

## WEDNESDAY EVENING READINGS

JANUARY 23, 2019

“LIFE UNAFRAID”

READINGS FROM THE BIBLE  
AND  
SCIENCE & HEALTH WITH KEY TO THE SCRIPTURES  
BY MARY BAKER EDDY

### PSALMS

53:2 God looked down from heaven upon the children of men, to see if there were any that did understand, that did seek God.

5 There were they in great fear, where no fear was:

### ISAIAH

41:10 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.

### I JOHN

4:18 There is no fear in love; but perfect love casteth out fear:

18 ,, He that feareth is not made perfect in love.

### SCIENCE AND HEALTH

#### SH 71:1

Nothing is real and eternal, — nothing is Spirit, — but God and His idea. Evil has no reality. It is neither person, place, nor thing, but is simply a belief, an illusion of material sense.

#### SH 466:15-16 *Truth*

Truth is real, and error is unreal.

#### SH 586:11

FEAR. Heat; inflammation; anxiety; ignorance; error; desire; caution.

#### SH 92:26

The foundation of evil is laid on a belief in something besides God. This belief tends to support two opposite powers, instead of urging the claims of Truth alone. The mistake of thinking that error can be real, when it is merely the absence of truth, leads to belief in the superiority of error.

## **GENESIS**

14:5 And it was told the king of Egypt that the people fled: and the heart of Pharaoh and of his servants was turned against the people, and they said, Why have we done this, that we have let Israel go from serving us?

7 And he took six hundred chosen chariots, and all the chariots of Egypt, and captains over every one of them.

8 ... and he pursued after the children of Israel:

10 ¶And when Pharaoh drew nigh, the children of Israel lifted up their eyes, and, behold, the Egyptians marched after them; and they were sore afraid: and the children of Israel cried out unto the Lord.

13 ¶And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to-day: for the Egyptians whom ye have seen to-day, ye shall see them again no more for ever.

14 The Lord shall fight for you, and ye shall hold your peace.

30 Thus the Lord saved Israel that day out of the hand of the Egyptians;

31 And Israel saw that great work which the Lord did upon the Egyptians: and the people feared the Lord, and believed the Lord, and his servant Moses.

## **SCIENCE AND HEALTH**

### **SH 410:14**

Every trial of our faith in God makes us stronger. The more difficult seems the material condition to be overcome by Spirit, the stronger should be our faith and the purer our love. The Apostle John says: "There is no fear in Love, but perfect Love casteth out fear. . . . He that feareth is not made perfect in Love." Here is a definite and inspired proclamation of Christian Science.

### **SH 569:3**

Every mortal at some period, here or hereafter, must grapple with and overcome the mortal belief in a power opposed to God.

## **LUKE**

4:33 ... in the synagogue there was a man, which had a spirit of an unclean devil, and cried out with a loud voice,

34 Saying, Let us alone; what have we to do with thee, thou Jesus of Nazareth?

35 And Jesus rebuked him, saying, Hold thy peace, and come out of him. And when the devil had thrown him in the midst, he came out of him, and hurt him not.

36 And they were all amazed, and spake among themselves, saying, What a word is this! for with authority and power he commandeth the unclean spirits, and they come out.

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:

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.

10:1 After these things the Lord appointed other seventy also, and sent them two and two before his face into every city and place, whither he himself would come.

2 Therefore said he unto them, ...

19 Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

## **SCIENCE AND HEALTH**

### **SH 493:20-22**

Disease is an experience of so-called mortal mind. It is fear made manifest on the body.

### **SH 209:2**

It is the mortal belief which makes the body discordant and diseased in proportion as ignorance, *fear*, or human will governs mortals.

### **SH 392:5-8**

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.

### **SH 208:29-31**

You embrace your body in your thought, and you should delineate upon it thoughts of health, not of sickness.

### **SH 368:31-32**

When fear disappears, the foundation of disease is gone.

### **SH 411:21-28, 32-1**

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.

Always begin your treatment by allaying the fear of patients.

If you succeed in wholly removing the fear, your patient is healed.

## **MATTHEW**

8:23 And when he was entered into a ship, his disciples followed him.

24 And, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves: but he was asleep.

25 And his disciples came to him, and awoke him, saying, Lord, save us: we perish.

26 And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm.

## **SCIENCE AND HEALTH**

### **SH 192:19-21**

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

### **SH 298:16-18**

This human belief, alternating between a sense of pleasure and pain, hope and fear, life and death, never reaches beyond the boundary of the mortal or the unreal.

### **SH 171:25-27**

The so-called laws of matter are nothing but false beliefs that intelligence and life are present where Mind is not.

## **PSALMS**

46:1 God is our refuge and strength, a very present help in trouble.

2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;

27:1 The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?

3 Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

5 For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.

## **SCIENCE AND HEALTH**

### **SH 469:20**

We can have but one Mind, if that one is infinite. We bury the sense of infinitude, when we admit that, although God is infinite, evil has a place in this infinity, for evil can have no place, where all space is filled with God.

