

Bible:

Joshua 1: 9

9 be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Psalms 23: 1-2

1 The Lord is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

Psalms 91:1-6, 9-11

1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee, to keep thee in all thy ways.

Prov. 3: 5-6

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.

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: 16-21

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.

Isaiah 35: 3-7

3 ¶ Strengthen ye the weak hands, and confirm the feeble knees.

4 Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you.

5 Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped.

6 Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.

7 And the parched ground shall become a pool, and the thirsty land springs of water: in the habitation of dragons, where each lay, shall be grass with reeds and rushes.

Isaiah 41: 10

10 ¶ Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

II Timothy 1:6 [by the putting]

6 Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands.

Deut 31:6

6 Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

Science and Health

410: 29-30

Christian scientific practice begins with Christ's keynote of harmony, "Be not afraid!"

411:20-26

The procuring cause and foundation of all sickness is fear, ignorance, or sin. Disease is always induced by a false sense mentally entertained, not destroyed.

Disease is an image of thought externalized.

The mental state is called a material state. Whatever is cherished in mortal mind as the physical condition is imaged forth on the body.

Fear as the foundation

380: 32-19

Every law of matter or the body, supposed to govern man, is rendered null and void by the law of Life, God.

Ignorant of our God-given rights, we submit to unjust

decrees, and the bias of education enforces this slavery. Be no more willing to suffer the

illusion that you are sick or that some disease is develop-

Ignorance of our rights

6 ing in the system, than you are to yield to a sinful tempta-  
tion on the ground that sin has its necessities.

9 When infringing some supposed law, you say that  
there is danger. This fear is the danger and induces the  
physical effects. We cannot in reality suffer  
12 from breaking anything except a moral or  
spiritual law. The so-called laws of mortal belief are  
destroyed by the understanding that Soul is immortal,  
and that mortal mind cannot legislate the times, periods,  
15 and types of disease, with which mortals die. God is the  
lawmaker, but He is not the author of barbarous codes.  
In infinite Life and Love there is no sickness, sin, nor  
18 death, and the Scriptures declare that we live, move, and  
have our being in the infinite God.

No laws  
of matter

371: 5-19

6 Disquisitions on disease have a mental effect similar  
to that produced on children by telling ghost-stories in  
the dark. By those uninstructed in Christian  
Science, nothing is really understood of material  
9 existence. Mortals are believed to be here without their  
consent and to be removed as involuntarily, not knowing  
why nor when. As frightened children look everywhere  
12 for the imaginary ghost, so sick humanity sees danger in  
every direction, and looks for relief in all ways except the  
right one. Darkness induces fear. The adult, in bond-  
15 age to his beliefs, no more comprehends his real being  
than does the child; and the adult must be taken out of  
his darkness, before he can get rid of the illusive suffer-  
18 ings which throng the gloaming. The way in divine  
Science is the only way out of this condition.

Ghost-stories  
inducing fear

151: 18-30

18 Fear never stopped being and its action. The  
blood, heart, lungs, brain, etc., have nothing  
to do with Life, God. Every function of the  
21 real man is governed by the divine Mind. The human  
mind has no power to kill or to cure, and it has no con-  
trol over God's man. The divine Mind that made man  
24 maintains His own image and likeness. The human  
mind is opposed to God and must be put off, as St. Paul  
declares. 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

Man governed  
by Mind

30 follow the leadings of truth.

396: 22-32

At the right time explain to the sick the power which their beliefs exercise over their bodies. Give them divine and wholesome understanding, with which to combat their erroneous sense, and so efface the images of sickness from mortal mind. Keep distinctly in thought that man is the offspring of God, not of man; that man is spiritual, not material; that Soul is Spirit, outside of matter, never in it, never giving the body life and sensation. It breaks the dream of disease to understand that sickness is formed by the human mind, not by matter nor by the divine Mind.

Healthful explanation

378: 3-7

3 Disease has no intelligence. Unwittingly you sentence yourself to suffer. The understanding of this will enable you to commute this self-sentence, and meet every circumstance with truth. Disease is less than mind, and Mind can control it.

376: 17-32

If the body is material, it cannot, for that very reason, suffer with a fever. Because the so-called material body is a mental concept and governed by mortal mind, it manifests only what that so-called mind expresses. Therefore the efficient remedy is to destroy the patient's false belief by both silently and audibly arguing the true facts in regard to harmonious being, — representing man as healthy instead of diseased, and showing that it is impossible for matter to suffer, to feel pain or heat, to be thirsty or sick. Destroy fear, and you end fever. Some people, mistaught as to Mind-science, inquire when it will be safe to check a fever. Know that in Science you cannot check a fever after admitting that it must have its course. To fear and admit the power of disease, is to paralyze mental and scientific demonstration.

Remedy for fever

411: 27-9

27 Always begin your treatment by allaying the fear of patients. Silently reassure them as to their exemption from disease and danger. Watch the result of this simple rule of Christian Science, and you will find that it alleviates the symptoms of every

Unspoken pleading

disease. If you succeed in wholly removing the fear,  
1 your patient is healed. The great fact that God lovingly  
governs all, never punishing aught but sin, is your stand-  
3 point, from which to advance and destroy the human fear  
of sickness. Mentally and silently plead the case scien-  
tifically for Truth. You may vary the arguments to meet  
6 the peculiar or general symptoms of the case you treat,  
but be thoroughly persuaded in your own mind concern-  
ing the truth which you think or speak, and you will be  
9 the victor.

392: 11-32

The physical affirmation of disease should always be  
12 met with the mental negation. Whatever benefit is pro-  
duced on the body, must be expressed men-  
tally, and thought should be held fast to this  
15 ideal. If you believe in inflamed and weak nerves, you  
are liable to an attack from that source. You will call it  
neuralgia, but we call it a belief. If you think that con-  
18 sumption is hereditary in your family, you are liable to  
the development of that thought in the form of what is  
termed pulmonary disease, unless Science shows you  
21 otherwise. If you decide that climate or atmosphere is  
unhealthy, it will be so to you. Your decisions will mas-  
ter you, whichever direction they take.

Illusions  
about nerves

24 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 har-  
27 moniously. When the condition is present  
which you say induces disease, whether it be air, exercise,  
heredity, contagion, or accident, then perform your office  
30 as porter and shut out these unhealthy thoughts and fears.  
Exclude from mortal mind the offending errors; then the  
body cannot suffer from them.

Guarding  
the door

495: 14-24

When the illusion of sickness or sin tempts you, cling  
15 steadfastly to God and His idea. Allow nothing but His  
likeness to abide in your thought. Let neither  
fear nor doubt overshadow your clear sense and  
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

Steadfast and  
calm trust

