

2026.7.1 - "The Pursuit of Happiness"



Christian Science Hymnal #556, 466, 474

King James Bible

1. Ps. 144:15 2nd happy

15 ... happy *is that* people, whose God is the LORD.

2. Gen. 15:1 the, 5, 6

- 1 ... the word of the LORD came unto Abram in a vision, saying, Fear not, Abram: I *am* thy shield, *and* thy exceeding great reward.
- 5 And he brought him forth abroad, and said, Look now toward heaven, and tell the stars, if thou be able to number them: and he said unto him, So shall thy seed be.
- 6 And he believed in the LORD; and he counted it to him for righteousness.

3. Gen. 18:1–15

- 1 And the LORD appeared unto him in the plains of Mamre: and he sat in the tent door in the heat of the day;
- 2 And he lift up his eyes and looked, and, lo, three men stood by him: and when he saw *them*, he ran to meet them from the tent door, and bowed himself toward the ground,
- 3 And said, My Lord, if now I have found favour in thy sight, pass not away, I pray thee, from thy servant:
- 4 Let a little water, I pray you, be fetched, and wash your feet, and rest yourselves under the tree:
- 5 And I will fetch a morsel of bread, and comfort ye your hearts; after that ye shall pass on: for therefore are ye come to your servant. And they said, So do, as thou hast said.
- 6 And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal, knead *it*, and make cakes upon the hearth.
- 7 And Abraham ran unto the herd, and fetched a calf tender and good, and gave *it* unto a young man; and he hasted to dress it.
- 8 And he took butter, and milk, and the calf which he had dressed, and set *it* before them; and he stood by them under the tree, and they did eat.
- 9 ¶ And they said unto him, Where is Sarah thy wife? And he said, Behold, in the tent.
- 10 And he said, I will certainly return unto thee according to the time of life; and, lo,

Sarah thy wife shall have a son. And Sarah heard *it* in the tent door, which *was* behind him.

- 11 Now Abraham and Sarah *were* old *and* well stricken in age; *and* it ceased to be with Sarah after the manner of women.
- 12 Therefore Sarah laughed within herself, saying, After I am waxed old shall I have pleasure, my lord being old also?
- 13 And the LORD said unto Abraham, Wherefore did Sarah laugh, saying, Shall I of a surety bear a child, which am old?
- 14 Is any thing too hard for the LORD? At the time appointed I will return unto thee, according to the time of life, and Sarah shall have a son.
- 15 Then Sarah denied, saying, I laughed not; for she was afraid. And he said, Nay; but thou didst laugh.

4. Gen. 21:1–3, 6

- 1 And the LORD visited Sarah as he had said, and the LORD did unto Sarah as he had spoken.
- 2 For Sarah conceived, and bare Abraham a son in his old age, at the set time of which God had spoken to him.
- 3 And Abraham called the name of his son that was born unto him, whom Sarah bare to him, Isaac.
- 6 ¶ And Sarah said, God hath made me to laugh, *so that* all that hear will laugh with me.

5. Ps. 146:5, 6

- 5 Happy *is he* that *hath* the God of Jacob for his help, whose hope *is* in the LORD his God:
- 6 Which made heaven, and earth, the sea, and all that therein *is*: which keepeth truth for ever:

6. I Kings 10:1–3 when (to :), 6, 8, 9

- 1 ... when the queen of Sheba heard of the fame of Solomon concerning the name of the LORD, she came to prove him with hard questions.
- 2 And she came to Jerusalem with a very great train, with camels that bare spices, and very much gold, and precious stones: and when she was come to Solomon, she communed with him of all that was in her heart.
- 3 And Solomon told her all her questions: ...
- 6 And she said to the king, It was a true report that I heard in mine own land of thy acts and of thy wisdom.
- 8 Happy *are* thy men, happy *are* these thy servants, which stand continually before thee, *and* that hear thy wisdom.
- 9 Blessed be the LORD thy God, which delighted in thee, to set thee on the throne of

Israel: because the LORD loved Israel for ever, therefore made he thee king, to do judgment and justice.

7. Prov. 3:13–18

- 13 ¶ Happy is the man *that* findeth wisdom, and the man *that* getteth understanding.
14 For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold.
15 She is more precious than rubies: and all the things thou canst desire are not to be compared unto her.
16 Length of days is in her right hand; *and* in her left hand riches and honour.
17 Her ways *are* ways of pleasantness, and all her paths *are* peace.
18 She is a tree of life to them that lay hold upon her: and happy is *every one* that retaineth her.

8. Prov. 29:18

- 18 Where *there* is no vision, the people perish: but he that keepeth the law, happy is he.

9. Luke 6:21 2nd Blessed, 23 (to 2nd :)

- 21 ... Blessed *are ye* that weep now: for ye shall laugh.
23 Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: ...

10. Phil. 4:4, 7–9

- 4 Rejoice in the Lord alway: *and* again I say, Rejoice.
7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.
8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.
9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

🗨 *Science and Health with Key to the Scriptures* by Mary Baker Eddy

1. SH 232:4

- The beliefs we commonly entertain about happiness and life
6 afford no scatheless and permanent evidence of either. Security for the claims of harmonious and eternal being is found only in divine Science.

