

2021年11月15日– 11月21日

灵魂与身体

金句:

哥林多前书 6:20 要

.....要在你们属乎 神的身体和灵上荣耀 神。

回应式诵读:

以赛亚书 2:2, 17, 18

哥林多后书 5:1, 4-6, 8, 17

2 末後的日子， 耶和华殿的山必立在诸山之巔，高举过於众岭；列国都要流归这山。

17 人的骄傲必屈下，人的狂妄必降卑；在那日，唯独 耶和华被尊崇。

18 至於偶像，他必全然废弃。

1 我们原知道，我们这地上的帐棚若拆毁了，必得 神所造，不是人手所造，在诸天永存的屋。

4 我们在这帐棚里叹息劳苦，并非愿意脱下这个，乃是愿意穿上那个，好叫这必死的被生命吞灭了。

5 为此，培植我们的就是 神，他又赐 灵给我们作凭据。

6 所以，我们时常坦然无惧，并且晓得我们住在身内，便与 主相离。

8 我们坦然无惧，是更愿意离开身体与 主同住。

17 所以，若有人在 基督里，他就是新造的人。旧事已过；看哪，一切都变成新的了。

1

Bible

(1) Psalms 90:1, 17 let (to :)

1 Lord, thou hast been our dwelling place in all generations.
17 let the beauty of the Lord our God be upon us:

(2) Acts 17:24, 25, 28 (to :)

24 God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands;
25 Neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things;
28 For in him we live, and move, and have our being;

(3) Job 23:13 he

13 he is in one mind, and who can turn him? and what his soul desireth, even that he doeth.

(4) Isaiah 43:1 now, 10, 21

1 now thus saith the Lord that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.
10 Ye are my witnesses, saith the Lord, and my servant whom I have chosen: that ye may know and believe me, and understand that I am he: before me there was no God formed, neither shall there be after me.
21 This people have I formed for myself; they shall shew forth my praise.

(5) Jeremiah 32:38, 41

38 And they shall be my people, and I will be their God:
41 Yea, I will rejoice over them to do them good, and I will plant them in this land assuredly with my whole heart and with my whole soul.

1

圣经

(1) 诗篇 90:1, 17 (至第一个。)

1 主啊, 你世世代代作我们的居所。
17 愿 耶和华—我们 神的荣美归於我们身上。

(2) 使徒行传 17:24, 25, 28 (至第一个。)

24 创造宇宙和其中一切的神, 既是天地的主, 就不住人手所造的殿,
25 也不用人手敬拜, 好像缺少什么; 自己倒将生命、气息、一切, 赐给众人。
28 我们生活、动作、存留, 都在乎他。

(3) 约伯记 23:13 他心志

13 他心志已定, 谁能使他转意呢? 他心里所愿的, 就行出来。

(4) 以赛亚书 43:1 现在.....如此, 10, 21

1 雅各啊, 创造你的 耶和华, 以色列啊, 造成你的那位, 在.....如此说: 不要害怕。因为我救赎了你, 我曾提你的名你; 你是属我的。
10 耶和华说: 你们是我的见证, 我所拣选的仆人; 好叫你们可以知道, 且信服我, 又明白我乃是他; 在我以前没有造成, 在我以后也必没有。
21 这百姓是我为自己所造的; 他们要传扬我的美德。

(5) 耶利米书 32:38, 41

38 他们要作我的子民, 我要作他们的 神;
41 我必欢喜施恩与他们, 要尽心尽意、诚诚实实将他们栽於此地。

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

科学与健康附圣经之钥匙
玛丽·贝格·爱迪著

(1) 466:20 (only)

Soul or Spirit signifies Deity and nothing else.

(1) 466:20 (只一句)

灵魂或 灵象征 神而别无其它。

(2) 335:16-22

Soul and Spirit one

Soul and Spirit being one, God and Soul are one, and this one never included in a limited mind or a limited body. Spirit is eternal, divine. Nothing but Spirit, Soul, can evolve Life, for Spirit is more than all else. Because Soul is immortal, it does not exist in mortality. Soul must be incorporeal to be Spirit, for Spirit is not finite.

