

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.

SPEAK GENTLY

Psalm 37:8 New Living Translation (NLT)

8 Stop being angry! Turn from your rage! Do not lose your temper—it only leads to harm.

1 Kings 19:1-12 New Living Translation (NLT)

19 When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. 2 So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” 3 Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. 4 Then he went on alone into the wilderness, traveling all day. ...the Lord said to him, “What are you doing here, Elijah?” 10 Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.” 11 “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper.

Prov. 15:1–4 New Living Translation (NLT) A gentle answer deflects anger, but harsh words make tempers flare. 2 The tongue of the wise makes knowledge appealing,

1 Samuel 25:1-33 New Living Translation (NLT) David moved down to the wilderness of Maon. 2 There was a wealthy man from Maon who owned property near the town of Carmel. He had 3,000 sheep and 1,000 goats, and it was sheep-shearing time. 3 This man’s name was Nabal, and his wife, Abigail, was a sensible and beautiful woman. But Nabal, a descendant of Caleb, was crude and mean in all

his dealings. 4 When David heard that Nabal was shearing his sheep, 5 he sent ten of his young men to Carmel with this message for Nabal: 6 “Peace and prosperity to you, your family, and everything you own! 7 I am told that it is sheep-shearing time. While your shepherds stayed among us near Carmel, we never harmed them, and nothing was ever stolen from them. 8 Ask your own men, and they will tell you this is true. So would you be kind to us, since we have come at a time of celebration? Please share any provisions you might have on hand with us and with your friend David.” 9 David’s young men gave this message to Nabal in David’s name, and they waited for a reply. 10 “Who is this fellow David?” Nabal sneered to the young men. “Who does this son of Jesse think he is? There are lots of servants these days who run away from their masters. 11 Should I take my bread and my water and my meat that I’ve slaughtered for my shearers and give it to a band of outlaws who come from who knows where?” 12 So David’s young men returned and told him what Nabal had said. 13 “Get your swords!” was David’s reply as he strapped on his own. Then 400 men started off with David, 14 Meanwhile, one of Nabal’s servants went to Abigail and told her, “David sent messengers from the wilderness to greet our master, but he screamed insults at them. 15 These men have been very good to us, and we never suffered any harm from them. Nothing was stolen from us the whole time they were with us. 16 In fact, day and night they were like a wall of protection to us and the sheep. 17 You need to know this and figure out what to do, for there is going to be trouble for our master and his whole family. He’s so ill-tempered that no one can even talk to him!” 18 Abigail wasted no time. She quickly gathered 200 loaves of bread, two wineskins full of wine, five sheep that had been slaughtered, nearly a bushel of roasted grain, 100 clusters of raisins, and 200 fig cakes. She packed them on donkeys 19 and said to her servants, “Go on ahead. I will follow you shortly.” But she didn’t tell her husband Nabal what she was doing. 20 As she was riding her donkey into a mountain ravine, she saw David and his men coming toward her. 21 David had just been saying, “A lot of good it did to help this fellow. We protected his flocks in the wilderness, and nothing he owned was lost or stolen. But he has

repaid me evil for good. 22 May God strike me and kill me if even one man of his household is still alive tomorrow morning!" 23 When Abigail saw David, she quickly got off her donkey and bowed low before him. 24 She fell at his feet and said, "I accept all blame in this matter, my lord. Please listen to what I have to say. 25 I know Nabal is a wicked and ill-tempered man; please don't pay any attention to him. He is a fool, just as his name suggests. I never even saw the young men you sent. 27 And here is a present that I, your servant, have brought to you and your young men. 28 Please forgive me if I have offended you in any way. 32 David replied to Abigail, "Praise the Lord, the God of Israel, who has sent you to meet me today! 33 Thank God for your good sense! Bless you for keeping me from murder and from carrying out vengeance with my own hands.

1 Corinthians 4:19-21 New Living Translation (NLT)

19 ...I will come—and soon—if the Lord lets me, and then I'll find out whether ... people just give pretentious speeches or whether they really have God's power. 20 For the Kingdom of God is not just a lot of talk; it is living by God's power. 21 Which do you choose? Should I come with a rod to punish you, or should I come with love and a gentle spirit?

Eph. 4:31, 32 ³¹Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:
³²And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

James 1:19-26 New Living Translation (NLT)

19 Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

Colossians 4:6 New Living Translation (NLT)

6 Let your conversation be gracious and attractive so that you will have the right response for everyone.

SCIENCE AND HEALTH

SH 485:14–17

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.

SH 4:3–5 What we most need is the prayer of fervent desire for growth in grace, expressed in patience, meekness, love, and good deeds.

SH 367:24 The infinite Truth of the Christ-cure has come to this age through a “still, small voice,” through silent utterances and divine anointing which quicken and increase the beneficial effects of Christianity. I long to see the consummation of my hope, namely, the student's higher attainments in this line of light.

SH 559:8–16 The “still, small voice”⁹ 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. Then is the power of Truth demonstrated, — made manifest in the destruction of error.

SH 193:32-2 It has been demonstrated to me that Life is God and that the might of omnipotent Spirit shares not its strength with matter or with human will.

SH 514:18–19

Tenderness accompanies all the might imparted by Spirit.

SH 15:14 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.

SH 570:18

What if the old dragon should send forth a new flood to drown the Christ-idea? He can neither drown your voice with its roar, nor again sink the world into the deep waters of chaos and old night. In this age the earth will help the woman; the spiritual idea will be understood.

Those ready for the blessing you impart will give thanks. The waters will be pacified, and Christ will command the wave.

SH 127:26 Science is an emanation of divine Mind, and is alone able to interpret God aright. It has a spiritual, and not a material origin. It is a divine utterance, — the Comforter which leadeth into all truth.

SH 13:14 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 106:26 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”

SH 367:3 The tender word and Christian encouragement of an invalid, pitiful patience with his fears and the removal of them, are better than hecatombs of gushing theories, stereotyped borrowed speeches, and the doling of arguments, which are but so many parodies on legitimate Christian Science, aflame with divine Love..

SH 516:13-15

The grass beneath our feet silently exclaims, “The meek shall inherit the earth.”

SH 89:18-21 Mind is not necessarily dependent upon educational processes. It possesses of itself all beauty and poetry, and the power of expressing them. Spirit, God, is heard when the senses are silent.

SH viii:4 To develop the full might of this Science, the discords of corporeal sense must yield to the harmony of spiritual sense, even as the science of music corrects false tones and gives sweet concord to sound.

SH 567:3 These angels deliver us from the depths. 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. Against Love, the dragon warreth not long, for he is killed by the divine Principle. Truth and Love prevail against the dragon because the dragon cannot war with them. Thus endeth the conflict between the flesh and Spirit.

SH 224:22 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 567:3 These angels deliver us from the depths

SH 574:25-1

Think of this, dear reader, for it will lift the sackcloth from your eyes,
and you will behold the soft-winged dove descending upon you. The
very circumstance, which your suffering sense deems wrathful and
afflictive, Love can make an angel entertained unawares. Then thought
gently whispers: "Come hither!"

HYMNS
Hymn. 315

Speak gently, it is better far
To rule by love than fear;
Speak gently, let no harsh word mar

The good we may do here.

Speak gently to the erring ones,
They must have toiled in vain;
Perchance unkindness made them so;
O win them back again.

Speak gently, 'tis a little thing,
Dropped in the heart's deep well;
The good, the joy that it may bring,
Eternity shall tell.

Hymn. 49

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.

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;
Infirmity 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.

Hymn. 443

Be gentle, be pure.
Since Spirit keeps all secure,
No pain or fear has power.