

Subject: What Should We Say Yes To?

Hymns: 342, 144, 58

The Bible

1. And God saw every thing that he had made, and, behold, it was very good.

Gen. 1: 31 to 1st .

2. Thus the heavens and the earth were finished, and all the host of them.

Gen. 2: 1

3. The glory of the Lord shall endure for ever: the Lord shall rejoice in his works.

I will sing unto the Lord as long as I live:

My meditation of him shall be sweet: I will be glad in the Lord.

Praise ye the Lord.

Ps. 105: 31, 33 to ., 34, 35 Praise

4. O give thanks unto the Lord; for he is good:

I called upon the Lord in distress: the Lord answered me, and set me in a large place.

The Lord is on my side; I will not fear: what can man do unto me?

The Lord is my strength and song, and is become my salvation.

This is the day which the Lord hath made; we will rejoice and be glad in it.

Ps. 118: 1 to ., 5, 6, 14, 24

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

1. All that God imparts moves in accord with Him, reflecting goodness and power.

515: 22

2. The objects of time and sense disappear in the illumination of spiritual understanding, and Mind measures time according to the good that is unfolded. This unfolding is God's day, and "there shall be no night there."

584: 4

3. The universe reflects God. There is but one creator and one creation. This creation consists of the unfolding of spiritual ideas and their identities, which are embraced in the infinite Mind and forever reflected.

502: 28-3

4. God, Spirit, dwelling in infinite light and harmony from which emanates the true idea, is never reflected by aught but the good.

503:28-2

5. The rays of infinite Truth, when gathered into the focus of ideas, bring light instantaneously, whereas a thousand years of human doctrines, hypotheses, and vague conjectures emit no such effulgence.

504: 23

6. How much more should we seek to apprehend the spiritual ideas of God, than to dwell on the objects of sense!

Science reveals only one Mind, and this one shining by its own light and governing the universe, including man, in perfect harmony.

The divine Mind supports the sublimity, magnitude, and infinitude of spiritual creation.

510: 2-4, 28-1, 511: 5-6

Section 2 The Bible

5. let your communication be, Yea, yea; Nay, nay:

Matt. 5: 37 let to :

6. Refuse profane and old wives' fables, and exercise thyself rather unto godliness.

I Tim. 4: 7 Refuse

7. Howbeit in vain do they worship me, teaching for doctrines the commandments of men.

For laying aside the commandments of God, ye hold the tradition of men, as the washing of pots and cups: and many other such like things ye do.

Making the word of God of none effect through your tradition, which ye have delivered:

Mark 7: 7, 8, 13 to :

8. And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean.

And Jesus put forth his hand and touched him, saying, I will; be thou clean. And immediately his leprosy was cleansed.

And when Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever.

And he touched her hand, and the fever left her: and she arose, and ministered unto them.

and he cast out the spirits with his word, and healed all that were sick:

Matt. 8: 2, 3, 14, 15, 16 and

9. For the Son of God, Jesus Christ, who was preached among you by us, by me, Silvanus, and Timothy, was not yes and no, but in him was Yes.

For all the promises of God in him are Yes, and in him Amen, to the glory of God through us.

II Cor. 1: 19-21 (New King James)

10. Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled.

They profess that they know God; but in works they deny him, being abominable, and disobedient, and unto every good work reprobate.

Titus 1: 15, 16

11. Abhor that which is evil; cleave to that which is good.

fervent in spirit; serving the Lord;

Rejoicing in hope; patient in tribulation; continuing instant in prayer.

Rom. 12: 9 Abhor, 11 fervent, 12

Science and Health

7. The press unwittingly sends forth many sorrows and diseases among the human family. It does this by giving names to diseases and by printing long descriptions which mirror images of disease distinctly in thought. A new name for an ailment affects people like a Parisian name for a novel garment. Every one hastens to get it. A minutely described disease costs many a man his earthly days of comfort. What a price for human knowledge!

Many of the effeminate constitutions of our time will never grow robust until individual opinions improve and mortal belief loses some portion of its error.

196: 31-7, 197: 26

8. It must be clear to you that sickness is no more the reality of being than is sin. This mortal dream of sickness, sin, and death should cease through Christian Science.

