

HELP THOU MINE UNBELIEF

THE BIBLE (New Revised Standard Version Updated Edition)

John 11:26 26 ...everyone who lives and believes in me will never die. Do you believe this?"

John 8:45, 46 If I tell the truth, why do you not believe me? because I tell the truth, you do not believe me.

Matthew 13:54–58 54 He came to his hometown and began to teach the people in their synagogue, so that they were astounded and said, "Where did this man get this wisdom and these deeds of power? 55 Is not this the carpenter's son? Is not his mother called Mary? And are not his brothers James and Joseph? 56 And are not all his sisters with us? Where then did this man get all this?" 57 And they took offense at him. But Jesus said to them, "Prophets are not without honor except in their own hometown and in their own house." 58 And he did not do many deeds of power there, because of their unbelief.

II Kings 5:1–14 5 Naaman, commander of the army of the king of Aram, was a great man and in high favor with his master ...suffered from a skin disease. 2 Now the Arameans on one of their raids had taken a young girl captive from the land of Israel, and she served Naaman's wife. 3 She said to her mistress, "If only my lord were with the prophet who is in Samaria! He would cure him of his

skin disease.” 4 So Naaman went in and told his lord just what the girl from the land of Israel had said. 9 So Naaman came with his horses and chariots and halted at the entrance of Elisha’s house. 10 Elisha sent a messenger to him, saying, “Go, wash in the Jordan seven times, and your flesh shall be restored, and you shall be clean.” 11 But Naaman became angry and went away, saying, “I thought that for me he would surely come out and stand and call on the name of the Lord his God and would wave his hand over the spot and cure the skin disease! 12 Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them and be clean?” He turned and went away in a rage. 13 But his servants approached and said to him, “Father, if the prophet had commanded you to do something difficult, would you not have done it? How much more, when all he said to you was, ‘Wash, and be clean’?” 14 So he went down and immersed himself seven times in the Jordan, according to the word of the man of God; his flesh was restored like the flesh of a young boy, and he was clean.

Hebrews 12:12 12 Therefore lift your drooping hands and strengthen your weak knees 13 and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

Mark 9:20–24 20 And they brought the boy to him. When the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. 21 Jesus asked the father, “How long has this been

happening to him?” And he said, “From childhood. 22 It has often cast him into the fire and into the water, to destroy him; but if you are able to do anything, help us! Have compassion on us!” 23 Jesus said to him, “If you are able! All things can be done for the one who believes.” 24 Immediately the father of the child cried out, “I believe; help my unbelief!”

John 5:2–9 2 Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. 3 In these lay many ill, blind, lame, and paralyzed people. 5 One man was there who had been ill for thirty-eight years. 6 When Jesus saw him lying there and knew that he had been there a long time, he said to him, “Do you want to be made well?” 7 The ill man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am making my way someone else steps down ahead of me.” 8 Jesus said to him, “Stand up, take your mat and walk.” 9 At once the man was made well, and he took up his mat and began to walk.

Matt 17:14-21 14 When they came to the crowd, a man came to him, knelt before him, 15 and said, “Lord, have mercy on my son, for he has epilepsy and suffers terribly; he often falls into the fire and often into the water. 16 And I brought him to your disciples, but they could not cure him.” 17 Jesus answered, ...Bring him here to me.” 18 And Jesus rebuked the demon, and it came out of him, and the boy was cured from that moment. 19 Then the disciples came to Jesus privately and said, “Why could we not cast it out?” 20 He said to them, “Because of your little faith. For

truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move, and nothing will be impossible for you.”

Romans 13:11–13 (to ;)11 Besides this, you know what time it is, how it is already the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; 12 the night is far gone; the day is near. Let us then throw off the works of darkness and put on the armor of light; 13 let us walk decently as in the day,

Romans 3:3 3 What if some were unfaithful? Will their faithlessness nullify the faithfulness of God? 4 By no means!, let God be proved true, as it is written, “So that you may be justified in your words and you will prevail.

Hebrews 4:9, 11 There remaineth therefore a rest to the people of God. ... Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

Mark 5: 36.“Do not be afraid; only believe.” 1114 words

SCIENCE AND HEALTH

23:32-1; 23:27 The Hebrew verb to believe means also to be firm or to be constant. “Lord, I believe; help thou mine unbelief!” expresses the helplessness of a blind faith; whereas the injunction, “Believe . . . and thou shalt be saved!” demands self-reliant trustworthiness, which includes spiritual understanding and confides all to God.

24:4 Acquaintance with the original texts, and willingness to give up human beliefs (established by hierarchies, and instigated sometimes by the worst passions of men), open the way for Christian Science to be understood, and make the Bible the chart of life, where the buoys and healing currents of Truth are pointed out.

192:19–21 In Science, you can have no power opposed to God, and the physical senses must give up their false testimony.

168:15 Because man-made systems insist that man becomes sick and useless, suffers and dies, all in consonance with the laws of God, are we to believe it? Are we to believe an authority which denies God’s spiritual command relating to perfection, — an authority which Jesus proved to be false? He did the will of the Father. He healed sickness in defiance of what is called material law, but in accordance with God’s law, the law of Mind.