### **SH 330:27 (only)**

Evil is nothing, no thing, mind, nor power.

### **SH 480:23-24 *evil* (to 2<sup>nd</sup> .)**

... evil is but an illusion, and it has no real basis. Evil is a false belief. God is not its author.

## **FROM PSALMS IN THE NEW ENGLISH BIBLE:**

23:1 The Lord is my shepherd; I shall want nothing.

2 He makes me lie down in green pastures, and leads me beside the waters of peace.

3 He renews life within me, and for his name's sake guides me in the right path.

4 Even though I walk through a valley dark as death I fear no evil, for thou art with me, ...

## **AND FROM II TIMOTHY IN THE KING JAMES VERSION**

1:7 ... God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

## **PROVERBS**

2:1 My son, if thou wilt receive my words, and hide my commandments with thee;  
2 So that thou incline thine ear unto wisdom, and apply thine heart to understanding;

3 Yea, if thou criest after knowledge, and liftest up thy voice for understanding;

5 Then shalt thou understand the fear of the Lord, and find the knowledge of God.

3:5 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.

7 ¶Be not wise in thine own eyes: fear the Lord, and depart from evil.

## **ISAIAH**

50:10 Who is among you that feareth the Lord, that obeyeth the voice of his servant, that walketh in darkness, and hath no light? let him trust in the name of the Lord, and stay upon his God.

34:4 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.

## **ECCLESIASTES**

12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.

8:12 ... it shall be well with them that fear God, ...

## **SCIENCE AND HEALTH**

### **SH 340:4**

This text in the book of Ecclesiastes conveys the Christian Science thought, especially when the word *duty*, which is not in the original, is omitted: "Let us hear the conclusion of the whole matter: Fear God, and keep His commandments: for this is the whole duty of man." In other words: Let us hear the conclusion of the whole matter: love God and keep His commandments: for this is the whole of man in His image and likeness. Divine Love is infinite. Therefore all that really exists is in and of God, and manifests His love.

### **SH 234:9-12**

We should become more familiar with good than with evil, and guard against false beliefs as watchfully as we bar our doors against the approach of thieves and murderers.

**SH 567:18-23**

That false claim — that ancient belief, that old serpent whose name is devil (evil), claiming that there is intelligence in matter either to benefit or to injure men — is pure delusion, the red dragon; and it is cast out by Christ, Truth, the spiritual idea, and so proved to be powerless.

**SH 368:2-5**

The confidence inspired by Science lies in the fact that Truth is real and error is unreal. Error is a coward before Truth.

**SH 367:32-1**

Evil is but the counterpoise of nothingness.

**PERIODICALS EXCERPTS**

Excerpt from “Life Unafraid”

A Christian Science Lecture by Dr. John M. Tutt

One wintry Sunday afternoon, I stood at a window in the rear of a hall filled with a waiting lecture audience. I was in prayer for the spiritual success of the lecture I was about to deliver.

The landscape from the window was beautiful – a carpet of dazzling snow and a grove of trees – their trunks and denuded branches in bold relief against the sky. Suddenly, I caught the flash of a red squirrel along the upper reaches of a tree, closely followed by a second squirrel. Their flying feet took to a large horizontal limb extending out towards the branches of another tree, some distance away. The first squirrel reached the end of the branch, and without the slightest hesitation or slackening, launched himself into the air, described a perfect arc and landed clearly on an outstretched limb of the other tree. He ran along the branch to the trunk and disappeared.

The second squirrel, on the heels of number one, did not take the leap. Instead, at the end of the limb he suddenly and incredibly stopped, clinging, trembling, and swaying, till he recovered. Then he backed away, turned and ran along the branch to the trunk. There he appeared to ponder the matter. Again he ran out, but again stopped short of the leap. Evidently, he was not sure of himself yet. He returned once more, and this time he tried another branch lower to the ground, but quickly saw this would not solve the problem. The trouble was within and he met and mastered it right there. No sooner discovered than cast out were the fears and uncertainty, the doubt, and misgivings. All the worry and trembling, the frantic running to and fro vanished – at once he was a replica of the self-confident, self-sufficient little bundle of energy that had preceded him.

No longer hesitant, he streaked it with eager eyes and flirting tail along the original branch, cleared the end and safely negotiated the aerial flight to join his fellow. And I went into my audience confident and assured, as I have so continuously been during the more than thirty years of my journey in Christian Science, rejoicing as those squirrels rejoiced in life unafraid.

The little red squirrel ran out on a limb and then he ran back again. But when he had conquered fear, he knew he could leap, and leap he did, throwing fearful caution to the winds. In that knowledge he forgot his foolish fears, along with the false beliefs which induced them.

From within the life unafraid comes the fearlessness of an unreceptivity to evil, a conscious dominion over evil. Life unafraid is never on the defensive – it needs no apology.

It is a life loyal to Truth and consistent in good intent and conduct.

Life unafraid is more than physical bravery, even more than moral courage. It is this and it is spiritual consciousness of God-given dominion – consciousness of – to quote Mrs. Eddy “Union with the infinite capacities of the one Mind.”

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