

Healing Stress

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Are you feeling stressed? Under pressure to do too much with too little? If so, you're not alone. Some observers label stress related disorders as a national crisis. Let's see if our pastor, The Bible and Christian Science textbook can provide some answers.

1. Hymn. 354

/ 'Tis God the Spirit leads / In paths before unknown; / The work to be performed is ours, / The strength is all His own. /

Supported by His grace, / We still pursue our way; / Assured that we shall reach the prize, / Secure in endless day. /

God works in us to will, / He works in us to do; / His is the power by which we act, / His be the glory too.

2. Hymn. 49

Dear Lord and Father of us all, / Forgive our foolish ways; / Reclothe us in our rightful mind; / In purer lives Thy service find, / In deeper reverence, praise. /

In simple trust like theirs who heard, / Beside the Syrian sea, / The gracious calling of the Lord, / Let us, like them, without a word / Rise up and follow thee. /

Breathe through the pulses of desire / Thy coolness and Thy balm; / Let sense be dumb, let flesh retire; / Speak through the earthquake, wind and fire, / O still small voice of calm. /

Drop Thy still dews of quietness, / Till all our strivings cease; / Take
from us now the strain and stress, / And let our ordered lives confess /
The beauty of Thy peace.

3. Hymn. 519

Lean on the sustaining infinite / And blessings will be yours. / Lean not
on person, place, or thing, / Or economic laws; / But lean upon all-
blessing God / Who will all needs supply / And give to all abundant
good / That money cannot buy. /

Let the healing reign of Truth and Life, / The reign of Love divine, / Be
now established within me / To show Soul's clear design / Of Oneness,
indivisible— / Of God and me as one— / As water is to ocean wave, / As
sunbeam is to sun. /

Love with a heart of tenderness / Your enemies and friends; / However
hard this may appear, / This quality just mends. / For Love is God in
action true, / A presence that is felt; / A healing and a saving power /
That will all discord melt. /

So lean, and let, and love; / This is the balanced Way. / It's free from
self-will, pressure, stress; / It welcomes in God's day. / The leaning is so
gentle; / The letting is so free. / And loving is the only way / To think,
and speak, and be.

The Bible

1. Isa. 26:3

Thou wilt keep him in perfect peace, whose mind is stayed on thee:
because he trusteth in thee.

2. Ps. 37:23, 27, 37

The steps of a good man are ordered by the LORD: and he delighteth in his way. ...

Depart from evil, and do good; and dwell for evermore. ...

Mark the perfect man, and behold the upright: for the end of that man is peace.

3. Matt. 5:16

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

4. Ex. 3:1–12

Now Moses kept the flock of Jethro his father in law, the priest of Midian: and he led the flock to the backside of the desert, and came to the mountain of God, even to Horeb. And the angel of the LORD appeared unto him in a flame of fire out of the midst of a bush: and he looked, and, behold, the bush burned with fire, and the bush was not consumed. And Moses said, I will now turn aside, and see this great sight, why the bush is not burnt. And when the LORD saw that he turned aside to see, God called unto him out of the midst of the bush, and said, Moses, Moses. And he said, Here am I. And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest is holy ground. Moreover he said, I am the God of thy father, the God of Abraham, the God of Isaac, and the God of Jacob. And Moses hid his face; for he was afraid to look upon God. ¶ And the LORD said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I

know their sorrows; And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites. Now therefore, behold, the cry of the children of Israel is come unto me: and I have also seen the oppression wherewith the Egyptians oppress them. Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt. ¶ And Moses said unto God, Who am I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt? And he said, Certainly I will be with thee; and this shall be a token unto thee, that I have sent thee: When thou hast brought forth the people out of Egypt, ye shall serve God upon this mountain.

5. Ex. 4:10–12

¶ And Moses said unto the LORD, O my Lord, I am not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I am slow of speech, and of a slow tongue. And the LORD said unto him, Who hath made man's mouth? or who maketh the dumb, or deaf, or the seeing, or the blind? have not I the LORD? Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say.

6. Matt. 11:28–30

¶ Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

7. John 5:19, 30

Then answered Jesus and said unto them, Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise. ...

I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me.

