

# Dissolving Barriers

February 25 2026

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## **Hymn. 290:1–3**

Press on, press on, ye sons of light,  
Untiring in your holy fight,  
Still treading each temptation down,  
And battling for a brighter crown.

Press on, press on, and fear no foe,  
With calm resolve to triumph go;  
Victorious over every ill,  
Press on to higher glory still.

Press on, press on, still look in faith  
To Him who conquers sin and death;  
Then shall ye hear His word, Well done!  
True to the last, press on, press on.

Words: WILLIAM GASKELL, ADAPTED

Music: James W. Elliott

## **Hymn. 391:1–4**

Why search the future and the past?  
Why do ye look with tearful eyes  
And seek far off for paradise?  
Before your feet Life's pearl is cast.

As deathless as His spirit free,  
The Perfect lives and works today  
As in the ancient prophets' lay,  
Where there's an open eye to see.

Of all that was and is to come  
The present holds the Mind and Cause;  
For God lives in eternal laws,  
And here today upholds His throne.

Then rise and greet the signs that prove  
Unreal the ages' long lament;  
The "one far-off divine event"  
Is now, and that event is Love.

Words: CHARLES H. BARLOW

Music: William Knapp

**Hymn. 73:1, 2**

Glory, honor, praise and pure oblations  
Unto God the Lord belong;  
Come into His presence with thanksgiving,  
Come before Him with a song.  
In His hand is all the power of nations,  
Sing to Him, ye joyous congregations,  
Psalms of gratitude and praise  
Unto God the Father raise.

God is Mind and holy thought is sending;  
Man, His image, hears His voice.  
Every heart may understand His message,  
In His kindness may rejoice.  
Lo, He speaks, all condemnation ending,  
Every true desire with Love's will blending;  
Losing self, in Him we find  
Joy, health, hope, for all mankind.

Words: BASED ON THE DUTCH OF ABRAHAM RUTGERS

Music: Canzuns Spirituelas, Celerina, 1765

**Heb. 12:1 let (to 2nd ,)**

1 ... let us lay aside every weight, ...

**John 3:16, 17, 34–36 (to :)**

- 16 ¶ For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.
- 17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.
- 34 For he whom God hath sent speaketh the words of God: for God giveth not the Spirit by measure *unto him*.
- 35 The Father loveth the Son, and hath given all things into his hand.
- 36 He that believeth on the Son hath everlasting life: ...

**Ps. 8:1, 3–6**

- 1 O Lord our Lord, how excellent *is* thy name in all the earth! who hast set thy glory above the heavens.
- 3 When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained;
- 4 What is man, that thou art mindful of him? and the son of man, that thou visitest him?
- 5 For thou hast made him a little lower than the angels, and hast crowned him with glory and honour.
- 6 Thou madest him to have dominion over the works of thy hands; thou hast put all *things* under his feet:

**Isa. 43:18, 19**

- 18 ¶ Remember ye not the former things, neither consider the things of old.
- 19 Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, *and* rivers in the desert.

**Phil. 3:13–15**

- 13 Brethren, I count not myself to have apprehended: but *this* one thing *I do*, forgetting those things which are behind, and reaching forth unto those things which are before,
- 14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

15 Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you.

**Isa. 40:31 they**

31 ... they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.

**John 4:46–53**

46 So Jesus came again into Cana of Galilee, where he made the water wine. And there was a certain nobleman, whose son was sick at Capernaum.

47 When he heard that Jesus was come out of Judæa into Galilee, he went unto him, and besought him that he would come down, and heal his son: for he was at the point of death.

48 Then said Jesus unto him, Except ye see signs and wonders, ye will not believe.

49 The nobleman saith unto him, Sir, come down ere my child die.

50 Jesus saith unto him, Go thy way; thy son liveth. And the man believed the word that Jesus had spoken unto him, and he went his way.

51 And as he was now going down, his servants met him, and told *him*, saying, Thy son liveth.

52 Then inquired he of them the hour when he began to amend. And they said unto him, Yesterday at the seventh hour the fever left him.

53 So the father knew that *it was* at the same hour, in the which Jesus said unto him, Thy son liveth: and himself believed, and his whole house.

**John 5:1–3, 5–9 (to :)**

1 After this there was a feast of the Jews; and Jesus went up to Jerusalem.

2 Now there is at Jerusalem by the sheep *market* a pool, which is called in the Hebrew tongue Bethesda, having five porches.

3 In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water.

5 And a certain man was there, which had an infirmity thirty and eight years.

6 When Jesus saw him lie, and knew that he had been now a long time *in that case*, he saith unto him, Wilt thou be made whole?

- 7 The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me.
- 8 Jesus saith unto him, Rise, take up thy bed, and walk.
- 9 And immediately the man was made whole, and took up his bed, and walked:
- ...

### **Mark 9:23**

- 23 Jesus said unto him, If thou canst believe, all things *are* possible to him that believeth.

