

Joy and Abundant Life

December 10 2025



Hymn. 65:1–3

From glory unto glory,
Be this our joyous song;
From glory unto glory,
'Tis Love that leads us on;
As wider yet and wider,
The rising splendors glow,
What wisdom is revealed to us,
What freedom we may know.

The fullness of His blessing
Encompasseth our way;
The fullness of His promise
Crowns every dawning day;
The fullness of His glory
Is shining from above,
While more and more we learn to know
The fullness of His love.

From glory unto glory,
What great things He hath done,
What wonders He hath shown us,
What triumphs Love hath won.
From glory unto glory,
From strength to strength we go,
While grace for grace abundantly
Doth from His fullness flow.

Words: FRANCES R. HAVERGAL, ADAPTED

Music: John B. Dykes

Hymn. 222:1–3

O little town of Bethlehem,
How still we see thee lie;
Above thy deep and dreamless sleep
The silent stars go by;
Yet in thy dark streets shineth
The everlasting Light;
The hopes and fears of all the years
Are met in thee tonight.

O morning stars, together
Proclaim the holy birth,
And praises sing to God the King,
And peace to men on earth;
Where charity stands watching
And faith holds wide the door,
The dark night wakes, the glory breaks,
And Christmas comes once more.

How silently, how silently,
The wondrous gift is given;
So God imparts to human hearts
The blessings of His heaven.
No ear may hear his coming,
But in this world of sin,
Where meekness will receive him, still
The dear Christ enters in.

Words: PHILLIPS BROOKS
Music: Lewis H. Redner

Hymn. 417:1–3

Joy to the world, the Lord is come,
Let earth receive her King;
Let every heart prepare him room,
And heaven and nature sing.

No more let sin and sorrow grow,
Nor thorns infest the ground;
Where'er he comes, his blessings flow,
And hope and joy abound.

He rules the world with truth and grace,
And makes the nations prove
The glories of his righteousness
And wonders of his love.

Words: ISAAC WATTS, ADAPTED

Music: G. F. Häendel, arr. by Lowell Mason

John 10:7 said (to them), 10 I

7 ... said Jesus unto them ...

10 ... I am come that they might have life, and that they might have *it* more abundantly.

Ps. 36:7–9

7 How excellent *is* thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings.

8 They shall be abundantly satisfied with the fatness of thy house; and thou shalt make them drink of the river of thy pleasures.

9 For with thee *is* the fountain of life: in thy light shall we see light.

Ps. 16:11

11 Thou wilt shew me the path of life: in thy presence *is* fulness of joy; at thy right hand *there are* pleasures for evermore.

Isa. 55:6–13

- 6 ¶ Seek ye the LORD while he may be found, call ye upon him while he is near:
- 7 Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.
- 8 ¶ For my thoughts *are* not your thoughts, neither *are* your ways my ways, saith the LORD.
- 9 For *as* the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.
- 10 For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater:
- 11 So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper *in the thing* whereto I sent it.
- 12 For 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.
- 13 Instead of the thorn shall come up the fir tree, and instead of the brier shall come up the myrtle tree: and it shall be to the LORD for a name, for an everlasting sign *that* shall not be cut off.

Isa. 35:1, 2 (to :), 10

- 1 The wilderness and the solitary place shall be glad for them; and the desert shall rejoice, and blossom as the rose.
- 2 It shall blossom abundantly, and rejoice even with joy and singing: ...
- 10 And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.

Rom. 5:17

- 17 For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ.)

Matt. 2:1, 2, 9 and, 10

- 1 Now when Jesus was born in Bethlehem of Judæa in the days of Herod the king, behold, there came wise men from the east to Jerusalem,
- 2 Saying, Where is he that is born King of the Jews? for we have seen his star in the east, and are come to worship him.
- 9 ... and, lo, the star, which they saw in the east, went before them, till it came and stood over where the young child was.
- 10 When they saw the star, they rejoiced with exceeding great joy.

Luke 2:8–11

- 8 And 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.