灵魂与 灵为一

灵魂与 灵为一，所以 神与 灵魂为一，而此为一从不包含在一个有限的心灵或一个有限的身体内。灵是永恒的，神性的。除了 灵，除了 灵魂并无其它能进化 生命，因为 灵比任何其它的伟大。因为 灵魂是永生的，其不存在于必朽之内。灵魂为 灵必然是非肉体的，因 灵并不是有限的。

(3) 482:3

Soul defined

Human thought has adulterated the meaning of the word *soul* through the hypothesis that soul is both an evil and a good intelligence, resident in matter. The proper use of the word *soul* can always be gained by substituting the word *God*, where the deific meaning is required. In other cases, use the word *sense*, and you will have the scientific signification. As used in Christian Science, Soul is properly the synonym of Spirit, or God; but out of Science, soul is identical with sense, with material sensation.

灵魂定义

由认为灵魂是有善恶两者的智能，且是居于物质中的那假设，那么人类的思想就玷污了灵魂该词的意义。在需要具有 神的意义之处，恰当的使用灵魂这词，以 神这名称取代，总能得到理解。在其它情况下，使 灵魂该词，那么你将会有科学性的意义。应用于基督科学上， 灵魂确切是 灵的同义词，即 神的同义词；但在‘科学’之外，灵魂却与‘感’，与物质感觉相同。

(4) 285:15-17 Spirit

Spirit is not physical. The belief that a material body is man is a false conception of man.

(4) 285:15-17 灵

灵不是物质性的。认为一个物质身体就是人该信念，是对人的错误概念。

(5) 280:25-30

Sensationless body

Rightly understood, instead of possessing a sentient material form, man has a sensationless body; and God, the Soul of man and of all existence, being perpetual in His own individuality, harmony, and immortality, imparts and perpetuates these qualities in man, — through Mind, not matter.

无感觉的身体

正确地理解，人有个无感觉的身体，而非拥有一个有知觉的物质形态；而 神，即人的 灵魂及万有存在的 灵魂，因自己的独特性、和谐、及不朽是永久的，其将这些素质授予人及延续于人，——是通过 心灵，而非物质。

(6) 247:15

Immortal men and women are models of spiritual sense, drawn by perfect Mind and reflecting those higher conceptions of loveliness which transcend all material sense.

(6) 247:15

不朽的男女是灵性意识的模式，由完美 心灵所绘出，并反映那些超越一切物质意识的更高至美概念。

2

Bible

(6) Isaiah 2:22

22 Cease ye from man, whose breath is in his nostrils:
for wherein is he to be accounted of?

(7) Psalms 34:17, 19, 22

17 The righteous cry, and the Lord heareth, and
delivereth them out of all their troubles.
19 Many are the afflictions of the righteous: but the Lord
delivereth him out of them all.
22 The Lord redeemeth the soul of his servants: and
none of them that trust in him shall be desolate.

(8) Psalms 19:7, 8

7 The law of the Lord is perfect, converting the soul: the
testimony of the Lord is sure, making wise the simple.
8 The statutes of the Lord are right, rejoicing the heart:
the commandment of the Lord is pure, enlightening the
eyes.

(9) I Corinthians 3:9 ye, 17 2nd the

9 ye are God's husbandry, ye are God's building.
17 the temple of God is holy, which temple ye are.

Science and Health

(7) 477:19-25

Reflection of Spirit

Question. — What are body and Soul?
Answer. — Identity is the reflection of Spirit, the
reflection in multifarious forms of the living Principle,
Love. Soul is the substance, Life, and intelligence of
man, which is individualized, but not in matter. Soul can
never reflect anything inferior to Spirit.

