

20210224 Prayer and Well-Being



Feb 24 2021

📄 Thank you for previewing the Wednesday night readings for our service. The Bible and our textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, are our pastor and the following citations from each comprise our readings. The citations from the KJV (King James Version) are presented below because the KJV is the standard used in our church and presented through Concord, a research and study tool developed by the Mother Church for our movement. The First Reader has elected to read the same verses from the NLT (New Living Translation).

The theme of our readings is "Prayer and Well-Being". Inspirations for this theme is from our upcoming lecture March 2nd.

1. Hymn. 207:0–5

“Mother's Evening Prayer”

O gentle presence, peace and joy and power;
O Life divine, that owns each waiting hour,
Thou Love that guards the nestling's faltering flight!
Keep Thou my child on upward wing tonight.

Love is our refuge; only with mine eye
Can I behold the snare, the pit, the fall:
His habitation high is here, and nigh,
His arm encircles me, and mine, and all.

O make me glad for every scalding tear,
For hope deferred, ingratitude, disdain!

Wait, and love more for every hate, and fear
No ill,—since God is good, and loss is gain.

Beneath the shadow of His mighty wing;
In that sweet secret of the narrow way,
Seeking and finding, with the angels sing:
“Lo, I am with you always,”—watch and pray.

No snare, no fowler, pestilence or pain;
No night drops down upon the troubled breast,
When heaven's aftersmile earth's tear-drops gain,
And mother finds her home and heav'nly rest.

2. Hymn. 284:1

Prayer is the heart's sincere desire,
Uttered or unexpressed;
The motion of a hidden fire
That trembles in the breast.

3. Hymn. 341:1

They who seek the throne of grace,
Find that throne in every place:
If we live a life of prayer,
God is present everywhere.

1. Acts 16:16–34, 38–40

- 16 ¶ And it came to pass, as we went to prayer, a certain damsel possessed with a spirit of divination met us, which brought her masters much gain by soothsaying:
- 17 The same followed Paul and us, and cried, saying, These men are the servants of the most high God, which shew unto us the way of salvation.
- 18 And this did she many days. But Paul, being grieved, turned and said to the spirit, I command thee in the name of Jesus Christ to come out of her. And he came out the same hour.
- 19 ¶ And when her masters saw that the hope of their gains was gone, they caught

Paul and Silas, and drew *them* into the marketplace unto the rulers,
20 And brought them to the magistrates, saying, These men, being Jews, do
exceedingly trouble our city,
21 And teach customs, which are not lawful for us to receive, neither to observe,
being Romans.
22 And the multitude rose up together against them: and the magistrates rent off
their clothes, and commanded to beat *them*.
23 And when they had laid many stripes upon them, they cast *them* into prison,
charging the jailer to keep them safely:
24 Who, having received such a charge, thrust them into the inner prison, and
made their feet fast in the stocks.
25 ¶ And at midnight Paul and Silas prayed, and sang praises unto God: and the
prisoners heard them.
26 And suddenly there was a great earthquake, so that the foundations of the
prison were shaken: and immediately all the doors were opened, and every
one's bands were loosed.
27 And the keeper of the prison awaking out of his sleep, and seeing the prison
doors open, he drew out his sword, and would have killed himself, supposing
that the prisoners had been fled.
28 But Paul cried with a loud voice, saying, Do thyself no harm: for we are all
here.
29 Then he called for a light, and sprang in, and came trembling, and fell down
before Paul and Silas,
30 And brought them out, and said, Sirs, what must I do to be saved?
31 And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and
thy house.
32 And they spake unto him the word of the Lord, and to all that were in his
house.
33 And he took them the same hour of the night, and washed *their* stripes; and
was baptized, he and all his, straightway.
34 And when he had brought them into his house, he set meat before them, and
rejoiced, believing in God with all his house.
38 And the sergeants told these words unto the magistrates: and they feared, when

they heard that they were Romans.

39 And they came and besought them, and brought *them* out, and desired *them* to depart out of the city.

40 And they went out of the prison, and entered into *the house of* Lydia: and when they had seen the brethren, they comforted them, and departed.

2. John 17:1–3, 13–15, 20–23

1 These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee:

2 As thou hast given him power over all flesh, that he should give eternal life to as many as thou hast given him.

3 And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.

13 And now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves.

14 I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world.

15 I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil.

20 Neither pray I for these alone, but for them also which shall believe on me through their word;

21 That they all may be one; as thou, Father, *art* in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me.

22 And the glory which thou gavest me I have given them; that they may be one, even as we are one:

23 I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me.

3. Matt. 22:34–40

34 ¶ But when the Pharisees had heard that he had put the Sadducees to silence, they were gathered together.

35 Then one of them, *which was* a lawyer, asked *him a question*, tempting him, and saying,

- 36 Master, which *is* the great commandment in the law?
37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and
with all thy soul, and with all thy mind.
38 This is the first and great commandment.
39 And the second *is* like unto it, Thou shalt love thy neighbour as thyself.
40 On these two commandments hang all the law and the prophets.

4. Ps. 119:169–176

- 169 Let my cry come near before thee, O Lord: give me understanding according
to thy word.
170 Let my supplication come before thee: deliver me according to thy word.
171 My lips shall utter praise, when thou hast taught me thy statutes.
172 My tongue shall speak of thy word: for all thy commandments *are*
righteousness.
173 Let thine hand help me; for I have chosen thy precepts.
174 I have longed for thy salvation, O Lord; and thy law *is* my delight.
175 Let my soul live, and it shall praise thee; and let thy judgments help me.
176 I have gone astray like a lost sheep; seek thy servant; for I do not forget thy
commandments.

