

Testimony Meeting: 10 October 2018

Destroying Fear Brings Healing

These readings are from the *Bible* and *Science and Health with Key to the Scriptures*, by Mary Baker Eddy.

The hymns are from the Christian Science Hymnal © The Christian Science Publishing Society

Hymns 426, 268, 371

PART 1: THE INSTRUCTIONS

THE BIBLE (KJV)

Exodus. 14:13

And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to-day: for the Egyptians whom ye have seen to-day, ye shall see them again no more for ever.

Isa. 44:8

Fear ye not, neither be afraid: have not I told thee from that time, and have declared it? ye are even my witnesses. Is there a God beside me? yea, there is no God; I know not any.

Ps. 56:3-4

What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

Ps. 118:5-8

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 taketh my part with them that help me: therefore shall I see my desire upon them that hate me. It is better to trust in the Lord than to put confidence in man.

Prov. 3:19-26

The Lord by wisdom hath founded the earth; by understanding hath he established the heavens. By his knowledge the depths are broken up, and the clouds drop down the dew. ¶My son, let not them depart from thine eyes: keep sound wisdom and discretion: So shall they be life unto thy soul, and grace to thy neck. Then shalt thou walk in thy way safely, and thy foot shall not stumble. When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet. Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. For the Lord shall be thy confidence, and shall keep thy foot from being taken.

Isa. 41:10

¶Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Luke 8:49-55

While he yet spake, there cometh one from the ruler of the synagogue's house, saying to him, Thy daughter is dead; trouble not the Master. But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole. And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden. And all wept, and bewailed her: but he said, Weep not; she is not dead, but sleepeth. And they laughed him to scorn, knowing that she was dead. And he put them all out, and took her by the hand, and called, saying, Maid, arise. And her spirit came again, and she arose straightway: and he commanded to give her meat.

SCIENCE AND HEALTH**SH 411:20-4**

The procuring cause and foundation of all sickness is fear, ignorance, or sin. Disease is always induced by a false sense mentally entertained, not destroyed. Disease is an image of thought externalized. The mental state is called a material state. Whatever is cherished in mortal mind as the physical condition is imaged forth on the body. Always begin your treatment by allaying the fear of patients. Silently reassure them as to their exemption from disease and danger. Watch the result of this simple rule of Christian Science, and you will find that it alleviates the symptoms of every disease. If you succeed in wholly removing the fear, your patient is healed. The great fact that God lovingly governs all, never punishing aught but sin, is your standpoint, from which to advance and destroy the human fear of sickness.

SH 376:17

If the body is material, it cannot, for that very reason, suffer with a fever. Because the so-called material body is a mental concept and governed by mortal mind, it manifests only what that so-called mind expresses. Therefore the efficient remedy is to destroy the patient's false belief by both silently and audibly arguing the true facts in regard to harmonious being, — representing man as healthy instead of diseased, and showing that it is impossible for matter to suffer, to feel pain or heat, to be thirsty or sick. Destroy fear, and you end fever. Some people, mistaught as to Mind-science, inquire when it will be safe to check a fever. Know that in Science you cannot check a fever after admitting that it must have its course. To fear and admit the power of disease, is to paralyze mental and scientific demonstration.

SH 377:26

The cause of all so-called disease is mental, a mortal fear, a mistaken belief or conviction of the necessity and power of ill-health; also a fear that Mind is helpless to defend the life of man and incompetent to control it. Without this ignorant human belief, any circumstance is of itself powerless to produce suffering. It is latent belief in disease, as well as the fear of disease, which associates sickness with certain circumstances and causes the two to appear conjoined, even as poetry and music are reproduced in union by human memory. Disease has no intelligence. Unwittingly you sentence yourself to suffer. The understanding of this will enable you to commute this self-sentence, and meet every circumstance with truth. Disease is less than mind, and Mind can control it.

SH 391:29-:8

Mentally contradict every complaint from the body, and rise to the true consciousness of Life as Love, — as all that is pure, and bearing the fruits of Spirit. Fear is the fountain of sickness, and you master fear and sin through divine Mind; hence it is through divine Mind that you overcome disease. Only while fear or sin remains can it bring forth death. To cure a bodily ailment, every broken moral law should be taken into account and the error be rebuked. Fear, which is an element of all disease, must be cast out to readjust the balance for God. Casting out evil and fear enables truth to outweigh error.

SH 419:28

To succeed in healing, you must conquer your own fears as well as those of your patients, and rise into higher and holier consciousness.

SH 445:19-21

Christian Science silences human will, quiets fear with Truth and Love, and illustrates the unlabored motion of the divine energy in healing the sick.

SH 454:4-9

Teach your students the omnipotence of Truth, which illustrates the impotence of error. The understanding, even in a degree, of the divine All-power destroys fear, and plants the feet in the true path, — the path which leads to the house built without hands "eternal in the heavens."

SH 495:14-20

When the illusion of sickness or sin tempts you, cling steadfastly to God and His idea. Allow nothing but His likeness to abide in your thought. Let neither fear nor doubt overshadow your clear sense and calm trust, that the recognition of life harmonious — as Life eternally is — can destroy any painful sense of, or belief in, that which Life is not.

PART 2: THE REWARDS THE BIBLE

Isa. 30:15 (to ;)

For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength:

Prov. 22:20-21 (to ;)

Have not I written to thee excellent things in counsels and knowledge, That I might make thee know the certainty of the words of truth;

Isa. 32:17 (1st the)

the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever.

Prov. 3:5-6

Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

II Cor. 3:17 (where)

where the Spirit of the Lord is, there is liberty.

II Tim. 1:7

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

I John 4:18

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

SCIENCE AND HEALTH**SH 496:15**

Hold perpetually this thought, — that it is the spiritual idea, the Holy Ghost and Christ, which enables you to demonstrate, with scientific certainty, the rule of healing, based upon its divine Principle, Love, underlying, overlying, and encompassing all true being.

SH 368:2-4

The confidence inspired by Science lies in the fact that Truth is real and error is unreal.

SH 69:13

Spiritually to understand that there is but one creator, God, unfolds all creation, confirms the Scriptures, brings the sweet assurance of no parting, no pain, and of man deathless, and perfect and eternal.

SH 203:3

In the Science of Christianity, Mind — omnipotence — has all-power, assigns sure rewards to righteousness, and shows that matter can neither heal nor make sick, create nor destroy.

SH 577:32—18

In the following Psalm one word shows, though faintly, the light which Christian Science throws on the Scriptures by substituting for the corporeal sense, the incorporeal or spiritual sense of Deity: —

Psalm XXIII

[DIVINE LOVE] is my shepherd; I shall not want.

[LOVE] maketh me to lie down in green pastures:

[LOVE] leadeth me beside the still waters.

[LOVE] restoreth my soul [spiritual sense]: [LOVE] leadeth me in the paths of righteousness for His name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for [LOVE] is with me; [LOVE'S] rod and [LOVE'S] staff they comfort me.

[LOVE] prepareth a table before me in the presence of mine enemies: [LOVE] anointeth my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house [the consciousness] of [LOVE] for ever.

SH 228:11-13

The enslavement of man is not legitimate. It will cease when man enters into his heritage of freedom, his God-given dominion over the material senses.

SH 520:3-5 *The*

The depth, breadth, height, might, majesty, and glory of infinite Love fill all space....