(8) 467:17-27

2

圣经

(6) 以赛亚书 2:22

22 你们休要倚靠世人，他鼻孔里不过有气息；他在一切事
可算什么呢？

(7) 诗篇 34:17, 19, 22

17 义人呼求， 耶和华听见了，便救他们脱离一切患难。
19 义人多有苦难，但 耶和华救他脱离这一切，
22 耶和华救赎他仆人的元魂；凡投靠他的，必不致孤独。

(8) 诗篇 19:7, 8

7 耶和华的律法全备，能回转人心； 耶和华的法度确定
能使愚人有智慧。
8 耶和华的律例正确，能快活人的心； 耶和华的命令纯
，能明亮人的眼目。

(9) 哥林多前书 3:9 你们是 神所耕种 17 第二次 神的殿

9 你们是 神所耕种的田地，你们是 神所建造的房屋。
17 神的殿是圣的，这殿就是你们。

科学与健康

(7) 477:19-25

灵的反影

问题：身体与 灵魂是什么？
答案：身份其是 灵的反影，是在于活的原则，在于活的
爱那万千形式之内的反影。 灵魂是实质，是生命，也是
人的智力，其是独特的，而非在物质之中。 灵魂永不能反映
何少于 灵的。

(8) 467:17-27

Soul not confined in body

Science reveals Spirit, Soul, as not in the body, and God as not in man but as reflected by man. The greater cannot be in the lesser. The belief that the greater can be in the lesser is an error that works ill. This is a leading point in the Science of Soul, that Principle is not in its idea. Spirit, Soul, is not confined in man, and is never in matter. We reason imperfectly from effect to cause, when we conclude that matter is the effect of Spirit; but a *priori* reasoning shows material existence to be enigmatical. Spirit gives the true mental idea.

(9) 287:6

Error supposes man to be both mental and material. Divine Science contradicts this postulate and maintains man's spiritual identity.

(10) 265:10

This scientific sense of being, forsaking matter for Spirit, by no means suggests man's absorption into Deity and the loss of his identity, but confers upon man enlarged individuality, a wider sphere of thought and action, a more expansive love, a higher and more permanent peace.

3

Bible

(10) Mark 3:7 Jesus, 8, 10, 11, 22-27

7 Jesus withdrew himself with his disciples to the sea: and a great multitude from Galilee followed him, and from Judæa,
8 And from Jerusalem, and from Idumæa, and from beyond Jordan; and they about Tyre and Sidon, a great multitude, when they had heard what great things he did, came unto him.
10 For he had healed many; insomuch that they pressed upon him for to touch him, as many as had plagues.
11 And unclean spirits, when they saw him, fell down before him, and cried, saying, Thou art the Son of God.
22 And the scribes which came down from Jerusalem said, He hath Beelzebub, and by the prince of the devils casteth he out devils.
23 And he called them unto him, and said unto them in parables, How can Satan cast out Satan?
24 And if a kingdom be divided against itself, that kingdom cannot stand.

灵魂不被局限在身体之内

‘科学’揭示 灵，灵魂并不在身体之内，神不在人之内，却是由人来反映。较大的不能在较小的之内。认为较大的能在较小的之内的信念，是个产生恶果的谬误。原则不在其意念之中，这是 灵魂之‘科学’的核心点。灵，灵魂并不在人之内，且绝不在物质之中。当我们断定物质是 灵的效果，我们便不恰当地从果至因推理；而这演绎的推理显示物质存在为谜一般。灵给予那真的精神意念。

(9) 287:6

谬误假设人皆为精神上的与物质上的。神性科学反驳此假定并保持着人的灵性身份。

(10) 265:10

这灵性存在的科学意识，为 灵放弃物质，并非示意人融入神的吸收而丧失其身份，相反是授予人扩大了独特性，思想和行动更宽阔的领域，更广博的爱，更高及更恒久的平安。

3

圣经

(10) 马可福音 3:7 耶稣.....和, 8, 10, 11, 22-27

7 耶稣.....和他的门徒退到海边去；有许多人从加利利和犹太跟随他。
8 并且从耶路撒冷、以土买、约旦河外而来；推罗、西顿的四方有许多人，听见了他所作的大事，也来到他那里。
10 他治好了许多人；甚至凡有灾病的，都挤进来要摸他。
11 污灵看见他，就俯伏在他面前，喊着说：「你是 神的子。」
22 从耶路撒冷下来的文士说：「他是被别西卜附着，是靠藉鬼魔之王赶出鬼魔。」
23 耶稣叫他们来，用比喻对他们说：「撒但怎能赶出撒但呢？」
24 若一国自相纷争，那国就站立不住。
25 若一家自相纷争，那家就站立不住。
26 若撒但自相攻打纷争，他就站立不住，必要灭亡。

