

Healing Stress & Worry...The Peace of the Christ
Wed., December 4, 2011

HYMNS 49, 210, 190

READINGS

Ps 55:22 (to :)

22 Cast thy burden upon the Lord, and he shall sustain thee:

Rom 8:28

28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

Ps 31:14 I trusted,15 (to :)

14 I trusted in thee, O Lord: I said, Thou art my God.

15 My times are in thy hand:

Eccl 3:11(to :),1,14(to 2nd :),15,13

11 He hath made every thing beautiful in his time:

1 To every thing there is a season, and a time to every purpose under the heaven:

14 I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it:

15 That which hath been is now; and that which is to be hath already been; and God requireth that which is past.

13 And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God.

Prov. 3:5-7 (to :)

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:

Ps 50:1

1 The mighty God, even the Lord, hath spoken, and called the earth from the rising of the sun unto the going down thereof.

Josh 10:7-8, 12-14(to:)

7 So Joshua ascended from Gilgal, he, and all the people of war with him, and all the mighty men of valour.

8 ¶ And the Lord said unto Joshua, Fear them not: for I have delivered them into thine hand; there shall not a man of them stand before thee.

12 ¶ Then spake Joshua to the Lord in the day when the Lord delivered up the Amorites before the children of Israel, and he said in the sight of Israel, Sun, stand thou still upon Gibeon; and thou, Moon, in the valley of Ajalon.

13 And the sun stood still, and the moon stayed, until the people had avenged themselves upon their enemies. Is not this written in the book of Jasher? So the sun stood still in the midst of heaven, and hasted not to go down about a whole day.

14 And there was no day like that before it or after it, that the Lord hearkened unto the voice of a man:

Matt 11:4 (to), 28-30

4 Jesus answered and said unto them,

28 ¶ Come unto me, all ye that labour and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

30 For my yoke is easy, and my burden is light.

Luke 4:38-40

38 ¶ And he arose out of the synagogue, and entered into Simon's house. And Simon's wife's mother was taken with a great fever; and they besought him for her.

39 And he stood over her, and rebuked the fever; and it left her: and immediately she arose and ministered unto them.

40 ¶ Now when the sun was setting, all they that had any sick with divers diseases brought them unto him; and he laid his hands on every one of them, and healed them.

John 6:15(to take him), 15 he departed, 16-21

15 ¶ When Jesus therefore perceived that they would come and take him

15 he departed again into a mountain himself alone.

16 And when even was now come, his disciples went down unto the sea,

17 And entered into a ship, and went over the sea toward Capernaum. And it was now dark, and Jesus was not come to them.

18 And the sea arose by reason of a great wind that blew.

19 So when they had rowed about five and twenty or thirty furlongs, they see Jesus walking on the sea, and drawing nigh unto the ship: and they were afraid.

20 But he saith unto them, It is I; be not afraid.

21 Then they willingly received him into the ship: and immediately the ship was at the land whither they went.

Matt 17:24-27

24 ¶ And when they were come to Capernaum, they that received tribute money came to Peter, and said, Doth not your master pay tribute?

25 He saith, Yes. And when he was come into the house, Jesus prevented him, saying, What thinkest thou, Simon? of whom do the kings of the earth take custom or tribute? of their own children, or of strangers?

26 Peter saith unto him, Of strangers. Jesus saith unto him, Then are the children free.

27 Notwithstanding, lest we should offend them, go thou to the sea, and cast an hook, and take up the fish that first cometh up; and when thou hast opened his mouth, thou shalt find a piece of money: that take, and give unto them for me and thee.

John 10:10 I am

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

John 14:27

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

II Cor 9:6-8

6 But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.

7 Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

Jer 33:4 (to 3rd), 6

4 For thus saith the Lord, the God of Israel, concerning the houses of this city,

6 Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.

Ps 81:6 (to :)

6 I removed his shoulder from the burden:

Ps 29:11

11 The Lord will give strength unto his people; the Lord will bless his people with peace.

Rom 15:33

33 Now the God of peace be with you all. Amen.

SH 451:2-4

Christian Scientists must live under the constant pressure of the apostolic command to come out from the material world and be separate.

SH vii:1-2

1 To those leaning on the sustaining infinite, to-day is big with blessings.

SH 587:5

GOD. The great I AM; the all-knowing, all-seeing,

6 all-acting, all-wise, all-loving, and eternal; Principle;
Mind; Soul; Spirit; Life; Truth; Love; all substance;
intelligence.

SH 263:1-10

1 Mortals are egotists. They believe themselves to be
independent workers, personal authors, and even privi-
3 leged originators of something which Deity
would not or could not create. The creations
of mortal mind are material. Immortal spiritual man
6 alone represents the truth of creation.

Human
egotism

When mortal man blends his thoughts of existence
with the spiritual and works only as God works,
9 he will no longer grope in the dark and cling
to earth because he has not tasted heaven.

Mortal man
a mis-creator

SH 365:31

The poor suf-
fering heart needs its rightful nutriment, such as peace,
1 patience in tribulation, and a priceless sense of the dear
Father's loving-kindness.

SH 264:24, 32-9

24 Spiritual living
and blessedness are the only evidences, by which we can
recognize true existence and feel the unspeakable peace
27 which comes from an all-absorbing spiritual love.