### **John 5:24 (to 6th ,)**

- 24 Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, ...

### **SH 1:1–4, 11**

- 1 **T**HE prayer that reforms the sinner and heals the  
sick is an absolute faith that all things are  
3 possible to God, — a spiritual understanding of Him,  
an unselfed love.

- Desire is prayer; and no loss can occur from  
12 trusting God with our desires, that they may be  
moulded and exalted before they take form in words  
and in deeds.

### **SH 339:25–28, 31**

- The basis of all health, sin-  
lessness, and immortality is the great fact that God is  
27 the only Mind; and this Mind must be not merely be-  
lieved, but it must be understood.

- You conquer error by  
denying its verity. Our various theories will never lose  
1 their imaginary power for good or evil, until we lose our

faith in them and make life its own proof of harmony  
3 and God.

### SH 466:13

Truth is immortal; error is mortal. Truth  
is limitless; error is limited. Truth is intelligent; error  
15 is non-intelligent. Moreover, Truth is real, and error is  
unreal. This last statement contains the point you will  
most reluctantly admit, although first and last it is the  
18 most important to understand.

### SH 469:20–28

We can have but one Mind, if  
21 that one is infinite. We bury the sense of infinitude,  
when we admit that, although God is infinite, evil has a  
place in this infinity, for evil can have no place, where all  
24 space is filled with God.

We lose the high signification of omnipotence, when  
after admitting that God, or good, is omnipresent and  
27 has all-power, we still believe there is another  
power, named *evil*.

The sole  
governor

### SH 151:26–3

All that really exists is the divine Mind and  
27 its idea, and in this Mind the entire being is found har-  
monious and eternal. The straight and narrow way is to  
see and acknowledge this fact, yield to this power, and  
30 follow the leadings of truth.

That mortal mind claims to govern every organ of the  
mortal body, we have overwhelming proof. But this so-  
1 called mind is a myth, and must by its own consent yield  
to Truth. It would wield the sceptre of a monarch, but  
3 it is powerless.



## SH 346:29–32

30 Material beliefs must be expelled to make room for  
spiritual understanding. We cannot serve both  
God and mammon at the same time; but is  
not this what frail mortals are trying to do?

Serving  
two masters

## SH 376:30

30 To fear and admit  
the power of disease, is to paralyze mental and scientific  
demonstration.

## SH 394:5, 29–10

6 By conceding power to discord, a large majority of  
doctors depress mental energy, which is the only real  
recuperative power. Knowledge that we  
can accomplish the good we hope for, stimu-  
9 lates the system to act in the direction which Mind points  
out. The admission that any bodily condition is beyond  
the control of Mind disarms man, prevents him from  
12 helping himself, and enthrones matter through error. To  
those struggling with sickness, such admissions are dis-  
couraging, — as much so as would be the advice to a man  
15 who is down in the world, that he should not try to rise  
above his difficulties.

Recuperation  
mental

## Not understanding Christian

30 Science, the sick usually have little faith in  
it till they feel its beneficent influence. This shows  
that faith is not the healer in such cases. The sick  
1 unconsciously argue for suffering, instead of against it.  
They admit its reality, whereas they should deny it.  
3 They should plead in opposition to the testimony of the  
deceitful senses, and maintain man's immortality and  
eternal likeness to God.

Arguing  
wrongly

6 Like the great Exemplar, the healer should speak to  
disease as one having authority over it, leaving Soul to  
master the false evidences of the corporeal  
9 senses and to assert its claims over mortal-  
ity and disease.

Divine  
authority

### SH 91:16

Absorbed in material selfhood we discern and reflect  
but faintly the substance of Life or Mind. The denial of  
18 material selfhood aids the discernment of man's spirit-  
ual and eternal individuality, and destroys the erroneous  
knowledge gained from matter or through what are termed  
21 the material senses.

### SH 370:5–8

The body improves under the  
6 same regimen which spiritualizes the thought; and if  
health is not made manifest under this regimen, this  
proves that fear is governing the body.

### SH 410:29–30

Christian scientific practice be-  
30 gins with Christ's keynote of harmony, "Be not afraid!"

### SH 254:2–6

Individuals are consistent who, watching  
3 and praying, can "run, and not be weary; . . .  
walk, and not faint," who gain good rapidly  
and hold their position, or attain slowly and  
6 yield not to discouragement.

Patience  
and final  
perfection

### SH 276:19

When we learn in Science how to be perfect  
even as our Father in heaven is perfect,  
21 thought is turned into new and healthy channels, —  
towards the contemplation of things immortal and away

Perfection  
requisite

from materiality to the Principle of the universe, includ-  
24 ing harmonious man.

**SH 353:22**

When we learn that error  
is not real, we shall be ready for progress, “forgetting  
24 those things which are behind.”

**SH 298:19–20**

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