aside in times of  
bodily trouble, and waiting for the hour of  
strength in which to acknowledge Him, we should learn  
21 that He can do all things for us in sickness as in  
health.

Health from  
reliance on  
spirituality

## SH 165:12-2

12 Obedience to the so-called physical laws of health has  
not checked sickness. Diseases have multiplied, since  
man-made material theories took the place of spiritual  
15 truth.

You say that indigestion, fatigue, sleeplessness, cause  
distressed stomachs and aching heads. Then  
18 you consult your brain in order to remember  
what has hurt you, when your remedy lies in forgetting  
1 the whole thing; for matter has no sensation of its own,  
and the human mind is all that can produce pain.

Causes of  
sickness

## SH 419:16

Meet every adverse circumstance as its master. Ob-  
serve mind instead of body, lest aught unfit for develop-  
18 ment enter thought. Think less of material conditions  
and more of spiritual.

## SH 111:26–29

After a lengthy examination of my discovery and its  
27 demonstration in healing the sick, this fact became evident to me, — that Mind governs the body,  
not partially but wholly.

Confirmatory  
tests

## SH 169:16

If we understood the control of Mind over body,  
we should put no faith in material means.

## SH 171:25

The so-called laws of matter are nothing but false beliefs that intelligence and life are present where Mind  
27 is not. These false beliefs are the procuring cause of all sin and disease. The opposite truth, that intelligence and life are spiritual, never material, destroys sin, sickness,  
30 and death.

## SH 168:8–10, 15

Your belief militates

9 against your health, when it ought to be enlisted on the side of health.

15 Because man-made systems insist that man becomes sick and useless, suffers and dies, all in consonance with the laws of God, are we to believe it? Are  
18 we to believe an authority which denies God's spiritual command relating to perfection, — an authority which Jesus proved to be false? He did the will of the  
21 Father. He healed sickness in defiance of what is called material law, but in accordance with God's law, the law of Mind.

The divine  
authority

## SH 170:4

The discord which calls for material  
methods is the result of the exercise of faith in material  
6 modes, — faith in matter instead of in Spirit.

## SH 216:28–1

When you say, “Man’s body is material,” I say with  
Paul: Be “willing rather to be absent from the body,  
30 and to be present with the Lord.” Give up  
your material belief of mind in matter, and  
have but one Mind, even God; for this Mind forms its  
1 own likeness.

Personal  
identity

## SH 167:3–12

3 If we rise no higher  
than blind faith, the Science of healing is not attained, and  
Soul-existence, in the place of sense-existence, is not com-  
6 prehended. We apprehend Life in divine Science only  
as we live above corporeal sense and correct it. Our pro-  
portionate admission of the claims of good or of evil de-  
9 termines the harmony of our existence, — our health, our  
longevity, and our Christianity.

We cannot serve two masters nor perceive divine Sci-  
12 ence with the material senses.

## SH 14:12–22

12 Become conscious for a single moment that Life and  
intelligence are purely spiritual, — neither in nor of  
matter, — and the body will then utter no  
15 complaints. If suffering from a belief in  
sickness, you will find yourself suddenly well. Sorrow  
is turned into joy when the body is controlled by spir-  
18 itual Life, Truth, and Love. Hence the hope of the  
promise Jesus bestows: “He that believeth on me,

Spiritualized  
consciousness



the works that I do shall he do also; . . . because I  
21 go unto my Father,” — [because the Ego is absent from  
the body, and present with Truth and Love.]

### SH 170:14–15

The demands of Truth are spiritual, and reach the  
15 body through Mind.

### SH 167:22

It is not wise to take a halt-  
ing and half-way position or to expect to work  
24 equally with Spirit and matter, Truth and error. There  
is but one way — namely, God and His idea — which  
leads to spiritual being. The scientific government of the  
27 body must be attained through the divine Mind. It is im-  
possible to gain control over the body in any other way.  
On this fundamental point, timid conservatism is abso-  
30 lutely inadmissible. Only through radical reliance on  
Truth can scientific healing power be realized.

Half-way  
success

### SH 199:21–31

21 The devotion of thought to an honest achievement makes  
the achievement possible. Exceptions only confirm this  
rule, proving that failure is occasioned by a too feeble  
24 faith.

Had Blondin believed it impossible to walk the rope  
over Niagara’s abyss of waters, he could never have  
27 done it. His belief that he could do it gave his thought-  
forces, called muscles, their flexibility and power which  
the unscientific might attribute to a lubricating oil. His  
30 fear must have disappeared before his power of putting  
resolve into action could appear.

## SH 114:23–24

Christian Science explains all cause and effect as men-  
24 tal, not physical.

## SH 200:9–13

9 Life is, always  
has been, and ever will be independent of  
matter; for Life is God, and man is the idea  
12 of God, not formed materially but spiritually, and not  
subject to decay and dust.

A mortal  
not man

## SH 170:22

Spiritual causation is the one question to be considered,  
for more than all others spiritual causation relates to  
24 human progress. The age seems ready to  
approach this subject, to ponder somewhat  
the supremacy of Spirit, and at least to touch the hem  
27 of Truth's garment.

Causation  
considered

## SH 174:20

Truth is revealed. It needs only to  
21 be practised.