Spiritual
proofs of
existence

The universe of Spirit is peopled with spiritual beings,
1 and its government is divine Science. Man is the off-
spring, not of the lowest, but of the highest qualities of
3 Mind. Man understands spiritual existence
in proportion as his treasures of Truth and
Love are enlarged. Mortals must gravitate Godward,
6 their affections and aims grow spiritual, — they must near
the broader interpretations of being, and gain some proper
sense of the infinite, — in order that sin and mortality
9 may be put off.

Godward
gravitation

SH 60:29-31

Soul has infinite resources with which to bless mankind,
30 and happiness would be more readily attained and would
be more secure in our keeping, if sought in Soul.

SH 519:25-3

God rests in action. Imparting has not impoverished,
can never impoverish, the divine Mind. No
27 exhaustion follows the action of this Mind, Resting in
according to the apprehension of divine Science. The holy work
1 highest and sweetest rest, even from a human standpoint,
is in holy work.
3 Unfathomable Mind is expressed.

SH 79:23-3

The unscientific practitioner says: "You are ill. Your
24 brain is overtaxed, and you must rest. Your body is
weak, and it must be strengthened. You have Mistaken
nervous prostration, and must be treated for it." methods
27 Science objects to all this, contending for the rights of in-
telligence and asserting that Mind controls body and brain.
Mind-science teaches that mortals need "not be weary
30 in well doing." It dissipates fatigue in doing Divine
good. Giving does not impoverish us in the strength
service of our Maker, neither does withholding enrich us.
1 We have strength in proportion to our apprehension of
the truth, and our strength is not lessened by giving
3 utterance to truth.

SH 144:18

18 Human will-power may in-
fringe the rights of man. It produces evil continually,
and is not a factor in the realism of being. Truth, and
21 not corporeal will, is the divine power which says to
disease, "Peace, be still."

SH 67:23

Grace and Truth are potent beyond all other
24 means and methods.

SH 206:6-7

6 It is the Will-power
province of spiritual sense to govern man. unrighteous

SH 468:28-5 (to .)

Eternity, not time, expresses the thought of Eternity
Life, and time is no part of eternity. One ceases in of Life
30 proportion as the other is recognized. Time is finite;
1 eternity is forever infinite. Life is neither in nor of mat-
ter. What is termed matter is unknown to Spirit, which

3 includes in itself all substance and is Life eternal. Matter is a human concept. Life is divine Mind. Life is not limited.

SH 249:19-20 (to .), 6-10

Organization and time have nothing to do with Life.

Illusive
dreams

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 rejoice that we are subject to the divine "powers that be." Such is the true Science of being.

Renewed
selfhood

SH 584:1-8

1 **DAY.** The irradiance of Life; light, the spiritual idea of Truth and Love.

3 "And the evening and the morning were the first day." (Genesis i. 5.) The objects of time and sense disappear in the illumination of spiritual understanding, and Mind measures time according to the good that is unfolded. This unfolding is God's day, and "there shall be no night there."

SH 595:17

TIME. Mortal measurements; limits, in which are summed up all human acts, thoughts, beliefs, opinions, knowledge; matter; error; that which begins before, and continues after, what is termed death, until the mortal disappears and spiritual perfection appears.

SH 598:19-2

YEAR. A solar measurement of time; mortality; space for repentance.

21 "One day is with the Lord as a thousand years." (II Peter iii. 8.)

24 One moment of divine consciousness, or the spiritual understanding of Life and Love, is a foretaste of eternity. This exalted view, obtained and retained when the Science of being is understood, would bridge over with life discerned spiritually the interval of death, and man would be in the full consciousness of his immortality and eternal harmony, where sin, sickness, and death are unknown. Time is a mortal thought, the divisor of which is the solar year. Eternity is God's measurement of Soul-

filled years.

SH 238:27-28

27 People with mental work before them have Society and
no time for gossip about false law or testimony. intolerance

SH 261:24

24 Breaking away from the Immutable
mutations of time and sense, you will neither identity
lose the solid objects and ends of life nor your own of man
27 tity. Fixing your gaze on the realities supernal, you will
rise to the spiritual consciousness of being, even as the bird
which has burst from the egg and preens its wings for a
30 skyward flight.

SH 99:23

24 The calm, strong currents of true spirituality, the
manifestations of which are health, purity, and self-
immolation, must deepen human experience, until the
27 beliefs of material existence are seen to be a bald imposi-
tion, and sin, disease, and death give everlasting place
to the scientific demonstration of divine Spirit and to
God's spiritual, perfect man.

SH 495:16

Let neither Steadfast and
fear nor doubt overshadow your clear sense and calm trust
18 calm trust, that the recognition of life harmonious — as
Life eternally is — can destroy any painful sense of, or
belief in, that which Life is not. Let Christian Science,
21 instead of corporeal sense, support your understanding of
being, and this understanding will supplant error with
Truth, replace mortality with immortality, and silence dis-
24 cord with harmony.

SH 493:30-2

30 Who dares to doubt this consummate test of the
power and willingness of divine Mind to hold man forever
1 intact in his perfect state, and to govern man's entire
action?

SH 324:11-12

Therefore
12 "acquaint now thyself with Him, and be at peace."

SH 444:4

"All
things work together for good to them that love God," is
6 the dictum of Scripture.