Luke 1:76–80

- 76 And thou, child, shalt be called the prophet of the Highest: for thou shalt go before the face of the Lord to prepare his ways;
- 77 To give knowledge of salvation unto his people by the remission of their sins,
- 78 Through the tender mercy of our God; whereby the dayspring from on high hath visited us,
- 79 To give light to them that sit in darkness and *in* the shadow of death, to guide our feet into the way of peace.
- 80 And the child grew, and waxed strong in spirit, and was in the deserts till the day of his shewing unto Israel.

Matt. 9:35

- 35 And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

Luke 8:41, 42, 49–56 (to :)

- 41 ¶ And, behold, there came a man named Jairus, and he was a ruler of the synagogue: and he fell down at Jesus' feet, and besought him that he would come into his house:
- 42 For he had one only daughter, about twelve years of age, and she lay a-dying. But as he went the people thronged him.
- 49 ¶ While he yet spake, there cometh one from the ruler of the synagogue's *house*, saying to him, Thy daughter is dead; trouble not the Master.
- 50 But when Jesus heard *it*, he answered him, saying, Fear not: believe only, and she shall be made whole.
- 51 And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden.
- 52 And all wept, and bewailed her: but he said, Weep not; she is not dead, but sleepeth.
- 53 And they laughed him to scorn, knowing that she was dead.
- 54 And he put them all out, and took her by the hand, and called, saying, Maid, arise.
- 55 And her spirit came again, and she arose straightway: and he commanded to give her meat.
- 56 And her parents were astonished: ...

John 10:27, 28

- 27 My sheep hear my voice, and I know them, and they follow me:
- 28 And I give unto them eternal life; and they shall never perish, neither shall any *man* pluck them out of my hand.

John 15:7–11

- 7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.
- 8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.
- 9 As the Father hath loved me, so have I loved you: continue ye in my love.
- 10 If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

- 11 These things have I spoken unto you, that my joy might remain in you, and
that your joy might be full.

Luke 10:1, 17

- 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.
17 ¶ And the seventy returned again with joy, saying, Lord, even the devils are
subject unto us through thy name.

Rom. 15:13

- 13 Now the God of hope fill you with all joy and peace in believing, that ye may
abound in hope, through the power of the Holy Ghost.

SH vii:1

- 1 **T**O those leaning on the sustaining infinite, to-day is
big with blessings. 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 be-
nighted understanding the way of salvation through Christ
9 Jesus, till across a night of error should dawn the morn-
ing beams and shine the guiding star of being. The Wise-
men were led to behold and to follow this daystar of
12 divine Science, lighting the way to eternal harmony.

SH 26:10

- The Christ was the Spirit which Jesus implied in his
own statements: "I am the way, the truth, and the life;"
12 "I and my Father are one." This Christ,
or divinity of the man Jesus, was his divine
nature, the godliness which animated him. Divine Truth,
15 Life, and Love gave Jesus authority over sin, sickness,

Christ's
demonstration

and death. His mission was to reveal the Science of
celestial being, to prove what God is and what He does
18 for man.

SH 333:3–13 The

3 ... The word *Christ* is not properly a synonym for
Jesus, though it is commonly so used. Jesus was a human
name, which belonged to him in common with
6 other Hebrew boys and men, for it is identical
with the name Joshua, the renowned Hebrew leader. On
the other hand, Christ is not a name so much as the divine
9 title of Jesus. Christ expresses God's spiritual, eternal
nature. The name is synonymous with Messiah, and al-
ludes to the spirituality which is taught, illustrated, and
12 demonstrated in the life of which Christ Jesus was the
embodiment.

Messiah
or Christ

SH 259:6 The

6 The
divine nature was best expressed in Christ Jesus, who
threw upon mortals the truer reflection of God and lifted
9 their lives higher than their poor thought-models would
allow, — thoughts which presented man as fallen, sick,
sinning, and dying. The Christlike understanding of
12 scientific being and divine healing includes a perfect Prin-
ciple and idea, — perfect God and perfect man, — as the
basis of thought and demonstration.