1. SH 1:-10–4, 6, 11–7

For verily I say unto you,
That whosoever shall say unto this mountain,
Be thou removed, and be thou cast into the sea;
and shall not doubt in his heart, but shall believe that
those things which he saith shall come to pass;
he shall have whatsoever he saith.
Therefore I say unto you, What things soever ye desire
when ye pray, believe that ye receive them,
and ye shall have them.

Your Father knoweth what things ye have need of,
before ye ask Him. — Christ Jesus.

THE prayer that reforms the sinner and heals the
sick is an absolute faith that all things are

3 possible to God, — a spiritual understanding of Him,
an unselfed love.

6 Prayer, watching, and working, combined with self-im-
molation, are God's gracious means for accomplishing
9 whatever has been successfully done for the Christian-
ization and health of mankind.

Desire is prayer; and no loss can occur from
12 trusting God with our desires, that they may be
moulded and exalted before they take form in words
and in deeds.

1 What are the motives for prayer? Do we pray to
make ourselves better or to benefit those who hear us,
3 to enlighten the infinite or to be heard of
men? Are we benefited by praying? Yes,
the desire which goes forth hungering after righteous-
6 ness is blessed of our Father, and it does not return
unto us void.

Right
motives

2. SH 9:5–21 (to 1st .), 25–26 (to ?), 32 (only)

The test of all prayer lies in the answer to these
6 questions: Do we love our neighbor better because of
this asking? Do we pursue the old selfish-
ness, satisfied with having prayed for some-
9 thing better, though we give no evidence of the sin-
cerity of our requests by living consistently with our
prayer? If selfishness has given place to kindness,
12 we shall regard our neighbor unselfishly, and bless
them that curse us; but we shall never meet this great
duty simply by asking that it may be done. There is
15 a cross to be taken up before we can enjoy the fruition
of our hope and faith.

Summit of
aspiration

Dost thou “love the Lord thy God with all thy
18 heart, and with all thy soul, and with all thy mind”?
This command includes much, even the sur-
render of all merely material sensation, affec-
21 tion, and worship.

Practical
religion

Are you willing to leave all for Christ, for Truth, and
so be counted among sinners?

Consistent prayer is the desire to do right.

3. SH 14:12–2

12 Become conscious for a single moment that Life and
intelligence are purely spiritual, — neither in nor of
matter, — and the body will then utter no
15 complaints. If suffering from a belief in
sickness, you will find yourself suddenly well. Sorrow
is turned into joy when the body is controlled by spir-
18 itual Life, Truth, and Love. Hence the hope of the
promise Jesus bestows: “He that believeth on me,
the works that I do shall he do also; . . . because I
21 go unto my Father,” — [because the Ego is absent from
the body, and present with Truth and Love.] The
Lord's Prayer is the prayer of Soul, not of material
24 sense.

Spiritualized
consciousness

Entirely separate from the belief and dream of mate-
rial living, is the Life divine, revealing spiritual under-
27 standing and the consciousness of man's dominion
over the whole earth. This understanding casts out
error and heals the sick, and with it you can speak
30 “as one having authority.”

“When thou prayest, enter into thy closet, and,
when thou hast shut thy door, pray to thy Father

1 which is in secret; and thy Father, which seeth in
secret, shall reward thee openly.”

4. SH 485:14–32

15 Emerge gently from matter into Spirit. Think not
to thwart the spiritual ultimate of all things, but come
naturally into Spirit through better health and
morals and as the result of spiritual growth.
18 Not death, but the understanding of Life, makes man im-
mortal. The belief that life can be in matter or soul in
body, and that man springs from dust or from an egg,
21 is the result of the mortal error which Christ, or Truth,
destroys by fulfilling the spiritual law of being, in which
man is perfect, even as the “Father which is in heaven
24 is perfect.” If thought yields its dominion to other
powers, it cannot outline on the body its own beautiful
images, but it effaces them and delineates foreign agents,
27 called disease and sin.

The heathen gods of mythology controlled war and
agriculture as much as nerves control sensation or
30 muscles measure strength. To say that
strength is in matter, is like saying that the
power is in the lever.

5. SH 487:3

3 Life is deathless. Life is the origin and ultimate of
man, never attainable through death, but gained by walk-
ing in the pathway of Truth both before and
6 after that which is called death. There is more
Christianity in seeing and hearing spiritually
than materially. There is more Science in the perpetual
9 exercise of the Mind-faculties than in their loss. Lost
they cannot be, while Mind remains. The apprehension

Scientific
translations

Material
beliefs

Exercise
of Mind-
faculties

of this gave sight to the blind and hearing to the deaf cen-
12 turies ago, and it will repeat the wonder.

6. SH 253:2

The beauty of holiness, the perfection of being,
3 imperishable glory, — all are Mine, for I am
God. I give immortality to man, for I am
Truth. I include and impart all bliss, for I am Love.
6 I give life, without beginning and without end, for I am
Life. I am supreme and give all, for I am Mind. I am
the substance of all, because I AM THAT I AM.

Testimony
of Soul