191:4 As mortals give up the delusion that there is more than one Mind, more than one God, man in God’s likeness will appear, and this eternal man will include in that likeness no material element.

329:32–2 Human resistance to divine Science weakens in proportion as mortals give up error for Truth and the understanding of being supersedes mere belief.

216:30–1 Give up your material belief of mind in matter, and have but one Mind, even God; for this Mind forms its own likeness.

429:24 We must have faith in all the sayings of our Master, though they are not included in the teachings of the schools, and are not understood generally by our ethical instructors.

430:3–5 Mortal mind must part with error, must put off itself with its deeds, and immortal manhood, the Christ ideal, will appear.

145:10–13 The victory will be on the patient's side only as immortal Mind through Christ, Truth, subdues the human belief in disease.

330:25–26 The notion that both evil and good are real is a delusion of material sense, which Science annihilates.

251:17–24 We must learn how mankind govern the body, — whether through faith in hygiene, in drugs, or in will-power. We should learn whether they govern the body through a belief in the necessity of sickness and death, sin and pardon, or govern it from the higher understanding that the divine Mind makes perfect, acts upon the so-called human mind through truth, leads the human mind to relinquish all error, to find the divine Mind to be the only Mind, and the healer of sin, disease, death. This process of higher spiritual understanding improves mankind until error

disappears, and nothing is left which deserves to perish or to be punished.

322:9 It is highly important — in view of the immense work to be accomplished before this recognition of divine Science can come — to turn our thoughts towards divine Principle, that finite belief may be prepared to relinquish its error.

390:9, 20, 29–4; 391:9–13 (to It), 18–32; 392:11–32; 393:30–32; 396:5–21
... Suffer no claim of sin or of sickness to grow upon the thought. Dismiss it with an abiding conviction that it is illegitimate, because you know that God is no more the author of sickness than He is of sin. You have no law of His to support the necessity either of sin or sickness, but you have divine authority for denying that necessity and healing the sick. ... Meet the incipient stages of disease with as powerful mental opposition as a legislator would employ to defeat the passage of an inhuman law. Rise in the conscious strength of the spirit of Truth to overthrow the plea of mortal mind, *alias* matter, arrayed against the supremacy of Spirit. Blot out the images of mortal thought and its beliefs in sickness and sin. ... Banish the belief that you can possibly entertain a single intruding pain which cannot be ruled out by the might of Mind, and in this way you can prevent the development of pain in the body. No law of God hinders this result. ... 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 harmoniously. Exclude from mortal mind the offending errors; then the body cannot

suffer from them. A false belief is both the tempter and the tempted, the sin and the sinner, the disease and its cause.The refutation of the testimony of material sense is not a difficult task in view of the conceded falsity of this testimony. The refutation becomes arduous, not because the testimony of sin or disease is true, but solely on account of the tenacity of belief in its truth, due to the force of education and the overwhelming weight of opinions on the wrong side, — all teaching that the body suffers, as if matter could have sensation.

283:1 As mortals begin to understand Spirit, they give up the belief that there is any true existence apart from God.

52:23 The highest earthly representative of God, speaking of human ability to reflect divine power, prophetically said to his disciples, speaking not for their day only but for all time: “He that believeth on me, the works that I do shall he do also;” and “These signs shall follow them that believe.”

249:1 Let us accept Science, relinquish all theories based on sense-testimony, give up imperfect models and illusive ideals; and so let us have one God, one Mind, and that one perfect, producing His own models of excellence.

982 words

HYMNS

35:1–3 Christ, whose glory fills the skies, / Christ, the true, the perfect Light, /
Sun of righteousness, arise, / Triumph o'er the shades of night; / Dayspring from on
high, be near, / Daystar, in my heart appear.

Dark and cheerless is the morn / Uncompanioned, Lord, by thee; / Joyless is the
day's return, / Till thy mercy's beams I see; / Till they inward light impart, / Glad my
eyes, and warm my heart.

**Visit then this soul of mine, / Pierce the gloom of sin and grief; / Fill me,
radiancy divine, / Scatter all my unbelief; / More and more thyself display, /
Shining to the perfect day.**

399:1–3 Ye timid saints, fresh courage take, / The clouds ye so much dread /
Are big with mercy, and will break / In blessings on your head.

His mighty purpose ripens fast, / Unfolding every hour; / The bud may have a bitter
taste, / But sweet will be the flower.

**Blind unbelief is sure to err, / And scan His work in vain; / God is His own
interpreter, / And He will make it plain.**

12:1–3 Arise ye people, take your stand, / Cast out your idols from the land, /
Above all doctrine, form or creed / Is found the Truth that meets your need. /
**Christ's promise stands: they that believe / His works shall do, his power
receive.**

Go forward then, and as ye preach / So let your works confirm your speech, / And
prove to all with following sign / The Word of God is power divine. / In love and
healing ministry / Show forth the Truth that makes men free.

O Father-Mother God, whose plan / Hath given dominion unto man, / In Thine own
image we may see / Man pure and upright, whole and free. / And ever through our
work shall shine / That light whose glory, Lord, is Thine.