

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

UNCLASPING THE GRIP OF FEAR

Job 4:14 New Living Translation 14 Fear gripped me, and my bones trembled.

Jer. 30:1–10 New Living Translation 4 This is the message the Lord gave concerning Israel and Judah. 5 This is what the Lord says: I hear cries of fear; there is terror and no peace. ...Yet in the end they will be saved! 8 For in that day,” “I will break the yoke from their necks and snap their chains. 10 “So do not be afraid,; do not be dismayed,

Dan. 3:1–28 New Living Translation 3 King Nebuchadnezzar made a gold statue ninety feet tall and nine feet wide and set it up on the plain of Dura in the province of Babylon. 4 Then a herald shouted out, “People of all races and nations and languages, listen to the king’s command! 5 When you hear the sound of the horn, flute, zither, lyre, harp, pipes, and other musical instruments,[c] bow to the ground to worship King Nebuchadnezzar’s gold statue. 6 Anyone who refuses to obey will immediately be thrown into a blazing furnace.” 13 Then Nebuchadnezzar ... ordered that Shadrach, Meshach, and Abednego be brought before him. When they were brought in, 14 Nebuchadnezzar said to them, “Is it true, Shadrach, Meshach, and Abednego, that you refuse to serve my gods or to worship the gold statue I have set up? 16 Shadrach, Meshach, and Abednego replied, “O Nebuchadnezzar, we do not need to defend ourselves before you. 17 If we are thrown into the blazing furnace, the God whom we serve is able to save us. He will rescue us from your power,...19 Nebuchadnezzar was so furious with Shadrach, Meshach, and Abednego that his face became distorted with rage. He commanded that the furnace be heated seven times hotter than usual. 20 Then he ordered some of the strongest men of his army to bind Shadrach, Meshach, and Abednego and throw them into the blazing furnace. 21 So they tied them up and threw them into the furnace, fully dressed in their pants, turbans, robes, and other garments23 So Shadrach, Meshach, and Abednego, securely tied, fell into the roaring flames. 24 But suddenly, Nebuchadnezzar jumped up

in amazement and exclaimed to his advisers, “Didn’t we tie up three men and throw them into the furnace?” “Yes, Your Majesty, we certainly did,” they replied. 25 “Look!” Nebuchadnezzar shouted. “I see four men, unbound, walking around in the fire unharmed! And the fourth looks like a god!

Luke 8:22-24 New Living Translation 22 One day Jesus said to his disciples, “Let’s cross to the other side of the lake.” So they got into a boat and started out. 23 As they sailed across, Jesus settled down for a nap. But soon a fierce storm came down on the lake. The boat was filling with water, and they were in real danger. 24 The disciples went and woke him up, shouting, “Master, Master, we’re going to drown!” When Jesus woke up, he rebuked the wind and the raging waves. Suddenly the storm stopped and all was calm.

Luke 13:10–17 New Living Translation 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...?”

Acts 12:1-11 Common English Bible 12 About that time King Herod began to harass some who belonged to the church. 2 He had James, John’s brother, killed with a sword. 3 When he saw that this pleased the Jews, he arrested Peter as well. This happened during the Festival of Unleavened Bread. 4 He put Peter in prison, handing him over to four squads of soldiers, sixteen in all, who guarded him. He planned to charge him publicly after the Passover. 5 While Peter was

held in prison, the church offered earnest prayer to God for him.⁶ The night before Herod was going to bring Peter's case forward, Peter was asleep between two soldiers and bound with two chains, with soldiers guarding the prison entrance. ⁷ Suddenly an angel from the Lord appeared and a light shone in the prison cell. After nudging Peter on his side to awaken him, the angel raised him up and said, "Quick! Get up!" The chains fell from his wrists. ⁸ The angel continued, "Get dressed. Put on your sandals." Peter did as he was told. The angel said, "Put on your coat and follow me." ⁹ Following the angel, Peter left the prison. However, he didn't realize the angel had actually done all this. He thought he was seeing a vision. ¹⁰ They passed the first and second guards and came to the iron gate leading to the city. It opened for them by itself. After leaving the prison, they proceeded the length of one street, when abruptly the angel was gone.¹¹ At that, Peter came to his senses and remarked, "Now I'm certain that the Lord sent his angel and rescued me from Herod and from everything the Jewish people expected."

Acts 28:3–6 New Living Translation ³ As Paul gathered an armful of sticks and was laying them on the fire, a poisonous snake, driven out by the heat, bit him on the hand. ⁴ The people of the island saw it hanging from his hand and said to each other, "A murderer, no doubt! Though he escaped the sea, justice will not permit him to live." ⁵ But Paul shook off the snake into the fire and was unharmed. ⁶
II Tim. 1:7 KJV ⁷For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

II Cor. 10:3–5 KJV ³For though we walk in the flesh, we do not war after the flesh: ⁴(For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;) ⁵Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Gal. 5:1 Common English Bible ¹ Christ has set us free for freedom. Therefore, stand firm and don't submit to the bondage...

SCIENCE AND HEALTH

SH 450:14 Sickness is neither imaginary nor unreal, — that is, to the frightened, false sense of the patient. Sickness is more than fancy; it is solid conviction. It is therefore to be dealt with through right apprehension of the truth of being.

SH 251: 7-8 Fright is so great at certain stages of mortal belief as to drive belief into new paths.

SH 28:6 The determination to hold Spirit in the grasp of matter is the persecutor of Truth and Love.

