

2022年11月14日– 11月20日

# 灵魂与身体

金句:

诗篇 34:2 (至:)

我的心必因 耶和華夸耀；

回应式诵读:

哥林多前书 9:24–27

罗马书 12:1, 2

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。

1 所以弟兄们，我以 神的慈悲劝你们，将身体献上，当作活祭，是圣洁的，是 神所喜悦的；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。

# 1

## Bible

### (1) Deuteronomy 6:1, 4, 5

1 Now these are the commandments, the statutes, and the judgments, which the Lord your God commanded to teach you, that ye might do them in the land whither ye go to possess it:

4 Hear, O Israel: The Lord our God is one Lord:

5 And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.

### (2) Leviticus 19:2 Ye

2 Ye shall be holy: for I the Lord your God am holy.

### (3) Leviticus 26:11, 12

11 And I will set my tabernacle among you: and my soul shall not abhor you.

12 And I will walk among you, and will be your God, and ye shall be my people.

### (4) Isaiah 43:10 (to 1st :), 21

10 Ye are my witnesses, saith the Lord, and my servant whom I have chosen:

21 This people have I formed for myself; they shall shew forth my praise.

### (5) Psalms 92:4 thou

4 thou, Lord, hast made me glad through thy work: I will triumph in the works of thy hands.

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

### (1) 120:4

Soul, or Spirit, is God, unchangeable and eternal; and man coexists with and reflects Soul, God, for man is God's image.

# 1

## 圣经

### (1) 申命记 6:1, 4, 5

1 「这是 耶和华—你们 神所吩咐教训你们的诫命、律例、典章,使你们在所要去得为业的地上遵行,

4 「以色列啊,你要听。耶和华—我们 神是独一的 耶和华。

5 你要尽心、尽性、尽力爱 耶和华—你的 神。

### (2) 利未记 19:2 你们要

2 你们要圣洁,因为我 耶和华—你们的 神是圣洁的。

### (3) 利未记 26:11, 12

11 我要在你们中间立我的帐幕;我的心也不厌恶你们。

12 我要在你们中间行走;我要作你们的 神,你们要作我的子民。

### (4) 以赛亚书 43:10 (至第一个:), 21

10 耶和华说:你们是我的见证,我所拣选的仆人;

21 这百姓是我为自己所造的;他们要传扬我的美德。

### (5) 诗篇 92:4 你

4 你— 耶和华藉着你的作为叫我高兴,我要因你手的工作夸胜。

## **科学与健康附圣经之钥匙 玛丽·贝格·爱迪著**

### (1) 120:4

灵魂,即灵,就是神,是不改变的且是永恒的;人与灵魂,与神共存并反映灵魂,反映神,因为人是神的形象。

**(2) 335:16-18 (to 1st.), 21-22**

Soul and Spirit being one, God and Soul are one, and this one never included in a limited mind or a limited body.  
Soul must be incorporeal to be Spirit, for Spirit is not finite.

**(3) 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.

**(4) 482:6**

Soul defined

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.

**(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.

**(6) 516:21**

Man and woman as coexistent and eternal with God forever reflect, in glorified quality, the infinite Father-Mother God.

**(2) 335:16-18 (至第一個。), 21-22**

灵魂与 灵为一，所以 神与 灵魂为一，而此为一从包含在一个有限的心灵或一个有限的身体内。  
灵魂为 灵必然是非肉体的，因 灵并不是有限的。

**(3) 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，也人的智力，其是独特的，而非在物质之中。灵魂永不能反映任何少于 灵的。

**(4) 482:6**

灵魂定义

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，使用该词，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，灵魂却与官感，与物质感觉相同。

**(5) 280:25-30**

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 灵魂因祂自己的独特性、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) 516:21**

男女因与 神是共存的及永恒的，在荣耀的素质上，永远反映无限的 父母 神。

**(7) 9:17**

Practical religion

Dost thou “love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind”? This command includes much, even the surrender of all merely material sensation, affection, and worship. This is the El Dorado of Christianity. It involves the Science of Life, and recognizes only the divine control of Spirit, in which Soul is our master, and material sense and human will have no place.

**2**

**Bible**

**(6) Psalms 86:2**

2 Preserve my soul; for I am holy: O thou my God, save thy servant that trusteth in thee.

**(7) Luke 16:13**

13 No servant can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

**(8) Luke 11:34, 36**

34 The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness.

36 If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a candle doth give thee light.

**(9) Romans 8:5, 9 (to 1st .)**

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you.