25 And if a house be divided against itself, that house cannot stand.
26 And if Satan rise up against himself, and be divided, he cannot stand, but hath an end.
27 No man can enter into a strong man's house, and spoil his goods, except he will first bind the strong man; and then he will spoil his house.

(11) John 5:2-9, 14

2 Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches.
3 In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water.
4 For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had.
5 And a certain man was there, which had an infirmity thirty and eight years.
6 When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?
7 The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me.
8 Jesus saith unto him, Rise, take up thy bed, and walk.
9 And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath.
14 Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.

Science and Health

(11) 210:16

Jesus healed sickness and sin by one and the same metaphysical process.

(12) 122:7

27 没有人能进壮士家里，抢夺他的家具；除非先捆住那壮士，才可以抢夺他的家。

(11) 约翰福音 5:2-9, 14

2 在耶路撒冷，靠近羊市有一个池子，希伯来话叫作毕士大，旁边有五个廊子。
3 里面躺着瞎眼的、瘸腿的、血气枯乾的，许多病人，等候水动。
4 因为有天使按时下池子搅动那水；水动之後，谁先下去，无论害什么病，就痊愈了。
5 在那里有一个人，病了三十八年。
6 耶稣看见他躺着，知道他病了许久，就对他说：「你要痊愈吗？」
7 病人回答说：「先生，水动的时候，没有人把我放在池子；我正去的时候，就有别人比我先下去。」
8 耶稣对他说：「起来，拿你的褥子走吧。」
9 那人立刻痊愈，就拿起褥子来走了；当日是安息日。
14 后来耶稣在殿里找到他，对他说：「看哪，你已经痊愈，不要再犯罪，恐怕你遭遇的更加利害。」

科学与健康

(11) 210:16

耶稣以唯一及同样的超物理方法治愈疾病和罪恶。

(12) 122:7

The material senses' reversal of the Science of Soul was practically exposed nineteen hundred years ago by the demonstrations of Jesus; yet these so-called senses still make mortal mind tributary to mortal body, and ordain certain sections of matter, such as brain and nerves, as the seats of pain and pleasure, from which matter reports to this so-called mind its status of happiness or misery.

(13) 400:4

Mortal mind is "the strong man," which must be held in subjection before its influence upon health and morals can be removed. This error conquered, we can despoil "the strong man" of his goods, — namely, of sin and disease.

(14) 583:10

Christ. The divine manifestation of God, which comes to the flesh to destroy incarnate error.

(15) 162:4

Truth an alterative

Christian Science brings to the body the sunlight of Truth, which invigorates and purifies. Christian Science acts as an alterative, neutralizing error with Truth. It changes the secretions, expels humors, dissolves tumors, relaxes rigid muscles, restores carious bones to soundness. The effect of this Science is to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind.

(16) 111:26–29

Confirmatory tests

After a lengthy examination of my discovery and its demonstration in healing the sick, this fact became evident to me, — that Mind governs the body, not partially but wholly.

(17) 307:25–26 The

The divine Mind is the Soul of man, and gives man dominion over all things.

