

Joy cometh in the morning: healing the crushed spirit



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Hymn. 148:1-3

In heavenly Love abiding,
No change my heart shall fear;
And safe is such confiding,
For nothing changes here.
The storm may roar without me,
My heart may low be laid;
But God is round about me,
And can I be dismayed?

Wherever He may guide me,
No want shall turn me back;
My Shepherd is beside me,
And nothing can I lack.
His wisdom ever waketh,
His sight is never dim;
He knows the way He taketh,
And I will walk with Him.

Green pastures are before me,
Which yet I have not seen;
Bright skies will soon be o'er me,
Where darkest clouds have been.
My hope I cannot measure,
My path in life is free;
My Father has my treasure,
And He will walk with me.

Words: ANNA L. WARING*

Music: Alexander Ewing

Hymn. 49:1–4

Dear Lord and Father of us all,
Forgive our foolish ways;
Reclothe us in our rightful mind;
In purer lives Thy service find,
In deeper reverence, praise.

In simple trust like theirs who heard,
Beside the Syrian sea,
The gracious calling of the Lord,
Let us, like them, without a word
Rise up and follow thee.

Breathe through the pulses of desire
Thy coolness and Thy balm;
Let sense be dumb, let flesh retire;
Speak through the earthquake, wind and fire,
O still small voice of calm.

Drop Thy still dews of quietness,
Till all our strivings cease;
Take from us now the strain and stress,
And let our ordered lives confess
The beauty of Thy peace.

Words: JOHN GREENLEAF WHITTIER*

Music: Frederick C. Maker

Hymn. 503:1–3

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.

Let's walk with Love along the way,
And talk with Love and Love obey.
God's healing truth is free to all,
And Spirit answers every call;
'Tis God 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, ALT.

Music: Mindy Jostyn, alt.

🗨️ Psalm 34:17,18

The Lord hears his people when they call to him for help.

He rescues them from all their troubles.

The Lord is close to the brokenhearted;

he rescues those whose spirits are crushed.

🗨️ Gen. 27:43 Esau; 28:5

Esau hated Jacob because their father had given Jacob the blessing.

So Isaac sent Jacob away, and he went to Paddan-aram to stay with his uncle Laban,

🗨️ Gen. 30:43

43 As a result, Jacob became very wealthy,

Gen. 31:3, 17, 18

Then the Lord said to Jacob, “Return to the land of your father and grandfather and to your relatives there, and I will be with you.”

So Jacob ... packed all the belongings he had acquired in Paddan-aram and set out for the land of Canaan, where his father, Isaac, lived.

Gen. 32:3, 6-11, 13, 21-31

Then Jacob sent messengers ahead to his brother, Esau, who was living in the region of Seir in the land of Edom.

6 After delivering the message, the messengers returned to Jacob and reported, “We met your brother, Esau, and he is already on his way to meet you—with an army of 400 men!” 7 Jacob was terrified at the news. He divided his household, along with the flocks and herds and camels, into two groups. 8 He thought, “If Esau meets one group and attacks it, perhaps the other group can escape.”

9 Then Jacob prayed, “O God of my grandfather Abraham, and God of my father, Isaac—O Lord, you told me, ‘Return to your own land and to your relatives.’ And you promised me, ‘I will treat you kindly.’ 10 I am not worthy of all the unfailing love and faithfulness you have shown to me, your servant. When I left home and crossed the Jordan River, I owned nothing except a walking stick. Now my household fills two large camps! 11 O Lord, please rescue me from the hand of my brother, Esau. I am afraid that he is coming to attack me, along with my wives and children.

13 Jacob stayed where he was for the night. Then he selected these gifts from his possessions to present to his brother, Esau:
21 So the gifts were sent on ahead, while Jacob himself spent that night in the camp.

22 During the night Jacob got up and took his two wives, his two servant wives, and his eleven sons and crossed the Jabbok River with them. 23 After taking them to the other side, he sent over all his possessions.

24 This left Jacob all alone in the camp, and a man came and wrestled with him until the dawn began to break. 25 When the man saw that he would not win the match, he touched Jacob's hip and wrenched it out of its socket. 26 Then the man said, "Let me go, for the dawn is breaking!"