**(7) 9:17**

实践的宗教

你“尽心、尽性、尽意、爱 主—你的 神”吗？此命令包含甚多，甚至包含放弃一切仅是对物质的感觉、恋慕和崇拜。这是基督信仰的黄金国。其包含着 生命的‘科学’，并只承认 灵的神性掌管，在 灵的神性管制下， 灵魂是们的主，而物质感觉和人的意愿都没有存在之处。

**2**

**圣经**

**(6) 诗篇 86:2**

2 求你保存我的性命，因我是圣洁的。我的 神啊，求你拯救这倚靠你的仆人。

**(7) 路加福音 16:13**

13 一个仆人不能事奉两个主。不是恶这个、爱那个；就是重这个、轻那个。你们不能又事奉 神，又事奉玛门。」

**(8) 路加福音 11:34, 36**

34 眼睛就是身上的光。故此，你的眼睛若专一，你全身就全然光明；你眼睛若有灾病，你全身就全然黑暗。

36 所以，若是你全身全然光明，毫无黑暗，全身就必全然光明，如同烛的明光照亮你。」

**(9) 罗马书 8:5, 9 (至第一个。)**

5 因为随从肉体的人思想属乎肉体的事，随从 灵的人思想属乎 灵的事。

9 如果 神的 灵住在你们里面，你们就不属肉体，乃属乎 灵了。

### **(10) II Corinthians 5:6, 8**

6 Therefore we are always confident, knowing that, whilst we are at home in the body, we are absent from the Lord:  
8 We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord.

## **Science and Health**

### **(8) 13:29-6**

The world of error is ignorant of the world of Truth, — blind to the reality of man's existence, — for the world of sensation is not cognizant of life in Soul, not in body.

Bodily presence

If we are sensibly with the body and regard omnipotence as a corporeal, material person, whose ear we would gain, we are not "absent from the body" and "present with the Lord" in the demonstration of Spirit. We cannot "serve two masters."

### **(9) 226:22-29**

I saw before me the sick, wearing out years of servitude to an unreal master in the belief that the body governed them, rather than Mind.

House of bondage

The lame, the deaf, the dumb, the blind, the sick, the sensual, the sinner, I wished to save from the slavery of their own beliefs and from the educational systems of the Pharaohs, who to-day, as of yore, hold the children of Israel in bondage.

### **(10) 228:14-16**

God-given dominion

Mortals will some day assert their freedom in the name of Almighty God. Then they will control their own bodies through the understanding of divine Science.

### **(11) 302:19, 26-28**

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.

Man's true consciousness is in the mental, not in any bodily or personal likeness to Spirit.

### **(10) 哥林多后书 5:6, 8**

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。

## **科学与健康**

### **(8) 13:29-6**

谬误界对真理界是无知的, ——对人存在的真实性是看不见的, ——因为官感界意识不到生命是在灵魂之内, 而在身体之中。

身体的存在

如果我们依照身体官感而把全能者当作一个肉体的, 物质的人, 要他的耳朵垂听我们, 在灵的显示上我们便为“离开身体”, 也没“与主同住”。我们不能“事奉两个主”。

### **(9) 226:22-29**

我见到在我面前的病者, 在一个非真实主人的奴役下精疲力竭多年, 抱着他们被身体管治而非心灵管治的信念。

为奴之家

瘸子、聋子、哑巴、瞎子、病人、物欲者、罪人, 我希望将他们从其自己信念的奴役中, 及从法老的教育系统中救出, 其今日, 也如往昔, 奴役以色列的子民。

### **(10) 228:14-16**

神赋予的权柄

必朽者有一天将会在全能之神的名义下断言他们的自由。然后他会通过对神性科学的理解来掌管他们自己的身体。

### **(11) 302:19, 26-28**

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。

人的真意识是与灵在精神上相若, 而不是在任何身体上或人个性上的与灵相像。

**(12) 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.

**(13) 322:3-7**

Standpoints changed

When understanding changes the standpoints of life and intelligence from a material to a spiritual basis, we shall gain the reality of Life, the control of Soul over sense, and we shall perceive Christianity, or Truth, in its divine Principle.

**3**

**Bible**

**(11) Isaiah 42:1 (to :)**

1 Behold my servant, whom I uphold; mine elect, in whom my soul delighteth; I have put my spirit upon him:

**(12) Luke 4:14**

14 And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

**(13) Luke 7:2, 3, 6-10**

2 And a certain centurion's servant, who was dear unto him, was sick, and ready to die.  
3 And when he heard of Jesus, he sent unto him the elders of the Jews, beseeching him that he would come and heal his servant.

