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🗨 King James Bible

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🗨 Christian Science Hymnal 457, 209, 506

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### 1. Isa. 30:15 thus (to 2nd ;)

15 ... thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; ...

### 2. Ex. 33:14 My

14 ... My presence shall go *with thee*, and I will give thee rest.

### 3. I Kings 16:29 in (to :), 30–32, 33 2nd and

29 ... in the thirty and eighth year of Asa king of Judah began Ahab the son of Omri to reign over Israel: ...  
30 And Ahab the son of Omri did evil in the sight of the LORD above all that *were* before him.  
31 And it came to pass, as if it had been a light thing for him to walk in the sins of Jeroboam the son of Nebat, that he took to wife Jezebel the daughter of Ethbaal king of the Zidonians, and went and served Baal, and worshipped him.  
32 And he reared up an altar for Baal in the house of Baal, which he had built in Samaria.  
33 ... and Ahab did more to provoke the LORD God of Israel to anger than all the kings of Israel that were before him.

### 4. I Kings 17:1–5 Elijah (to :), 6

1 ... Elijah the Tishbite, *who was* of the inhabitants of Gilead, said unto Ahab, As the LORD God of Israel liveth, before whom I stand, there shall not be dew nor rain these years, but according to my word.  
2 And the word of the LORD came unto him, saying,  
3 Get thee hence, and turn thee eastward, and hide thyself by the brook Cherith, that is before Jordan.  
4 And it shall be, *that* thou shalt drink of the brook; and I have commanded the ravens to feed thee there.  
5 So he went and did according unto the word of the LORD: ...

- 6 And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook.

## 5. I Kings 5:4 now

- 4 ... now the LORD my God hath given me rest on every side, *so that there is* neither adversary nor evil occurrent.

## 6. I Kings 18:1, 2, 17–26 (to 2nd .), 30–40, 45

- 1 And it came to pass *after* many days, that the word of the LORD came to Elijah in the third year, saying, Go, shew thyself unto Ahab; and I will send rain upon the earth.
- 2 And Elijah went to shew himself unto Ahab. And *there was* a sore famine in Samaria.
- 17 ¶ And it came to pass, when Ahab saw Elijah, that Ahab said unto him, *Art* thou he that troubleth Israel?
- 18 And he answered, I have not troubled Israel; but thou, and thy father's house, in that ye have forsaken the commandments of the LORD, and thou hast followed Baalim.
- 19 Now therefore send, *and* gather to me all Israel unto mount Carmel, and the prophets of Baal four hundred and fifty, and the prophets of the groves four hundred, which eat at Jezebel's table.
- 20 So Ahab sent unto all the children of Israel, and gathered the prophets together unto mount Carmel.
- 21 And Elijah came unto all the people, and said, How long halt ye between two opinions? if the LORD *be* God, follow him: but if Baal, *then* follow him. And the people answered him not a word.
- 22 Then said Elijah unto the people, I, *even* I only, remain a prophet of the LORD; but Baal's prophets *are* four hundred and fifty men.
- 23 Let them therefore give us two bullocks; and let them choose one bullock for themselves, and cut it in pieces, and lay *it* on wood, and put no fire *under*: and I will dress the other bullock, and lay *it* on wood, and put no fire *under*:
- 24 And call ye on the name of your gods, and I will call on the name of the LORD: and the God that answereth by fire, let him be God. And all the people answered and said, It is well spoken.
- 25 And Elijah said unto the prophets of Baal, Choose you one bullock for yourselves, and dress *it* first; for ye *are* many; and call on the name of your gods, but put no fire *under*.
- 26 And they took the bullock which was given them, and they dressed *it*, and called on the name of Baal from morning even until noon, saying, O Baal, hear us. But *there was* no voice, nor any that answered. ...
- 30 And Elijah said unto all the people, Come near unto me. And all the people came near unto him. And he repaired the altar of the LORD *that was* broken down.
- 31 And Elijah took twelve stones, according to the number of the tribes of the sons of

Jacob, unto whom the word of the LORD came, saying, Israel shall be thy name:  
32 And with the stones he built an altar in the name of the LORD: and he made a trench about the altar, as great as would contain two measures of seed.  
33 And he put the wood in order, and cut the bullock in pieces, and laid *him* on the wood, and said, Fill four barrels with water, and pour *it* on the burnt sacrifice, and on the wood.  
34 And he said, Do *it* the second time. And they did *it* the second time. And he said, Do *it* the third time. And they did *it* the third time.  
35 And the water ran round about the altar; and he filled the trench also with water.  
36 And it came to pass at *the time of* the offering of the *evening* sacrifice, that Elijah the prophet came near, and said, LORD God of Abraham, Isaac, and of Israel, let it be known this day that thou *art* God in Israel, and *that I am* thy servant, and *that I have* done all these things at thy word.  
37 Hear me, O LORD, hear me, that this people may know that thou *art* the LORD God, and *that* thou hast turned their heart back again.  
38 Then the fire of the LORD fell, and consumed the burnt sacrifice, and the wood, and the stones, and the dust, and licked up the water that *was* in the trench.  
39 And when all the people saw *it*, they fell on their faces: and they said, The LORD, he is the God; the LORD, he is the God.  
40 And Elijah said unto them, Take the prophets of Baal; let not one of them escape. And they took them: and Elijah brought them down to the brook Kishon, and slew them there.  
45 And it came to pass in the mean while, that the heaven was black with clouds and wind, and there was a great rain. And Ahab rode, and went to Jezreel.

