

Watching and Praying

January 14 2026



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. 237:1–4

O may we be still and seek Him,
Seek with consecration whole,
Listening thus to hear the message,
Far from sense and hid in Soul.

He hath promised we shall find Him,
Love divine its promise keeps;
God is watching with the watchful,
God is Life that never sleeps.

If we pray to Him in secret,
Lift to Him the heart's desire,
We shall find our earthly longings
All made pure by Love's pure fire.

Then upon the precious metal
God's own image will appear,
Faithfully to Him reflected,
One with Him forever near.

Words: FAY LINN
Music: 14th Century Carol

Hymn. 210:1–5

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 alway,”—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: Andrew Freeman

■ ***From the New Living Translation of the Bible***

1-Matthew

Ch. 7

7 “Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. 8 For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

2-Nehemiah

Ch. 1

1 These are the memoirs of Nehemiah son of Hacaliah. In late autumn, in the month of Kislev, in the twentieth year of King Artaxerxes' reign,[a] I was at the fortress of Susa. 2 Hanani, one of my brothers, came to visit me with some other men who had just arrived from Judah. I asked them about the Jews who had returned there from captivity and about how things were going in Jerusalem.

3 They said to me, “Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire.”

4 When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven.

11 O Lord, please hear my prayer! Listen to the prayers of those of us who delight in honoring you. Please grant me success today by making the king favorable to me.[c] Put it into his heart to be kind to me.”

In those days I was the king's cup-bearer.

Science and Health with Key to the Scriptures, Mary Baker Eddy

1-Prayer, watching, and working, combined with self-immolation, are God's gracious means for accomplishing whatever has been successfully done for the Christianization and health of mankind.

Thoughts unspoken are not unknown to the divine Mind. Desire is prayer; and no loss can occur from trusting God with our desires, that they may be moulded and exalted before they take form in words and in deeds.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 1:6–14)

2-Spirit, God, gathers unformed thoughts into their proper channels, and unfolds these thoughts, even as He opens the petals of a holy purpose in order that the purpose may appear.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 506:18)

3-What we most need is the prayer of fervent desire for growth in grace, expressed in patience, meekness, love, and good deeds.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 4:3–5)

The Bible

3-Nehemiah

Ch. 2

1 Early the following spring, in the month of Nisan,[a] during the twentieth year of King Artaxerxes' reign, I was serving the king his wine. I had never before appeared sad in his presence. 2 So the king asked me, "Why are you looking so sad? You don't look sick to me. You must be deeply troubled."

Then I was terrified, 3 but I replied, "Long live the king! How can I not be sad? For the city where my ancestors are buried is in ruins, and the gates have been destroyed by fire."

4 The king asked, "Well, how can I help you?"

With a prayer to the God of heaven, 5 I replied, "If it please the king, and if you are pleased with me, your servant, send me to Judah to rebuild the city where my ancestors are buried."

6 The king, with the queen sitting beside him, asked, "How long will you be gone? When will you return?" After I told him how long I would be gone, the king agreed to my request.

10 But when Sanballat the Horonite and Tobiah the Ammonite official heard of my arrival, they were very displeased that someone had come to help the people of Israel.

11 So I arrived in Jerusalem. Three days later, 12 I slipped out during the night, taking only a few others with me. I had not told anyone about the plans God had put in my heart for Jerusalem. We took no pack animals with us except the donkey I was riding.

13 After dark I went out through the Valley Gate, past the Jackal's Well,[d] and over to the Dung Gate to inspect the broken walls and burned gates. 14 Then I went to the Fountain Gate and to the King's Pool, but my donkey couldn't get through the rubble. 15 So, though it was still dark, I went up the Kidron Valley[e] instead, inspecting the wall before I turned back and entered again at the Valley Gate.

16 The city officials did not know I had been out there or what I was doing, for I had not yet said anything to anyone about my plans. I had not yet spoken to the Jewish leaders—the priests, the nobles, the officials, or anyone else in the administration. 17 But

now I said to them, “You know very well what trouble we are in. Jerusalem lies in ruins, and its gates have been destroyed by fire. Let us rebuild the wall of Jerusalem and end this disgrace!” 18 Then I told them about how the gracious hand of God had been on me, and about my conversation with the king. They replied at once, “Yes, let’s rebuild the wall!” So they began the good work.