8. Phil. 4:13

I can do all things through Christ which strengtheneth me.

9. John 8:29

And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him.

10. Acts 17:28

For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

11. II Cor. 9:8 God

... God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

12. I Pet. 5:6, 7

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.

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

1. SH 451:2–4

Christian Scientists must live under the constant pressure of the apostolic command to come out from the material world and be separate.

2. SH 184:12

Truth, Life, and Love are the only legitimate and eternal demands on man, and they are spiritual lawgivers, enforcing obedience through divine statutes.

3. SH 385:17–18

Whatever it is your duty to do, you can do without harm to yourself.

4. SH 280:10 (only, to ,)

Finite belief limits all things, ...

5. SH 335:32–1 The

... The Ego is deathless and limitless, for limits would imply and impose ignorance.

6. SH 403:14–20

You command the situation if you understand that mortal existence is a state of self-deception and not the truth of being. Mortal mind is constantly producing on mortal body the results of false opinions; and it will continue to do so, until mortal error is deprived of its imaginary powers by Truth, which sweeps away the gossamer web of mortal illusion.

7. SH 544:16–17

All is under the control of the one Mind, even God.

8. SH 151:26–28

All that really exists is the divine Mind and its idea, and in this Mind the entire being is found harmonious and eternal.

9. SH 545:10–11

Man, created by God, was given dominion over the whole earth.

10. SH 60:29

Soul has infinite resources with which to bless mankind, 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 man. We cannot circumscribe happiness within the limits of personal sense. The senses confer no real enjoyment.

11. SH 96:12

This material world is even now becoming the arena for conflicting forces. On one side there will be discord and dismay; on the other side there will be Science and peace. The breaking up of material beliefs may seem to be famine and pestilence, want and woe, sin, sickness, and death, which assume new phases until their nothingness appears. These disturbances will continue until the end of error, when all discord will be swallowed up in spiritual Truth.

12. SH 239:29–30

The perfect Mind sends forth perfection, for God is Mind.

13. SH 571:15

At all times and under all circumstances, overcome evil with good. Know thyself, and God will supply the wisdom and the occasion for a victory over evil. Clad in the panoply of Love, human hatred cannot reach you. The cement of a higher humanity will unite all interests in the one divinity.

14. SH 574:27–30

The very circumstance, which your suffering sense deems wrathful and afflictive, Love can make an angel entertained unawares.

15. SH 468:28–1

Eternity, not time, expresses the thought of Life, and time is no part of eternity. One ceases in proportion as the other is recognized. Time is finite; eternity is forever infinite.

16. SH 584:1–8

DAY. The irradiance of Life; light, the spiritual idea of Truth and Love.

“And the evening and the morning were the first day.” (Genesis i. 5.)
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.”

17. SH 595:17

TIME. Mortal measurements; limits, in which are summed up all human acts, thoughts, beliefs, opinions, knowledge; matter; error; that which begins before, and continues after, what is termed death, until the mortal disappears and spiritual perfection appears.

18. SH 598:19–2

YEAR. A solar measurement of time; mortality; space for repentance.

“One day is with the Lord as a thousand years.” (II Peter iii. 8.)

One moment of divine consciousness, or the spiritual understanding of Life and Love, is a foretaste of eternity. This exalted view, obtained and retained when the Science of being is understood, would bridge over with life discerned spiritually the interval of death, and man would be in the full consciousness of his immortality and eternal harmony, where sin, sickness, and death are unknown. Time is a mortal thought, the divisor of which is the solar year. Eternity is God’s measurement of Soul-filled years.

19. SH 304:9–21

This is the doctrine of Christian Science: that divine Love cannot be deprived of its manifestation, or object; that joy cannot be turned into sorrow, for sorrow is not the master of joy; that good can never produce evil; that matter can never produce mind nor life result in death. The perfect man — governed by God, his perfect Principle — is sinless and eternal.

Harmony is produced by its Principle, is controlled by it and abides with it. Divine Principle is the Life of man. Man's happiness is not, therefore, at the disposal of physical sense. Truth is not contaminated by error. Harmony in man is as beautiful as in music, and discord is unnatural, unreal.