## 7. I Kings 19:1–16, 18

1 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword.  
2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do *to me*, and more also, if I make not thy life as the life of one of them by to-morrow about this time.  
3 And when he saw *that*, he arose, and went for his life, and came to Beer-sheba, which *belongeth* to Judah, and left his servant there.  
4 ¶ But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I *am* not better than my fathers.  
5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise *and* eat.  
6 And he looked, and, behold, *there was* a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.  
7 And the angel of the LORD came again the second time, and touched him, and said,

Arise *and* eat; because the journey is too great for thee.

- 8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.
- 9 ¶ And he came thither unto a cave, and lodged there; and, behold, the word of the LORD *came* to him, and he said unto him, What doest thou here, Elijah?
- 10 And he said, I have been very jealous for the LORD God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, *even* I only, am left; and they seek my life, to take it away.
- 11 And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; *but* the LORD *was* not in the wind: and after the wind an earthquake; *but* the LORD *was* not in the earthquake:
- 12 And after the earthquake a fire; *but* the LORD *was* not in the fire: and after the fire a still small voice.
- 13 And it was so, when Elijah heard *it* that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, *there came* a voice unto him, and said, What doest thou here, Elijah?
- 14 And he said, I have been very jealous for the LORD God of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, *even* I only, am left; and they seek my life, to take it away.
- 15 And the LORD said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael *to be* king over Syria:
- 16 And Jehu the son of Nimshi shalt thou anoint *to be* king over Israel: and Elisha the son of Shaphat of Abel-meholah shalt thou anoint *to be* prophet in thy room.
- 18 Yet I have left *me* seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.

## 8. Ps. 127:2

- 2 *It is* vain for you to rise up early, to sit up late, to eat the bread of sorrows: *for* so he giveth his beloved sleep.

## 9. Ps. 3:5

- 5 I laid me down and slept; I awaked; for the LORD sustained me.

## 10. Job 11:18

- 18 And thou shalt be secure, because there is hope; yea, thou shalt dig *about thee*, and thou shalt take thy rest in safety.

## 11. Isa. 40:31 they

31 ... they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.

## 12. Phil. 4:6, 7

- 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.  
7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

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

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### 1. SH 585:9

- 9 **ELIAS.** Prophecy; spiritual evidence opposed to material sense; Christian Science, with which can be discerned the spiritual fact of whatever the material senses behold;  
12 the basis of immortality.

### 2. SH 323:28–32

- The effects of Christian Science are not so much seen as felt. It is the “still, small voice” of Truth  
30 uttering itself. We are either turning away from this utterance, or we are listening to it and going up higher.

Childlike  
receptivity

### 3. SH 7:8

- Audible prayer is impressive; it gives momentary  
9 solemnity and elevation to thought. But does it produce any lasting benefit? Looking deeply into these things, we find that “a zeal . . .  
12 not according to knowledge” gives occasion for reaction unfavorable to spiritual growth, sober resolve, and wholesome perception of God’s requirements. The motives for verbal prayer may embrace too much love of  
15 applause to induce or encourage Christian sentiment.

Audible  
praying

### 4. SH 173:26–8

- Human reason and religion come slowly to the recognition of spiritual facts, and so continue to call upon  
27

matter to remove the error which the human mind alone has created.

30 The idols of civilization are far more fatal to health  
and longevity than are the idols of barbarism. The idols  
of civilization call into action less faith than Buddhism  
1 in a supreme governing intelligence. The Esquimaux  
restore health by incantations as consciously as do civi-  
3 lized practitioners by their more studied methods.

Is civilization only a higher form of idolatry, that  
man should bow down to a flesh-brush, to flannels, to  
6 baths, diet, exercise, and air? Nothing save divine  
power is capable of doing so much for man as he can  
do for himself.

## 5. SH 161:3–5

3 You say, “*I have burned my finger.*” This is an  
exact statement, more exact than you suppose; for mor-  
tal mind, and not matter, burns it.

## 6. SH 169:23

It is mortal mind, not mat-  
24 ter, which brings to the sick whatever good they may  
seem to receive from materiality. But the sick are never  
really healed except by means of the divine power.  
27 Only the action of Truth, Life, and Love can give  
harmony.

## 7. SH 367:24–27

24 The infinite Truth of the Christ-cure has come to this  
age through a “still, small voice,” through silent utter-  
ances and divine anointing which quicken and increase  
27 the beneficial effects of Christianity.

