

These Readings are comprised of selections from *the Bible* and the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

BE STILL AND SEEK HIM

Psalms 46:10 (NRSV) ¹⁰“Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.”

Psalms 107:23-30 (NRSV) ²³So men went down to the sea in ships, doing business on the mighty waters; ²⁴they saw the deeds of the LORD, his wondrous works in the deep. ²⁵For he commanded and raised the stormy wind, which lifted up the waves of the sea. ²⁶They mounted up to heaven, they went down to the depths; their courage melted away in their calamity; ²⁷they reeled and staggered like drunkards, and were at their wits' end. ²⁸Then they cried to the LORD in their trouble, and he brought them out from their distress; ²⁹he made the storm be still, and the waves of the sea were hushed. ³⁰Then they were glad because they had quiet, and he brought them to their desired haven.

Exodus 14:8-14 (NRSV) ⁸The Lord hardened the heart of Pharaoh king of Egypt and he pursued the Israelites, who were going out boldly. ⁹The Egyptians pursued them, all Pharaoh's horses and chariots, his chariot drivers and his army; they overtook them camped by the sea, ... ¹⁰As Pharaoh drew near, the Israelites looked back, and there were the Egyptians advancing on them. In great fear the Israelites cried out to the Lord. ... Moses said to the people, “Do not be afraid, stand (still), and see the deliverance that the Lord will accomplish for you today; for the Egyptians whom you see today you shall never see again. ¹⁴The Lord will fight for you, and you have only to keep still.”

Daniel 9 (NRSV) In the first year of Darius son of Ahasuerus, by birth a Mede, who became king over the realm of the Chaldeans— ²in the first year of his reign, I, Daniel, ...turned to the Lord God, to seek an answer by prayer ... ⁴I prayed to the LORD my God and made confession, saying, “Ah, Lord, great and awesome God, keeping covenant and steadfast love with those who love you and keep your commandments, ⁵we have sinned and done wrong, acted wickedly and rebelled, turning aside from your commandments and ordinances. ⁶We have not listened to your servants the prophets, who spoke in your name to our kings, our princes, and our ancestors, and to all the people of the land ²⁰While I was speaking, and was praying and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God on behalf of the holy mountain of my God— ²¹while I was speaking in prayer, the man Gabriel, whom I had seen before in a vision, came to me in swift flight at the time of the evening sacrifice. ²²He came^[c] and said to me, “Daniel, I have now come out to give you

wisdom and understanding. ²³ At the beginning of your supplications a word went out, and I have come to declare it, for you are greatly beloved. So consider the word and understand the vision:

1 Kings 19:1-12 (CEB) Ahab told Jezebel all that Elijah had done, how he had killed all Baal's prophets with the sword. ² Jezebel sent a messenger to Elijah with this message: "May the gods do whatever they want to me if by this time tomorrow I haven't made your life like the life of one of them." ³ Elijah was terrified. He got up and ran for his life. He arrived at Beer-sheba in Judah and left his assistant there. ⁴ He himself went farther on into the desert a day's journey. He finally sat down under a solitary broom bush. He longed for his own death: "It's more than enough, LORD! Take my life because I'm no better than my ancestors." ⁵ He lay down and slept under the solitary broom bush. Then suddenly a messenger tapped him and said to him, "Get up! Eat something!" ⁶ Elijah opened his eyes and saw flatbread baked on glowing coals and a jar of water right by his head. He ate and drank, and then went back to sleep. ⁷ The LORD's messenger returned a second time and tapped him. "Get up!" the messenger said. "Eat something, because you have a difficult road ahead of you." ⁸ Elijah got up, ate and drank, and went refreshed by that food for forty days and nights until he arrived at Horeb, God's mountain. ⁹ There he went into a cave and spent the night. The LORD's word came to him and said, "Why are you here, Elijah?" ¹⁰ Elijah replied, "I've been very passionate for the LORD God of heavenly forces because the Israelites have abandoned your covenant. They have torn down your altars, and they have murdered your prophets with the sword. I'm the only one left, and now they want to take my life too!" ¹¹ The LORD said, "Go out and stand at the mountain before the LORD. The LORD is passing by." A very strong wind tore through the mountains and broke apart the stones before the LORD. But the LORD wasn't in the wind. After the wind, there was an earthquake. But the LORD wasn't in the earthquake. ¹² After the earthquake, there was a fire. But the LORD wasn't in the fire. After the fire, there was a sound. Thin. Quiet.

Matthew 6:5-8 (KJV) when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. for your Father knoweth what things ye have need of, before ye ask him.

Ps. 4:4 (KJV) 4 Stand in awe, ... commune with your own heart..., and be still.

SCIENCE AND HEALTH

SH 323:28–12 The effects of Christian Science are not so much seen as felt. It is the “still, small voice” of Truth uttering itself. We are either turning away from this utterance, or we are listening to it and going up higher. Willingness to become as a little child and to leave the old for the new, renders thought receptive of the advanced idea. Gladness to leave the false landmarks³ and joy to see them disappear, — this disposition helps to precipitate the ultimate harmony. The purification of sense and self is a proof of progress. “Blessed are the pure in heart: for they shall see God.” Unless the harmony and immortality of man are becoming more apparent, we are not gaining the true idea of God; and the body will reflect what governs it, whether it be Truth or error, understanding or belief, Spirit or matter. Therefore “acquaint now thyself with Him, and be at peace.”