Science and Health with Key to the Scriptures, Mary Baker Eddy

4-In order to pray aright, we must enter into the closet and shut the door. We must close the lips and silence the material senses. In the quiet sanctuary of earnest longings, we must deny sin and plead God’s allness. We must resolve to take up the cross, and go forth with honest hearts to work and watch for wisdom, Truth, and Love. We must “pray without ceasing.” Such prayer is answered, in so far as we put our desires into practice.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 15:14–22)

5-Simply asking that we may love God will never make us love Him; but the longing to be better and holier, expressed in daily watchfulness and in striving to assimilate more of the divine character, will mould and fashion us anew, until we awake in His likeness. We reach the Science of Christianity through demonstration of the divine nature; but in this wicked world goodness will “be evil spoken of,” and patience must bring experience.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 4:17)

The Bible

4-Nehemiah

Ch.2

19 But when Sanballat, Tobiah, and Geshem the Arab heard of our plan, they scoffed contemptuously. “What are you doing? Are you rebelling against the king?” they asked.

20 I replied, “The God of heaven will help us succeed. We, his servants, will start rebuilding this wall. But you have no share, legal right, or historic claim in Jerusalem.”

Ch. 4

6 At last the wall was completed to half its height around the entire city, for the people had worked with enthusiasm.7 [d]But when Sanballat and Tobiah and the Arabs, Ammonites, and Ashdodites heard that the work was going ahead and that the gaps in the wall of Jerusalem were being repaired, they were furious. 8 They all made plans to come and fight against Jerusalem and throw us into confusion. 9 But we prayed to our God and guarded the city day and night to protect ourselves.

10 Then the people of Judah began to complain, “The workers are getting tired, and there is so much rubble to be moved. We will never be able to build the wall by ourselves.”

11 Meanwhile, our enemies were saying, “Before they know what’s happening, we will swoop down on them and kill them and end their work.”

12 The Jews who lived near the enemy came and told us again and again, “They will come from all directions and attack us!”[e] 13 So I placed armed guards behind the lowest parts of the wall in the exposed areas. I stationed the people to stand guard by families, armed with swords, spears, and bows.14 Then as I looked over the situation, I called together the nobles and the rest of the people and said to them, “Don’t be afraid of the enemy! Remember the Lord, who is great and glorious, and fight for your brothers, your sons, your daughters, your wives, and your

homes!"15 When our enemies heard that we knew of their plans and that God had frustrated them, we all returned to our work on the wall. 16 But from then on, only half my men worked while the other half stood guard with spears, shields, bows, and coats of mail. 21 We worked early and late, from sunrise to sunset. And half the men were always on guard. 22 I also told everyone living outside the walls to stay in Jerusalem. That way they and their servants could help with guard duty at night and work during the day. 23 During this time, none of us—not I, nor my relatives, nor my servants, nor the guards who were with me—ever took off our clothes. We carried our weapons with us at all times, even when we went for water.[f]

Science and Health with Key to the Scriptures, Mary Baker Eddy

6-Individuals are consistent who, watching and praying, can “run, and not be weary; . . . walk, and not faint,” who gain good rapidly and hold their position, or attain slowly and yield not to discouragement. God requires perfection, but not until the battle between Spirit and flesh is fought and the victory won. . . . When we wait patiently on God and seek Truth righteously, He directs our path.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 254:2–8, 10–12)

7-The sick are terrified by their sick beliefs, and sinners should be affrighted by their sinful beliefs; but the Christian Scientist will be calm in the presence of both sin and disease, knowing, as he does, that Life is God and God is All.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 366:24)

8-Admit the existence of matter, and you admit that mortality (and therefore disease) has a foundation in fact. Deny the existence of matter, and you can destroy the belief in material conditions.

When fear disappears, the foundation of disease is gone. Once let the mental physician believe in the reality of matter, and he is liable to admit also the reality of all discordant conditions, and this hinders his destroying them.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, pp. 368:27–3)

9-Fear, which is an element of all disease, must be cast out to readjust the balance for God. Casting out evil and fear enables truth to outweigh error. The only course is to take antagonistic grounds against all that is opposed to the health, holiness, and harmony of man, God's image.