## 8. SH 256:1–5

1 Progress takes off human shackles. The finite must  
yield to the infinite. Advancing to a higher plane of ac-  
3 tion, thought rises from the material sense to  
the spiritual, from the scholastic to the in-  
spirational, and from the mortal to the immortal.

No material  
creation

## 9. SH 166:3

3 As a man thinketh, so is he. Mind is all that feels,  
acts, or impedes action. Ignorant of this, or shrinking  
from its implied responsibility, the healing effort is made  
6 on the wrong side, and thus the conscious control over the  
body is lost.

## 10. SH 393:4

The body seems to be self-acting, only because mortal  
mind is ignorant of itself, of its own actions, and of their  
6 results, — ignorant that the predisposing, re-  
mote, and exciting cause of all bad effects is a  
law of so-called mortal mind, not of matter. Mind is the  
9 master of the corporeal senses, and can conquer sickness,  
sin, and death. Exercise this God-given authority. Take  
possession of your body, and govern its feeling and action.  
12 Rise in the strength of Spirit to resist all that is unlike  
good. God has made man capable of this, and nothing  
can vitiate the ability and power divinely bestowed on  
15 man.

The strength  
of Spirit

## 11. SH 217:19–8

When mentality gives  
rest to the body, the next toil will fatigue you less, for  
21 you are working out the problem of being in divine meta-  
physics; and in proportion as you understand the con-  
trol which Mind has over so-called matter, you will be  
24 able to demonstrate this control. The scientific and  
permanent remedy for fatigue is to learn the power of  
Mind over the body or any illusion of physical weariness,  
27 and so destroy this illusion, for matter cannot be weary  
and heavy-laden.

You say, "Toil fatigues me." But what is this *me*?  
30 Is it muscle or mind? Which is tired and so speaks?  
Without mind, could the muscles be tired? Do the  
muscles talk, or do you talk for them? Matter is non-  
1 intelligent. Mortal mind does the false talking, and that  
which affirms weariness, made that weariness.

3 You do not say a wheel is fatigued; and yet the body

is as material as the wheel. If it were not for what the human mind says of the body, the body, like  
6 the inanimate wheel, would never be weary.  
The consciousness of Truth rests us more than hours of repose in unconsciousness.

Mind never  
weary

## 12. SH 586:1

1 EVENING. Mistiness of mortal thought; weariness of mortal mind; obscured views; peace and rest.

## 13. SH 225:25

The despotic tendencies, inherent in mortal mind and always germinating in new forms of tyranny, must be rooted out  
27 through the action of the divine Mind.

Slavery  
abolished

## 14. SH 419:25–27 (np)

Never fear the mental malpractitioner, the mental assassin, who, in attempting to rule mankind,  
27 tramples upon the divine Principle of metaphysics, for God is the only power. To succeed in healing, you must conquer your own fears as well as those of your patients, and  
30 rise into higher and holier consciousness.

If it is found necessary to treat against relapse, know that disease or its symptoms cannot change forms, nor  
1 go from one part to another, for Truth destroys disease. There is no metastasis, no stoppage of harmonious  
3 action, no paralysis. Truth not error, Love not hate, Spirit not matter, governs man. If students do not readily heal themselves, they should  
6 early call an experienced Christian Scientist to aid them. If they are unwilling to do this for themselves, they need only to know that error cannot produce this  
9 unnatural reluctance.

True government  
of man

Instruct the sick that they are not helpless victims, for if they will only accept Truth, they can resist disease  
12 and ward it off, as positively as they can the temptation to sin. This fact of Christian Science should be explained to invalids when they are in a  
15 fit mood to receive it, — when they will not array them-

Positive  
reassurance



selves against it, but are ready to become receptive to the new idea. The fact that Truth overcomes both disease  
18 and sin reassures depressed hope. It imparts a healthy stimulus to the body, and regulates the system. It increases or diminishes the action, as the case may require,  
21 better than any drug, alterative, or tonic.

Mind is the natural stimulus of the body, but erroneous belief, taken at its best, is not promotive of health  
24 or happiness. Tell the sick that they can meet disease fearlessly, if they only realize that divine Love gives them all power over every physical  
27 action and condition.

Proper  
stimulus

### 15. SH 183:16–18

The supposed laws which result in weariness and disease are not His laws, for the legitimate and only possible  
18 action of Truth is the production of harmony.

### 16. SH 586:21

21 **GAD** (Jacob's son). Science; spiritual being understood; haste towards harmony.

### 17. SH 519:22–2

*Genesis* ii. 2. And on the seventh day God ended His work which He had made; and He rested on the seventh  
24 day from all His work which He had made.

God rests in action. Imparting has not impoverished, can never impoverish, the divine Mind. No  
27 exhaustion follows the action of this Mind, according to the apprehension of divine Science. The  
1 highest and sweetest rest, even from a human standpoint, is in holy work.

Resting in  
holy work