SH 559:8–14 The “still, small voice” of scientific thought reaches over continent and ocean to the globe's remotest bound. The inaudible voice of Truth is, to the human mind, “as when a lion roareth.” It is heard in the desert and in dark places of fear. It arouses the “seven thunders” of evil, and stirs their latent forces to utter the full diapason of secret tones.

SH 415:24 To remove the error producing disorder, you must calm and instruct mortal mind with immortal Truth.

SH 495:14 When the illusion of sickness or sin tempts you, cling 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 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, instead of corporeal sense, support your understanding of being, and this understanding will supplant error with Truth, replace mortality with immortality, and silence discord with harmony.

SH 144:14 Human will-power is not Science. Human will belongs to the so-called material senses, and its use is to be condemned. Willing the sick to recover is not the metaphysical practice of Christian Science, but is sheer animal magnetism. 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 not corporeal will, is the divine power which says to disease, "Peace, be still."

SH 421:18 When the supposed suffering is gone from mortal mind, there can be no pain; and when the fear is destroyed, the inflammation will subside. Calm the excitement sometimes induced by chemicalization, which is the alterative effect produced by Truth upon error, and sometimes explain the symptoms and their cause to the patient.

SH 567:1–8 Gabriel has the more quiet task of imparting a sense of the ever-presence of ministering Love. These angels deliver us from the depths. Truth and Love come nearer in the hour of woe, when strong faith or spiritual strength wrestles and prevails through the understanding of God. The Gabriel of His presence has no contests. To infinite, ever-present Love, all is Love, and there is no error, no sin, sickness, nor death.

SH 13:5 In public prayer we often go beyond our convictions, beyond the honest standpoint of fervent desire. If we are not secretly yearning and openly striving for the accomplishment of all we ask, our prayers are "vain repetitions," such as the heathen use. If our petitions are sincere, we labor for what we ask; and our Father, who seeth in secret, will reward us openly. Can the mere public expression of our desires increase them? Do we gain the omnipotent ear sooner by words than by thoughts? Even if prayer is sincere, God knows our need before we tell Him or our fellow-beings about it. If we cherish the desire honestly and silently and humbly, God will bless it, and we shall incur less risk of overwhelming our real wishes with a torrent of words.

SH 14:31–26 "When thou prayest, enter into thy closet, and, when thou hast shut thy door, pray to thy Father¹ which is in secret; and thy Father, which seeth in secret, shall reward thee openly." So spake Jesus. The closet typifies the sanctuary of Spirit, the door of which shuts out sinful sense but lets in Truth, Life, and Love. Closed to error, it is open to Truth, and *vice versa*. The Father in secret is unseen to the physical senses, but He knows all things and rewards according to motives, not according to speech. To enter into the heart of prayer, the

door of the erring senses must be closed. Lips must be mute and materialism silent, that man may have audience with Spirit, the divine Principle, Love, which destroys all error. 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. The Master's injunction is, that we pray in secret and let our lives attest our sincerity. Christians rejoice in secret beauty and bounty, hidden from the world, but known to God.

SH 224:22 A higher and more practical Christianity, demonstrating justice and meeting the needs of mortals in sickness and in health, stands at the door of this age, knocking for admission. Will you open or close the door upon this angel visitant, who cometh in the quiet of meekness, as he came of old to the patriarch at noonday?

SH 247:31 The recipe for beauty is to have less illusion and more Soul, to retreat from the belief of pain or pleasure in the body into the unchanging calm and glorious freedom of spiritual harmony.

SH 476 Learn this, O mortal, and earnestly seek the spiritual status of man, which is outside of all material selfhood.

SH 506:10–12 Through divine Science, Spirit, God, unites understanding to eternal harmony. The calm and exalted thought or spiritual apprehension is at peace.

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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.

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Holy Spirit, Light divine,
Shine upon this heart of mine;
Kindle every high desire;
Cleanse my thought in Your pure fire.
Holy Spirit, Light divine,
Shine upon this heart of mine.
Shine upon this heart of mine,
Holy Spirit, Light divine.

Holy Spirit, Peace divine,
Still this restless heart of mine;
Speak to calm the tossing sea,
Stayed in Your tranquillity.
Holy Spirit, Peace divine,
Still this restless heart of mine.
Still this restless heart of mine,
Holy Spirit, Peace divine.

Holy Spirit, all divine,
Dwell within this heart of mine;
Bid my troubled thoughts be still;
With Your peace my spirit fill.
Holy Spirit, all divine,
Dwell within this heart of mine.
Dwell within this heart of mine,
Holy Spirit, all divine.

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Be gentle, be pure.
Since Spirit keeps all secure,
No pain or fear has power.
Be gentle, be pure;
Love guards, Love guides this hour.

Be tranquil, be free.
Since Life holds both you and me,
We know what Life has wrought.
Be tranquil, be free;
Infirmary is nought.

Be watchful, be still.
Then listen for Love's clear will
Which keeps us safe, at ease.
Be watchful, be still;
Assured your God you'll please.

Be joyful, be calm.
As Soul's own melodious psalm,
Each day you're sung anew.
Be joyful, be calm;
Know well that God loves you.