Then one disease would be as readily destroyed as another. Whatever the belief is, if arguments are used to destroy it, the belief must be repudiated, and the negation must extend to the supposed disease and to whatever decides its type and symptoms. Truth is affirmative, and confers harmony. All metaphysical logic is inspired by this simple rule of Truth, which governs all reality. By the truthful arguments you employ, and especially by the spirit of Truth and Love which you entertain, you will heal the sick.

418:12

9. Not muscles, nerves, nor bones, but mortal mind makes the whole body "sick, and the whole heart faint;" whereas divine Mind heals.

When this is understood, we shall never affirm concerning the body what we do not wish to have manifested.

219: 11-15

10. 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.

If you decide that climate or atmosphere is unhealthy, it will be so to you. Your decisions will master you, whichever direction they take.

Stand porter at the door of thought. Admitting only such conclusions as you wish realized in bodily results, you will control yourself harmoniously. When the condition is present which you say induces disease, whether it be air, exercise, heredity, contagion, or accident, then perform your office as porter and shut out these unhealthy thoughts and fears.

392: 11-15, 21, 24-30

11. The atmosphere of the earth, kinder than the atmosphere of mortal mind, leaves catarrh to the latter. Colds, coughs, and contagion are engendered solely by human theories.

220: 14

12. Since God, divine Mind, governs all, not partially but supremely, predicting disease does not dignify therapeutics. Whatever guides thought spiritually benefits mind and body. We need to understand the affirmations of divine Science, dismiss superstition, and demonstrate truth according to Christ.

149: 26-31

13. If exposure to a draught of air while in a state of perspiration is followed by chills, dry cough, influenza, congestive symptoms in the lungs, or hints of inflammatory rheumatism, your Mind-remedy is safe and sure.

384: 16-20

14. Contending for the evidence or indulging the demands of sin, disease, or death, we virtually contend against the control of Mind over body, and deny the power of Mind to heal. This false method is as though the defendant should argue for the plaintiff in favor of a decision which the defendant knows will be turned against himself.

The body is affected only with the belief of disease produced by a so-called mind ignorant of the truth which chains disease.

380: 8, 17

Section 3 The Bible

12. O sing unto the Lord a new song; for he hath done marvellous things:
Make a joyful noise unto the Lord, all the earth: make a loud noise, and rejoice, and sing praise.

Let the sea roar, and the fullness thereof; the world, and they that dwell therein.
Let the floods clap their hands: let the hills be joyful together
Before the Lord;
Ps. 98: 1 to :, 4, 7-9 to ;

13. O clap your hands, all ye people; shout unto God with the voice of triumph.
sing ye praises with understanding.
Ps. 47: 1, 7 sing

14. Let the heavens rejoice, and let the earth be glad; let the sea roar, and the fulness thereof.
Let the field be joyful, and all that is therein: then shall all the trees of the wood rejoice
Before the Lord:
Ps. 96: 11-13 to :

15. the desert shall rejoice, and blossom as the rose.
It shall blossom abundantly, and rejoice even with joy and singing:
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.
Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped.
Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.
And the parched ground shall become a pool, and the thirsty land springs of water: in the habitation of dragons, where each lay, shall be grass with reeds and rushes.
And an highway shall be there, and a way, and it shall be called The way of holiness;
Isa. 35: 1 the desert, 2 to :, 4-8 to ;

16. For ye shall go out with joy, and be led forth with peace, the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands.
Isa. 55: 12

17. Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men.
See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men.
Rejoice evermore.
In every thing give thanks; for this is the will of God in Christ Jesus concerning you.
Prove all things; hold fast that which is good.
I Thess. 14-16, 21

18. Yes.
II Tim. 2: 12 to , (New King James)

Science and Health

15. Genesis i. 25.
“and God saw that it was good.”
God creates all forms of reality.
513: 22, 24, 26 only

16. We must look deep into realism instead of accepting only the outward sense of things.
129: 22-24

17. All the varied expressions of God reflect health, holiness, immortality—infinite Life, Truth, and Love.
518: 21

18. Have you accepted the mortal model? Are you reproducing it?
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.
Let us feel the divine energy of Spirit, bringing us into newness of life and recognizing no mortal nor material power as able to destroy. Let us rejoice that we are subject to the divine “powers that be.” Such is the true Science of being.
248: 17-18, 249: 1, 6-10

19. The substance, Life, intelligence, Truth, and Love, which constitute Deity, are reflected by His creation; and when we subordinate the false testimony of the corporeal senses to the facts of Science, we shall see this true likeness and reflection everywhere.
516: 4

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