But Jacob said, "I will not let you go unless you bless me."

27 "What is your name?" the man asked.

He replied, "Jacob."

28 "Your name will no longer be Jacob," the man told him. "From now on you will be called Israel,[c] because you have fought with God and with men and have won."

29 "Please tell me your name," Jacob said.

"Why do you want to know my name?" the man replied. Then he blessed Jacob there.

30 Jacob named the place Peniel (which means "face of God"), for he said, "I have seen God face to face, yet my life has been spared." 31 The sun was rising as Jacob left Peniel,

🗨 Gen. 33:1, 4

Then Jacob looked up and saw Esau coming with his 400 men.

4 Then Esau ran to meet him and embraced him, threw his arms around his neck, and kissed him. And they both wept.

🗨 Psalms 30:5

5 For his anger lasts only a moment,

but his favor lasts a lifetime!

Weeping may last through the night,

but joy comes with the morning.

SH 591:23

MORNING. Light; symbol of Truth; revelation and

24 progress.

SH 479:23–29; 480:1

Darkness and chaos

24 are the imaginary opposites of light, understanding,
and eternal harmony, and they are the elements of
nothingness.

27 We admit that black is not a color, because it reflects
no light. So evil should be denied identity or power,
because it has none of the divine hues.

1 When the substance of Spirit appears in Christian Sci-
ence, the nothingness of matter is recognized. Where
3 the spirit of God is, and there is no place where God is
not, evil becomes nothing, — the opposite of the some-
thing of Spirit. If there is no spiritual reflection, then
6 there remains only the darkness of vacuity and not a trace
of heavenly tints.

SH 308:1–4, 16–9 (to 2nd .)

1 Art thou dwelling in the belief
that mind is in matter, and that evil is mind, or art thou
3 in the living faith that there is and can be but
one God, and keeping His commandment?”

The great
question

Jacob was *alone*, wrestling with error, — struggling
with a mortal sense of life, substance, and intelligence
18 as existent in matter with its false pleasures
and pains, — when an angel, a message from
Truth and Love, appeared to him and smote the sinew,
21 or strength, of his error, till he saw its unreality; and
Truth, being thereby understood, gave him spiritual
strength in this Peniel of divine Science. Then said
24 the spiritual evangel: “Let me go, for the day breaketh;”
that is, the light of Truth and Love dawns upon thee.

Wrestling
of Jacob

But the patriarch, perceiving his error and his need
27 of help, did not loosen his hold upon this glorious light
until his nature was transformed. When Jacob was
asked, “What is thy name?” he straightway answered;
30 and then his name was changed to Israel, for “as a prince”
had he prevailed and had “power with God and with
men.” Then Jacob questioned his deliverer, “Tell me,
1 I pray thee, *thy* name;” but this appellation was withheld,
for the messenger was not a corporeal being, but a name-
3 less, incorporeal impartation of divine Love to man, which,
to use the word of the Psalmist, *restored* his Soul, — gave
him the spiritual sense of being and rebuked his material
6 sense.

The result of Jacob’s struggle thus appeared. He had
conquered material error with the understanding of Spirit
9 and of spiritual power. This changed the man.

SH 571:15–19

15 At all times and under all circumstances, overcome
evil with good. Know thyself, and God will supply
the wisdom and the occasion for a victory
18 over evil. Clad in the panoply of Love,
human hatred cannot reach you.

The armor
of divinity

SH 255:1–6

1 **E**TERNAL Truth is changing the universe. As mor-
tals drop off their mental swaddling-clothes, thought
3 expands into expression. “Let there be light,”
is the perpetual demand of Truth and Love,
changing chaos into order and discord into the
6 music of the spheres.

Inadequate
theories of
creation

SH 310:11–18, 31; 311:7–9, 13

Day may decline and shadows fall, but darkness flees
12 when the earth has again turned upon its axis. The sun

is not affected by the revolution of the earth.

So Science reveals Soul as God, untouched

15 by sin and death, — as the central Life and intelligence
around which circle harmoniously all things in the sys-
tems of Mind.