4

Bible

(12) Matthew 9:35

灵魂的‘科学’使物质的官感转变，实际上在一千九百年前已被耶稣的显示揭露了；然而那些所谓的官感仍然使必朽心灵从属于必朽身体，并选定物质的某个部份，就如脑或神经，为痛苦和喜乐的所在，由此物质向所谓心灵报告其快乐或痛苦的状况。

(13) 400:4

必朽心灵是“那壮士”，必须将其制服，方能将对健康及道德上的影响清除。征服了此谬误，我们便能夺去“那壮士”的东西，——也就是，罪恶与病患。

(14) 583:10

基督：神的神性展现，其到肉身来毁除具体化的谬误。

(15) 162:4

真理具改善作用

基督科学带给身体 真理的阳光，其增强活力并净化。基督科学起到体质改善的作用，以 真理使谬误失效。其改变分泌、排除体液、消除肿瘤、松弛僵硬的肌肉、使腐烂的骨骼恢复健康。这‘科学’的效果促使人的心灵有基础上的改变，在此基础上的改变，人的心灵会对神性 心灵的和谐顺服。

(16) 111:26–29

证实的测试

我的发现及其在治疗病者的显示上经长期的考查，该事实对我而言变得明显，——那就是 心灵治理身体，并非部份地而是完全地。

(17) 307:25–26 神性

神性 心灵是人的 灵魂，并赋予人权柄管治万物。

4

圣经

(12) 马太福音 9:35

35 And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

(13) Matthew 12:22, 23

22 Then was brought unto him one possessed with a devil, blind, and dumb: and he healed him, insomuch that the blind and dumb both spake and saw.

23 And all the people were amazed, and said, Is not this the son of David?

(14) I Corinthians 2:9 Eye, 10

9 Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

Science and Health

(18) 274:12-17

The senses of Spirit abide in Love, and they demonstrate Truth and Life. Hence Christianity and the Science which expounds it are based on spiritual understanding, and they supersede the so-called laws of matter. Jesus demonstrated this great verity.

(19) 359:11

Even though you aver that the material senses are indispensable to man's existence or entity, you must change the human concept of life, and must at length know yourself spiritually and scientifically. The evidence of the existence of Spirit, Soul, is palpable only to spiritual sense, and is not apparent to the material senses, which cognize only that which is the opposite of Spirit.

(20) 214:28-1

The senses of Soul

Neither age nor accident can interfere with the senses of Soul, and there are no other real senses. It is evident that the body as matter has no sensation of its own, and there is no oblivion for Soul and its faculties. Spirit's senses are without pain, and they are forever at peace.

(21) 194:8

35 耶稣走遍各城各乡，在会堂里教训人，宣讲天国的福音又医治百姓中间各样的病症。

(13) 马太福音 12:22, 23

22 当下，有人将一个被鬼魔附着、又瞎又哑的人带到耶稣那里；耶稣就医治他，甚至那又瞎又哑的人又能说话，又能看见。

23 百姓都惊奇，说：「这不是大卫的子孙吗？」

(14) 哥林多前书 2:9 神, 10

9 神为爱他的人所预备的是眼睛未曾看见，耳朵未曾听见，人心也未曾想到的。

10 只有神藉着灵向我们显明了，因为灵参透一切，就是神深奥的事也参透了。

科学与健康

(18) 274:12-17

灵的意识居于爱内，并且那些意识显示真理与生命因此基督信仰与将之阐明的‘科学’均基于灵性理解，而且基督信仰与‘科学’取代那被称的物质法规。耶稣显示了这伟大的真理。

(19) 359:11

即使你断言，物质意识对人的存在或个体是不可缺少的，你却必须改变那对生命的人类概念，并最终必须在灵性上，在科学上了解你自己。灵，灵魂存在的证据，只对灵性意识是明显的，而对物质意识并不显著，物质意识只认知那与灵对立的。

(20) 214:28-1

灵魂的意识

年龄或意外都不能干扰灵魂的意识，而且也没有别的真实意识。作为物质的身体显然没有任何其自身的感觉，并且对灵魂及其能力毫无阻碍。灵的意识没有痛苦，而且它们永远都在平安的状态。

(21) 194:8

Change of belief

When one's false belief is corrected, Truth sends a report of health over the body.