Denials of
divine power

2. SH 224:22

A higher and more practical Christianity, demonstrating justice and meeting the needs of mortals in sickness
24 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
27 came of old to the patriarch at noonday?

3. SH 55:16–21

My
weary hope tries to realize that happy day, when man shall
18 recognize the Science of Christ and love his neighbor as
himself, — when he shall realize God’s omnipotence and
the healing power of the divine Love in what it has done
21 and is doing for mankind.

4. SH 161:11

In 1880, Massachusetts put her foot on a proposed
12 tyrannical law, restricting the practice of medicine. If
her sister States follow this example in harmony with our Constitution and Bill of Rights,
15 they will do less violence to that immortal sentiment of the
Declaration, “Man is endowed by his Maker with certain
inalienable rights, among which are life, liberty, and the
18 pursuit of happiness.”

Restrictive
regulations

5. SH 262:17–23

Job said: “I have heard of Thee by the hearing of the
18 ear: but now mine eye seeth Thee.” Mortals will echo
Job’s thought, when the supposed pain and
pleasure of matter cease to predominate. They
21 will then drop the false estimate of life and happiness, of
joy and sorrow, and attain the bliss of loving unselfishly,
working patiently, and conquering all that is unlike God.

The true
sense

6. SH 58:7–23

Unselfish
ambition, noble life-motives, and purity, —
9 these constituents of thought, mingling, constitute in-

Chord and
discord

dividually and collectively true happiness, strength, and permanence.

12 There is moral freedom in Soul. Never contract the horizon of a worthy outlook by the selfish exaction of all another's time and thoughts. With additional joys, benevolence should grow more diffusive. The narrowness and jealousy, which would confine a wife or a husband forever within four walls, will not promote the sweet interchange of confidence and love; but on the other hand, a wandering desire for incessant amusement outside the home circle is a poor augury for the happiness of wedlock. Home is the dearest spot on earth, and it should be the centre, though not the boundary, of the affections.

Mutual
freedom

7. SH 59:1, 17-8

1 Matrimony should never be entered into without a full recognition of its enduring obligations on both sides. There should be the most tender solicitude for each other's happiness, and mutual attention and approbation should wait on all the years of married life.

Differing
duties

Tender words and unselfish care in what promotes the welfare and happiness of your wife will prove more salutary in prolonging her health and smiles than stolid indifference or jealousy. Husbands, hear this and remember how slight a word or deed may renew the old trysting-times.

Trysting
renewed

After marriage, it is too late to grumble over incompatibility of disposition. A mutual understanding should exist before this union and continue ever after, for deception is fatal to happiness.

27 The nuptial vow should never be annulled, so long as its moral obligations are kept intact; but the frequency of divorce shows that the sacredness of this relationship is losing its influence, and that fatal mistakes are undermining its foundations. Separation never should take place, and it never would, if both husband and wife were genuine Christian Scientists.

Permanent
obligation

Science inevitably lifts one's being higher in the scale of
3 harmony and happiness.

Kindred tastes, motives, and aspirations are necessary
to the formation of a happy and permanent companion-
6 ship. The beautiful in character is also the
good, welding indissolubly the links of affec-
tion.

Permanent
affection

8. SH 60:24-11

24 An ill-attuned ear calls discord harmony, not appreciat-
ing concord. So physical sense, not discerning the true
happiness of being, places it on a false basis.

Spiritual
concord

27 Science will correct the discord, and teach us
life's sweeter harmonies.

Soul has infinite resources with which to bless mankind,
30 and happiness would be more readily attained and would
be more secure in our keeping, if sought in Soul. Higher
enjoyments alone can satisfy the cravings of immortal
1 man. We cannot circumscribe happiness within the
limits of personal sense. The senses confer no real
3 enjoyment.

The good in human affections must have ascendancy
over the evil and the spiritual over the animal, or happi-
6 ness will never be won. The attainment of
this celestial condition would improve our
progeny, diminish crime, and give higher aims to ambi-
9 tion. Every valley of sin must be exalted, and every
mountain of selfishness be brought low, that the highway
of our God may be prepared in Science.

Ascendancy
of good

9. SH 65:1, 13

1 Experience should be the school of virtue, and human
happiness should proceed from man's highest nature.

3 May Christ, Truth, be present at every bridal
altar to turn the water into wine and to give to
human life an inspiration by which man's spiritual and
6 eternal existence may be discerned.

Blessing
of Christ

The broadcast powers of evil so conspicuous to-day
show themselves in the materialism and sensualism of

15 the age, struggling against the advancing
spiritual era. Beholding the world's lack of
Christianity and the powerlessness of vows to make home
18 happy, the human mind will at length demand a higher
affection.

Powerless
promises

10. SH 236:23–6

Parents should teach their children at the
24 earliest possible period the truths of health
and holiness. Children are more tractable than adults,
and learn more readily to love the simple verities that will
27 make them happy and good.

