

# Strength to praise God and do what's needed



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## Ps. 18:29, 32

- 29 For by thee I have run through a troop; and by my God have I leaped over a wall.  
32 *It is* God that girdeth me with strength, and maketh my way perfect.

## I Chron. 16:11

- 11 Seek the Lord and his strength, seek his face continually.

## Isa. 40:31

- 31 But 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.

## I Kings 19:2–8

- 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.

## I Chron. 16:23 (to ;), 27

- 23 Sing unto the Lord, all the earth; ...  
27 Glory and honour *are* in his presence; strength and gladness *are* in his place.

## Ps. 29:11

- 11 The Lord will give strength unto his people; the Lord will bless his people with peace.

### Acts 8:5–8 Philip

- 5 ... Philip went down to the city of Samaria, and preached Christ unto them.
- 6 And the people with one accord gave heed unto those things which Philip spake, hearing and seeing the miracles which he did.
- 7 For unclean spirits, crying with loud voice, came out of many that were possessed *with them*: and many taken with palsies, and that were lame, were healed.
- 8 And there was great joy in that city.

### Acts 3:1–8

- 1 Now Peter and John went up together into the temple at the hour of prayer, *being* the ninth *hour*.
- 2 And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple;
- 3 Who seeing Peter and John about to go into the temple asked an alms.
- 4 And Peter, fastening his eyes upon him with John, said, Look on us.
- 5 And he gave heed unto them, expecting to receive something of them.
- 6 Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk.
- 7 And he took him by the right hand, and lifted *him* up: and immediately his feet and ankle bones received strength.
- 8 And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God.

### Ps. 28:7

- 7 The Lord *is* my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

### SH 514:6–8

- 6 Mind, joyous in strength, dwells in the realm of Mind. Mind's infinite ideas run and disport themselves.

### SH 249:6–8

- 6 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.

Renewed  
selfhood

### SH 218:27

- 27 The Scriptures say, “They that wait upon the Lord . . . shall run, and not be weary; and they shall walk, and not faint.” The meaning of that passage is not perverted by applying it literally to moments of fatigue,

30 for the moral and physical are as one in their results.  
When we wake to the truth of being, all disease,  
1 pain, weakness, weariness, sorrow, sin, death, will be  
unknown, and the mortal dream will forever cease. My  
3 method of treating fatigue applies to all bodily ailments,  
since Mind should be, and is, supreme, absolute, and  
final.

### SH 385:1–11, 15–18

1 It is proverbial  
that Florence Nightingale and other philanthropists en-  
3 gaged in humane labors have been able to  
undergo without sinking fatigues and expo-  
sures which ordinary people could not endure. The ex-  
6 planation lies in the support which they derived from  
the divine law, rising above the human. The spiritual  
demand, quelling the material, supplies energy and en-  
9 durance surpassing all other aids, and forestalls the  
penalty which our beliefs would attach to our best  
deeds.

Benefit of  
philanthropy

15 Constant toil, deprivations, exposures, and all untow-  
ard conditions, *if without sin*, can be experienced with-  
out suffering. Whatever it is your duty to do,  
18 you can do without harm to yourself.

Honest toil  
has no  
penalty

### SH 485:28

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. The notion of any life or intelli-  
1 gence in matter is without foundation in fact, and you  
can have no faith in falsehood when you have learned  
3 falsehood's true nature.

Material  
beliefs

### SH 219:6

6 In mathematics, we do not multiply when we should  
subtract, and then say the product is correct. No more  
can we say in Science that muscles give strength,  
9 that nerves give pain or pleasure, or that matter  
governs, and then expect that the result will be harmony.  
Not muscles, nerves, nor bones, but mortal mind makes

Affirmation  
and result

12 the whole body “sick, and the whole heart faint;” whereas  
divine Mind heals.

### SH 387:5

When we reach  
6 our limits of mental endurance, we conclude  
that intellectual labor has been carried sufficiently far;  
but when we realize that immortal Mind is ever active,  
9 and that spiritual energies can neither wear out nor can  
so-called material law trespass upon God-given powers  
and resources, we are able to rest in Truth, refreshed by  
12 the assurances of immortality, opposed to mortality.

Mind heals  
brain-disease

### 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

### SH 486:23–26

Sight, hearing, all the spiritual senses of man, are  
24 eternal. They cannot be lost. Their reality and immor-  
tality are in Spirit and understanding, not in  
matter, — hence their permanence.

Permanent  
sensibility

### SH 247:13

Im-  
mortality, exempt from age or decay, has a glory of its  
15 own, — the radiance of Soul. Immortal men and women  
are models of spiritual sense, drawn by perfect Mind  
and reflecting those higher conceptions of loveliness  
18 which transcend all material sense.

Eternal  
beauty

**SH 249:6–7 (to life), 8–9**

6 Let us feel the divine energy of Spirit, bringing us into  
newness of life ...

Let us re-

9 joyce that we are subject to the divine “powers that be.”

Renewed  
selfhood

**Hymn. 275:1–3**

Praise now creative Mind,  
Maker of earth and heaven;  
Glory and power to Him belong,  
Joy of the sun and skies,  
Strength where the hills arise,  
So let us praise with joy and song.

Ages have seen His might,  
Father we call His name;  
Nights of our mourning and sorrow end,  
Light blesses opened eyes,  
Joys like the dawns arise  
As we see Him our God and Friend.

Saviour from death is He;  
Life is our heritage;  
Mercy and goodness forever guide;  
Ours is the risen Christ,  
Daily we keep our tryst,  
And evermore in Love confide.

Words: WILLIAM P. MCKENZIE

Music: Silesian Melody

**Hymn. 602:1–4**

You know my words before they're said.  
You know my need and I am fed.  
You give me life. You know my ways,  
My strength, my path, for all my days.

If I should fly beyond the dawn,  
The darkness will not overcome.  
If I lie down in deepest night,  
Still You are there, my Lord, my light.

Our every thought, each word we say,  
The whole of time, the present day,  
Are held within Your mighty hand,  
Too wonderful to comprehend!

O mend my heart and free my voice,  
From sin released, I will rejoice.  
O search me, Lord, my spirit cries,  
And let my song of praise arise!

Words: LAURIE ZELMAN

Music: Scottish melody; harm. John L. Bell, alt.

### **Hymn. 463:1–4**

Day by day the manna fell:  
O, to learn this lesson well.  
Still by constant mercy fed,  
Give me, Lord, my daily bread.

Day by day the promise reads,  
Daily strength for daily needs:  
Cast foreboding fears away;  
Take the manna of today.

Lord, my times are in Your hand:  
All my highest hopes have planned,  
I will yield with joy to You;  
What You ask, that will I do.

You will show my task each day;  
I will follow and obey:  
So shall every year fulfill  
Not my own, my dear God's will.

Words: JOSIAH CONDER, ALT.

Music: Yoruba melody; arr. Emmanuel Badejo