(22) 487:6

Exercise of Mind-faculties

There is more Christianity in seeing and hearing spiritually than materially. There is more Science in the perpetual exercise of the Mind-faculties than in their loss. Lost they cannot be, while Mind remains. The apprehension of this gave sight to the blind and hearing to the deaf centuries ago, and it will repeat the wonder.

5

Bible

(15) I Corinthians 6:19, 20

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

(16) I Corinthians 9:24-27

24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

(17) Romans 12:1, 2

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Science and Health

信念的改变

当某人的错误信念改正了，真理便对身体传送健康的讯息。

(22) 487:6

心灵能力的运作

基督信仰在灵性上看到和听到多于在物质上看到和听到。在心灵能力的永久运作上，‘科学’上所有的比其所损失的更多。当心灵仍在，损失它们是不可能的。该理解在多个世纪前给予盲者视力，聋者听力，而且奇事将会重复。

5

圣经

(15) 哥林多前书 6:19, 20

19 岂不知你们的身体就是 圣灵的殿吗？这 圣灵是从 而来，住在你们里头的；并且你们不是自己的人；

20 因为你们是重价买来的；所以，要在你们属乎 神的身和灵上荣耀 神。

(16) 哥林多前书 9:24-27

24 岂不知在场上赛跑的都跑，但得奖赏的只有一人？你们也当这样跑，好叫你们得着奖赏。

25 凡较力争胜的，诸事都有节制，他们不过是要得能坏的冠冕；我们却是要得不能坏的冠冕。

26 所以，我奔跑不像无定向的；我斗拳不像打空气的：

27 但我是攻克己身，叫身服我。恐怕我传福音给别人，自己反被弃绝了。

(17) 罗马书 12:1, 2

1 所以弟兄们，我以 神的慈悲劝你们，将身体献上，当作祭，是圣洁的，是 神所喜悦的；你们如此事奉乃是理所当然的。

2 不要效法这个世界，只要心意更新而变化，叫你们察验何为 神的善良、纯全、可喜悦的旨意。

科学与健康

(23) 208:25 A

Sickness as only thought

A material body only expresses a material and mortal mind. A mortal man possesses this body, and he makes it harmonious or discordant according to the images of thought impressed upon it. You embrace your body in your thought, and you should delineate upon it thoughts of health, not of sickness. You should banish all thoughts of disease and sin and of other beliefs included in matter. Man, being immortal, has a perfect indestructible life. It is the mortal belief which makes the body discordant and diseased in proportion as ignorance, *fear*, or human will governs mortals.

(24) 223:3

Sooner or later we shall learn that the fetters of man's finite capacity are forged by the illusion that he lives in body instead of in Soul, in matter instead of in Spirit.

(25) 393:10 Take

Take possession of your body, and govern its feeling and action. 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 man.

(26) 428:8

To divest thought of false trusts and material evidences in order that the spiritual facts of being may appear, — this is the great attainment by means of which we shall sweep away the false and give place to the true. Thus we may establish in truth the temple, or body, "whose builder and maker is God."

(27) 302:19

The Science of being reveals man as perfect, even as the Father is perfect, because the Soul, or Mind, of the spiritual man is God, the divine Principle of all being, and because this real man is governed by Soul instead of sense, by the law of Spirit, not by the so-called laws of matter.

(23) 208:25 物质

疾病仅为意念上的

物质身体表达的仅是物质上的和必朽的心灵。必朽的人拥有此身体，并接受思想上的形象影响，使之和谐或不和谐。你在思想上围抱你的身体，你应该勾画健康的意念，而非疾病的。你应把病患和罪恶的一切意念也包括在物质上的其它信念逐出。人，是不朽的，拥有完全的不可摧毁的生命。正是必朽信念，按其无知、恐惧、或人类意愿管治必朽者的程度，使身体不和谐及患病。