18 Soul changeth not.

There is neither growth, maturity, nor decay in
Soul. These changes are the mutations of material sense,
1 the varying clouds of mortal belief, which hide the truth
of being.

Soul is immortal because it is Spirit, which has no ele-
ment of self-destruction. Is man lost spiritually? No,
9 he can only lose a sense material.

Evil is destroyed by the sense of good.

SH 240:10–14

In the order of Science, in which the Principle is above
what it reflects, all is one grand concord. Change this
12 statement, suppose Mind to be governed by
matter or Soul in body, and you lose the key-
note of being, and there is continual discord.

Perpetual
motion

SH 246:6–8

6 Man is by no means a material
germ rising from the imperfect and endeavoring to reach
Spirit above his origin.

SH 336:27

27 The Science of being furnishes the rule of per-
fection, and brings immortality to light. God
and man are not the same, but in the order of divine Sci-
30 ence, God and man coexist and are eternal. God is the

God the
parent Mind

parent Mind, and man is God's spiritual offspring.

🗨️ Psalm 46:1

God is our refuge and strength,
always ready to help in times of trouble.

🗨️ Matt.4:23

23 Jesus traveled throughout the region of Galilee, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness.

🗨️ Luke 13:10-16

10 One Sabbath day as Jesus was teaching in a synagogue, 11 he saw a woman who had been crippled by an evil spirit. She had been bent double for eighteen years and was unable to stand up straight. 12 When Jesus saw her, he called her over and said, "Dear woman, you are healed of your sickness!" 13 Then he touched her, and instantly she could stand straight. How she praised God!

14 But the leader in charge of the synagogue was indignant that Jesus had healed her on the Sabbath day. "There are six days of the week for working," he said to the crowd. "Come on those days to be healed, not on the Sabbath."

15 But the Lord replied, "You hypocrites! Each of you works on the Sabbath day! Don't you untie your ox or your donkey from its stall on the Sabbath and lead it out for water? 16 This dear woman, a daughter of Abraham, has been held in bondage by Satan for eighteen years. Isn't it right that she be released, even on the Sabbath?"

🗨️ Matt. 11:28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

🗨️ Rom. 8:35-39

Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?...37 No, despite all these things, overwhelming victory is ours through Christ, who loved us.

38 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons,[p] neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. 39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

🗨️ Psalm 30:11,12 You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy,
12 that I might sing praises to you and not be silent.
O Lord my God, I will give you thanks forever!

SH 76:22–26, 32; 77:13–16

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.

Immaterial
pleasure

The recognition of Spirit and of infinity comes not
1 suddenly here or hereafter. The pious Polycarp said:
“I cannot turn at once from good to evil.” Neither do
3 other mortals accomplish the change from error to truth
at a single bound.

The period required for this dream of material life, embracing its so-called pleasures and pains, to vanish

15 from consciousness, “knoweth no man . . .
neither the Son, but the Father.”

A dream
vanishing

SH 485:14–17

15 Emerge gently from matter into Spirit. Think not
to thwart the spiritual ultimate of all things, but come
naturally into Spirit through better health and
morals and as the result of spiritual growth.

Scientific
translations

SH 296:4 (only)

Progress is born of experience.

SH 444:10

Step by
step will those who trust Him find that “God is our refuge
12 and strength, a very present help in trouble.”

Refuge and
strength

SH 249:6–9, 12–14

6 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 re-
9 jice that we are subject to the divine “powers that be.”
12 Mind is not the author of matter, and the creator of
ideas is not the creator of illusions. Either there is no
omnipotence, or omnipotence is the only power.

Renewed
selfhood

SH 275:10–12

To grasp the reality and order of being in its Science,
you must begin by reckoning God as the divine Principle
12 of all that really is.

SH 170:22–24

Spiritual causation is the one question to be considered,
for more than all others spiritual causation relates to
24 human progress.

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 14:16–18, 25–28

Sorrow
is turned into joy when the body is controlled by spir-
18 itual Life, Truth, and Love.

Entirely separate from the belief and dream of mate-
rial living, is the Life divine, revealing spiritual under-
27 standing and the consciousness of man’s dominion
over the whole earth.