Children's
tractability

Jesus loved little children because of their freedom
from wrong and their receptiveness of right. While
30 age is halting between two opinions or battling with
false beliefs, youth makes easy and rapid strides towards
Truth.

1 A little girl, who had occasionally listened to my ex-
planations, badly wounded her finger. She seemed not
3 to notice it. On being questioned about it she answered
ingenuously, "There is no sensation in matter." Bound-
ing off with laughing eyes, she presently added, "Mamma,
6 my finger is not a bit sore."

11. SH 260:24–20

24 Selfishness and sensualism are educated in mortal
mind by the thoughts ever recurring to one's self, by
conversation about the body, and by the expectation of
27 perpetual pleasure or pain from it; and this education
is at the expense of spiritual growth. If we array
thought in mortal vestures, it must lose its immortal
30 nature.

If we look to the body for pleasure, we find pain; for
Life, we find death; for Truth, we find error; for Spirit,
1 we find its opposite, matter. Now reverse this action.
Look away from the body into Truth and Love,
3 the Principle of all happiness, harmony, and
immortality. Hold thought steadfastly to the endur-
ing, the good, and the true, and you will bring these
6 into your experience proportionably to their occupancy

Thoughts
are things

of your thoughts.

The effect of mortal mind on health and happiness is
9 seen in this: If one turns away from the body with such
absorbed interest as to forget it, the body
experiences no pain. Under the strong im-
12 pulse of a desire to perform his part, a noted actor was
accustomed night after night to go upon the stage and
sustain his appointed task, walking about as actively
15 as the youngest member of the company. This old man
was so lame that he hobbled every day to the theatre, and
sat aching in his chair till his cue was spoken, — a signal
18 which made him as oblivious of physical infirmity as if
he had inhaled chloroform, though he was in the full pos-
session of his so-called senses.

Unreality
of pain

12. SH 296:31

Mortal belief is a liar from the beginning, not deserving
power. It says to mortals, “You are wretched!” and they
1 think they are so; and nothing can change this state, until
the belief changes. Mortal belief says, “You are happy!”
3 and mortals are so; and no circumstance can
alter the situation, until the belief on this sub-
ject changes. Human belief says to mortals, “You are
6 sick!” and this testimony manifests itself on the body as
sickness. It is as necessary for a health-illusion, as for
an illusion of sickness, to be instructed out of itself into
9 the understanding of what constitutes health; for a change
in either a health-belief or a belief in sickness affects the
physical condition.

Belief an
autocrat

13. SH 536:20–29

Passions and appetites must end in pain. They are
21 “of few days, and full of trouble.” Their supposed joys
are cheats. Their narrow limits belittle their gratifica-
tions, and hedge about their achievements with thorns.
24 Mortal mind accepts the erroneous, material concep-
tion of life and joy, but the true idea is gained from the
immortal side. Through toil, struggle, and sor-
27 row, what do mortals attain? They give up
their belief in perishable life and happiness; the mortal

True
attainment

and material return to dust, and the immortal is reached.

14. SH 407:6–20

6 Man's enslavement to the most relentless masters —
passion, selfishness, envy, hatred, and revenge — is con-
quered only by a mighty struggle. Every
9 hour of delay makes the struggle more severe.
If man is not victorious over the passions, they crush
out happiness, health, and manhood. Here Christian
12 Science is the sovereign panacea, giving strength to the
weakness of mortal mind, — strength from the immortal
and omnipotent Mind, — and lifting humanity above
15 itself into purer desires, even into spiritual power and
good-will to man.

Universal
panacea

Let the slave of wrong desire learn the lessons of Chris-
18 tian Science, and he will get the better of that desire,
and ascend a degree in the scale of health, happiness,
and existence.

15. SH 250:14–32

Mortal body and mind are one, and that one is called
15 man; but a mortal is not man, for man is immortal. A
mortal may be weary or pained, enjoy or suffer,
according to the dream he entertains in sleep.
18 When that dream vanishes, the mortal finds himself
experiencing none of these dream-sensations. To the
observer, the body lies listless, undisturbed, and sensa-
21 tionless, and the mind seems to be absent.

Mortal exist-
ence a dream

Now I ask, Is there any more reality in the waking
dream of mortal existence than in the sleeping dream?
24 There cannot be, since whatever appears to be a mortal
man is a mortal dream. Take away the mortal mind,
and matter has no more sense as a man than it has as
27 a tree. But the spiritual, real man is immortal.

Upon this stage of existence goes on the dance of mortal
mind. Mortal thoughts chase one another like snowflakes,
30 and drift to the ground. Science reveals Life as not being
at the mercy of death, nor will Science admit that happi-
ness is ever the sport of circumstance.

16. SH 57:18

Affection's
demands

18 Happiness is spiritual,
born of Truth and Love. It is unselfish; therefore
it cannot exist alone, but requires all mankind to
21 share it.

17. SH 337:7-10

For true happiness,
man must harmonize with his Principle, divine Love; the
9 Son must be in accord with the Father, in conformity with
Christ.

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