(24) 223:3

迟早我们会认知人有限能力的枷锁，是由他活于身体而非灵魂，活于物质而非灵的那幻觉所铸造的。

(25) 393:10 接管

接管你的身体，并治理其感觉和行动。要在灵的力量上提升，来抗拒所有与美善相异的。神使人有能力如此，而且没有什么能损害神性所赋予人的能力与力量。

(26) 428:8

要摆脱错误信赖的意念与物质的证明，以便灵性存在的灵性事实可呈现，——通过这些方法的重大成就，我们将会去除虚假的，并让位于真正的。由此在真理上我们可建立殿，即身体，“就是神所经营所建造的。”

(27) 302:19

灵性存在的‘科学’展示人是完全的，如同父是完全的，因为灵性之人的灵魂，心灵，就是神，是所有灵性存在的神性原则，并因为这真实的人是由灵魂治理而非由官感治理，由灵的律法治理而非由所谓的物质法规治理。

Bible

圣经

(18) Matthew 6:22

22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

(19) I Thessalonians 5:5 (to :), 21, 23

5 Ye are all the children of light, and the children of the day:
21 Prove all things; hold fast that which is good.
23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

(20) II Corinthians 3:4, 5, 18 we

4 And such trust have we through Christ to God-ward:
5 Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God;
18 We all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

Science and Health

(28) 114:23-27

Causation mental

Christian Science explains all cause and effect as mental, not physical. It lifts the veil of mystery from Soul and body. It shows the scientific relation of man to God, disentangles the interlaced ambiguities of being, and sets free the imprisoned thought.

(29) 442:19-22 When

Christ the great physician

When Christ changes a belief of sin or of sickness into a better belief, then belief melts into spiritual understanding, and sin, disease, and death disappear.

(30) 264:10, 28

(18) 马太福音 6:22

22 「眼睛就是身上的光；你的眼睛若了亮，你全身就全然光明。

(19) 帖撒罗尼迦前书 5:5 (至第一个。), 21, 23

5 你们都是光明之子，都是白昼之子。
21 凡事察验，善美的要持守。
23 愿那赐平安的神使你们全然成圣。我又求神，愿你们的灵与魂与身体得蒙保守，在我们主耶稣基督降临的时候，完全无可指摘。

(20) 哥林多后书 3:4, 5, 18

4 我们因基督，所以在神面前才有这样的信心。
5 并不是我们凭自己能承担什么事；我们所能承担的，乃是出於神。
18 我们众人既然敞着脸得以看见主的荣光，好像从镜子里返照，就变成主的形状，荣上加荣，如同从主的灵成的。

科学与健康

(28) 114:23-27

因果，精神上

基督科学解释一切的因与果为精神上的，而非身体上的。基督科学揭开灵魂与身体神秘的幔子。其展示人与神在科学上的关系，解开灵性存在的交错含糊不清，并释放被禁锢的思想。

(29) 442:19-22 当

基督，伟大的医者

当基督将一个罪恶的或疾病的信念改变为一个较好的信念，随之信念溶化在灵性的理解上，而罪恶、病患和死亡则消失。

(30) 264:10, 28

We must look where we would walk, and we must act as possessing all power from Him in whom we have our being.

When we learn the way in Christian Science and recognize man's spiritual being, we shall behold and understand God's creation, — all the glories of earth and heaven and man.

(31) 76:22-26

Immaterial pleasure

The sinless joy, — the perfect harmony and immortality of Life, possessing unlimited divine beauty and goodness without a single bodily pleasure or pain, — constitutes the only veritable, indestructible man, whose being is spiritual.

(32) 249:31 (only)

Man is the reflection of Soul.

我们必须看我们将走向何处，并且我们必须以自祂而拥有的所有力量去运作，我们存留都在乎祂。

当我们认识到基督科学之道，并认知到人的灵性存在，我们将会见到和理解 神的创造，——也就是天、地、人之所有荣耀。

(31) 76:22-26

非物质上的喜悦

圣洁的喜悦，——即 生命的完美和谐与永生，拥有无限的神性之美和善，且没有丝毫身体上的享乐或痛苦，——其构成那唯一真实的，不可摧毁的人，人的存在是灵性的。

(32) 249:31 (只一句)

人是 灵魂的反影。

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