The physical affirmation of disease should always be met with the mental negation. Whatever benefit is produced on the body, must be expressed mentally, and thought should be held fast to this ideal. ... Your decisions will master you, whichever direction they take.

Reverse the case. Stand porter at the door of thought. Admitting only such conclusions as you wish realized in bodily results, you will control yourself harmoniously. ... The issues of pain or pleasure must come through mind, and like a watchman forsaking his post, we admit the intruding belief, forgetting that through divine help we can forbid this entrance.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 392:5–15, 22–27, 32)

10-Be watchful, sober, and vigilant. The way is straight and narrow, which leads to the understanding that God is the only Life. It is a warfare with the flesh, in which we must conquer sin, sickness, and death, either here or hereafter, — certainly before we can reach the goal of Spirit, or life in God.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 324:13)

11-There is neither place nor opportunity in Science for error of any sort. Every day makes its demands upon us for higher proofs rather than professions of Christian power. These proofs consist solely in the destruction of sin, sickness, and death by the power of Spirit, as Jesus destroyed them. This is an element of progress, and progress is the law of God, whose law demands of us only what we can certainly fulfil.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 232:32)

The Bible

5-Nehemiah

Ch. 6

1 Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies found out that I had finished rebuilding the wall and that no gaps remained—though we had not yet set up the doors in the gates. 2 So Sanballat and Geshem sent a message asking me to meet them at one of the villages[a] in the plain of Ono.

But I realized they were plotting to harm me, 3 so I replied by sending this message to them: “I am engaged in a great work, so I can’t come. Why should I stop working to come and meet with you?”

4 Four times they sent the same message, and each time I gave the same reply. 5 The fifth time, Sanballat's servant came with an open letter in his hand, 6 and this is what it said:

"There is a rumor among the surrounding nations, and Geshem[b] tells me it is true, that you and the Jews are planning to rebel and that is why you are building the wall. According to his reports, you plan to be their king. 7 He also reports that you have appointed prophets in Jerusalem to proclaim about you, 'Look! There is a king in Judah!'

"You can be very sure that this report will get back to the king, so I suggest that you come and talk it over with me."

8 I replied, "There is no truth in any part of your story. You are making up the whole thing."

9 They were just trying to intimidate us, imagining that they could discourage us and stop the work. So I continued the work with even greater determination.[c]

15 So on October 2[d] the wall was finished—just fifty-two days after we had begun. 16 When our enemies and the surrounding nations heard about it, they were frightened and humiliated. They realized this work had been done with the help of our God.

Science and Health with Key to the Scriptures, Mary Baker Eddy

12-Rise in the strength of Spirit to resist all that is unlike good. God has made man capable of this, and nothing can vitiate the ability and power divinely bestowed on man.

Be firm in your understanding that the divine Mind governs, and that in Science man reflects God's government.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 393:12–18)

13-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 and murderers. We should love our enemies and help them on the basis of the Golden Rule; but avoid casting pearls before those who trample them under foot, thereby robbing both themselves and others.

If mortals would keep proper ward over mortal mind, the brood of evils which infest it would be cleared out.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 234:9–18)

14-Our proportionate admission of the claims of good or of evil determines the harmony of our existence, — our health, our longevity, and our Christianity.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 167:7)

15-Resisting evil, you overcome it and prove its nothingness.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 446:24–25)

16-Let us feel the divine energy of Spirit, bringing us into newness of life and recognizing no mortal nor material power as able to destroy. Let us rejoice that we are subject to the divine “powers that be.” Such is the true Science of being.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 249:6-10)

17-Consistent prayer is the desire to do right. Prayer means that we desire to walk and will walk in the light so far as we receive it, even though with bleeding footsteps, and that waiting patiently on the Lord, we will leave our real desires to be rewarded by Him.
(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 9:32)

18-A Christian Scientist occupies the place at this period 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 lose not its saltiness, and that this light be not hid, but radiate and glow into noon tide glory.

(Science and Health with Key to the Scriptures, Mary Baker Eddy, p. 367:17)