SH 143:17 You admit that mind influences the body somewhat, but you conclude that the stomach, blood, nerves, bones, etc., hold the preponderance of power. Controlled by this belief, you continue in the old routine. You lean on the inert and unintelligent, never discerning how this deprives you of the available superiority of divine Mind. The body is not controlled scientifically by a negative mind.

SH 177:19 But a lie, the opposite of Truth, cannot name the qualities and effects of what is termed matter, and create the so-called laws of the flesh, nor can a lie hold the preponderance of power in any direction against God, Spirit and Truth.

SH 371:14 Darkness induces fear. The adult, in bondage 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 sufferings which throng the gloaming. The way in divine Science is the only way out of this condition.

SH 261:4 Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts.

SH 396:1 One should never hold in mind the thought of disease, but should efface from thought all forms and types of disease, both for one's own sake and for that of the patient.

SH 392:5–17 Fear, which is an element of all disease, must be cast out to readjust the balance for God. Casting out evil and fear enables truth to outweigh error. The only course is to take antagonistic grounds against all that is opposed to the health, holiness, and harmony of man, God's image. The physical affirmation of disease

should always be met with the mental negation. Whatever benefit is produced on the body, must be expressed mentally, and thought should be held fast to this ideal.

SH 180:17 Doctors should not implant disease in the thoughts of their patients, as they so frequently do, by declaring disease to be a fixed fact, even before they go to work to eradicate the disease through the material faith which they inspire. Instead of furnishing thought with fear, they should try to correct this turbulent element of mortal mind by the influence of divine Love which casteth out fear.

SH 373:14–26 The fear of disease and the love of sin are the sources of man's enslavement. "The fear of the Lord is the beginning of wisdom," but the Scriptures also declare, through the exalted thought of John, that "perfect Love casteth out fear." The fear occasioned by ignorance can be cured; but to remove the effects of fear produced by sin, you must rise above both fear and sin. Disease is expressed not so much by the lips as in the functions of the body. Establish the scientific sense of health, and you relieve the oppressed organ. The inflammation, decomposition, or deposit will abate, and the disabled organ will resume its healthy functions.

SH 377:20–23 Remove the leading error or governing fear of this lower so-called mind, and you remove the cause of all disease as well as the morbid or excited action of any organ.

SH 391:29–3 Mentally contradict every complaint from the body, and rise to the true consciousness of Life as Love, — as all that is pure, and bearing the fruits of Spirit. Fear is the fountain of sickness, and you master fear and sin through divine Mind; hence it is through divine Mind that you overcome disease.

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SH 366:24 The sick are terrified by their sick beliefs, and sinners should be affrighted by their sinful beliefs; but the Christian Scientist

will be calm in the presence of both sin and disease, knowing, as he does, that Life is God and God is All.

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.

SH 45:16 Glory be to God, and peace to the struggling hearts!

SH 144:20 Truth, and not corporeal will, is the divine power which says to disease, “Peace, be still.”

SH 243:4-8 The divine Love, which made harmless the poisonous viper, which delivered men from the boiling oil, from the fiery furnace, from the jaws of the lion, can heal the sick in every age and triumph over sin and death.

SH 214:32 Spirit's senses are without pain, and they are forever at peace. Nothing can hide from them the harmony of all things and the might and permanence of Truth.

SH 227:21 This is your divine right. The illusion of material sense, not divine law, has bound you, entangled your free limbs, crippled your capacities, enfeebled your body, and defaced the tablet of your being.

SH 412:13–18 The power of Christian Science and divine Love is omnipotent. It is indeed adequate to unclasp the hold and to destroy disease, sin, and death. To prevent disease or to cure it, the power of Truth, of divine Spirit, must break the dream of the material senses.

SH 506:11–12 The calm and exalted thought or spiritual apprehension is at peace.

SH 324:11–12 Therefore “acquaint now thyself with Him, and be at peace.”

HYMNS

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God is my strong salvation;
What foe have I to fear?
In darkness and temptation,
My light, my help is near:
Though hosts encamp around me,
Firm in the fight I stand;
What terror can confound me,
With God at my right hand?

Place on the Lord reliance;
My heart, with courage wait;
His truth be thine affiance,
When faint and desolate:
His might thy heart shall strengthen,
His love thy joy increase;
Thy day shall mercy lengthen:
The Lord will give thee peace.

510

In Love divine all earth-born fear and sorrow
Fade as the dark when dawn pours forth her light;
And understanding prayer is fully answered,
When trustingly we turn to God aright.

And as on wings of faith we soar and worship,
Held by God's love above the shadows dim,
Hushed in the grandeur of a heart's awakening,
Unfolds a joy unknown till found in Him.

Then in this radiant light of adoration,
We know that man beloved is in God's care,
Not wrapped in fear nor bowed with tired labor,
But satisfied, complete, divinely fair.

160

It matters not what be thy lot,
So Love doth guide;
For storm or shine, pure peace is thine,
Whate'er betide.

And of these stones, or tyrants' thrones,
God able is
To raise up seed—in thought and deed—
To faithful His.

Aye, darkling sense, arise, go hence!
Our God is good.
False fears are foes—truth tatters those,
When understood.

Love looseth thee, and lifteth me,
Ayont hate's thrall:
There Life is light, and wisdom might,
And God is All.

The centuries break, the earth-bound wake,
God's glorified!
Who doth His will—His likeness still—
Is satisfied.