SH 548:12

12 Earth has little light or joy for mortals before
Life is spiritually learned. Every agony of mortal error
helps error to destroy error, and so aids the apprehension
15 of immortal Truth. This is the new birth going on
hourly, by which men may entertain angels, the true
ideas of God, the spiritual sense of being.

The clouds
dissolving

SH 66:6

6 Trials teach mortals not to lean on a material staff, —
a broken reed, which pierces the heart. We do not
half remember this in the sunshine of joy
9 and prosperity. Sorrow is salutary. Through
great tribulation we enter the kingdom. Trials are
proofs of God's care. Spiritual development germi-
12 nates not from seed sown in the soil of material hopes,
but when these decay, Love propagates anew the higher
joys of Spirit, which have no taint of earth. Each suc-
15 cessive stage of experience unfolds new views of divine
goodness and love.

Salutary
sorrow

SH 182:32–4; 183:14, 19

The law of Christ, or

1 Truth, makes all things possible to Spirit; but the so-
called laws of matter would render Spirit of no avail, and
3 demand obedience to materialistic codes, thus departing
from the basis of one God, one lawmaker.

Truth never made error necessary, nor devised a law to
15 perpetuate error.

Laws of nature are laws of Spirit; but mortals
commonly recognize as law that which hides the power of
21 Spirit. Divine Mind rightly demands man's entire obe-
dience, affection, and strength. No reservation is made
for any lesser loyalty. Obedience to Truth gives man
24 power and strength. Submission to error superinduces
loss of power.

Laws of
nature spiritual

SH 265:23–24, 28–2

Who that has felt the loss of human peace has not gained

24 stronger desires for spiritual joy?

The pains of sense quickly inform
us that the pleasures of sense are mortal and that joy is
30 spiritual.

The pains of sense are salutary, if they wrench away
false pleasurable beliefs and transplant the affections
1 from sense to Soul, where the creations of God are good,
“rejoicing the heart.”

SH 240:1–11

1 Nature voices natural, spiritual law and divine Love,
but human belief misinterprets nature. Arctic regions,
3 sunny tropics, giant hills, winged winds,
mighty billows, verdant vales, festive flowers,
and glorious heavens, — all point to Mind, the spiritual
6 intelligence they reflect. The floral apostles are hiero-
glyphs of Deity. Suns and planets teach grand lessons.
The stars make night beautiful, and the leaflet turns nat-
9 urally towards the light.

Some lessons
from nature

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

SH 513:6–7

6 Advancing spiritual steps in the teeming universe of
Mind lead on to spiritual spheres and exalted beings.

SH 76:22

The sinless joy, — the perfect harmony and immortality
of Life, possessing unlimited divine beauty and goodness
24 without a single bodily pleasure or pain, —
constitutes the only veritable, indestructible
man, whose being is spiritual. This state of existence
27 is scientific and intact, — a perfection discernible only
by those who have the final understanding of Christ in

Immaterial
pleasure

divine Science. Death can never hasten this state of
30 existence, for death must be overcome, not submitted to,
before immortality appears.

SH 377:3

3 If grief causes suffering, convince
the sufferer that affliction is often the source of joy, and
that he should rejoice always in ever-present Love.

SH 298:19–20, 22

When the real is attained, which is announced by Science,
joy is no longer a trembler, nor is hope a cheat.

Spiritual ideas lead
up to their divine origin, God, and to the spiritual sense
24 of being.

SH 21:9

9 If the disciple is advancing spiritually, he is striving
to enter in. He constantly turns away from material
sense, and looks towards the imperishable things
12 of Spirit. If honest, he will be in earnest from the
start, and gain a little each day in the right direction,
till at last he finishes his course with joy.

SH 324:2–4

Gladness to leave the false landmarks
3 and joy to see them disappear, — this disposition helps
to precipitate the ultimate harmony.

SH 14:12–18

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.

SH 333:19–23

Throughout all generations both before and
after the Christian era, the Christ, as the spirit-
21 ual idea, — the reflection of God, — has come with some
measure of power and grace to all prepared to receive
Christ, Truth.

The divine
Principle
and idea