**(12) 208:25 物质身体**

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，并按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。

**(13) 322:3-7**

立场改变

当理解改变生命和智力的立场，从物质的基础转至灵性的基础上，我们便会得到生命的真实性，即灵魂对盲感的控制，而且我们会在基督信仰的神性原则上领悟基督信仰，或真理。

**3**

**圣经**

**(11) 以赛亚书 42:1 (至第一个。)**

1 看哪，我的仆人—我所扶持的；是我所拣选—心里所喜悦的；我已将我的灵赐给他。

**(12) 路加福音 4:14**

14 耶稣满有灵的能力，回到加利利；他的名声就传遍四方。

**(13) 路加福音 7:2, 3, 6-10**

2 有一个百夫长所宝贵的仆人害病，快要死了。  
3 百夫长风闻耶稣，就托犹太人的几个长老去求耶稣来医治他的仆人。

6 Then Jesus went with them. And when he was now not far from the house, the centurion sent friends to him, saying unto him, Lord, trouble not thyself: for I am not worthy that thou shouldst enter under my roof:  
7 Wherefore neither thought I myself worthy to come unto thee: but say in a word, and my servant shall be healed.  
8 For I also am a man set under authority, having under me soldiers, and I say unto one, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it.  
9 When Jesus heard these things, he marvelled at him, and turned him about, and said unto the people that followed him, I say unto you, I have not found so great faith, no, not in Israel.  
10 And they that were sent, returning to the house, found the servant whole that had been sick.

## Science and Health

### (14) 92:32-7

The age's privilege

Do you say the time has not yet come in which to recognize Soul as substantial and able to control the body? Remember Jesus, who nearly nineteen centuries ago demonstrated the power of Spirit and said, "He that believeth on me, the works that I do shall he do also," and who also said, "But the hour cometh, and *now is*, when the true worshippers shall worship the Father in spirit and in truth."

### (15) 395:6-10

Divine authority

Like the great Exemplar, the healer should speak to disease as one having authority over it, leaving Soul to master the false evidences of the corporeal senses and to assert its claims over mortality and disease.

### (16) 316:20

Christ presents the indestructible man, whom Spirit creates, constitutes, and governs. Christ illustrates that blending with God, his divine Principle, which gives man dominion over all the earth.

6 耶稣就和他们同去。离那家不远，百夫长托几个朋友去见耶稣，对他说：「主啊，不要劳动。因你进我舍下，不敢当；  
7 我也自以为不配去见你；只要你说一句话，我的仆人就必好了。  
8 因为我也在人的权下，也有兵在我以下，我对这个说：『去』，他就去；对那个说：『来』，他就来；对我的仆人讲『你作这事』，他就去作。」  
9 耶稣听见这些话，就希奇他，转身对跟随他的百姓说：「我告诉你们：『这么大的信心，就是在以色列中，我也没有遇见过。』」  
10 那托来的人回到百夫长家里，看见那害病的仆人已经好了。

## 科学与健康

### (14) 92:32-7

这时代的特权

你是否说，承认灵魂为实质及承认灵魂能够控制身体的时间还没到呢？记得耶稣，他在将近十九世纪前显示了灵的力量并说：“我所作的事，信我的人也要作，”而且他还说：“时候将到如今就是了，那真正敬拜父的，要用心灵和真理敬拜他。”

### (15) 395:6-10

神性权柄

一如那伟大的榜样，医者对病患说话，正如一个对病患有权柄的人说话，交托灵魂去掌控肉体官感的虚假证据，并确认其征服必朽性及病患的权利。

### (16) 316:20

基督展现不可摧毁之人，人是灵所创造、所构成及治理的。基督例举出与神，与神性原则融汇，其赋予人管治全地的权柄。

**(17) 216:11-18**

Servants and masters

The understanding that the Ego is Mind, and that there is but one Mind or intelligence, begins at once to destroy the errors of mortal sense and to supply the truth of immortal sense. This understanding makes the body harmonious; it makes the nerves, bones, brain, etc., servants, instead of masters. If man is governed by the law of divine Mind, his body is in submission to everlasting Life and Truth and Love.

**(18) 14:12-18**

Spiritualized consciousness

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 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 spiritual Life, Truth, and Love.

**4**

**Bible**

**(14) III John 1:2**

2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

**(15) Matthew 6:25 Take, 32, 33**

25 Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

**(16) I Peter 5:6, 7**

6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:

7 Casting all your care upon him; for he careth for you.

**(17) 216:11-18**

仆人与主人

理解 自我就是 心灵, 也理解只有唯一的 心灵或智能, 这便立刻开始毁除必朽意识的谬误并提供不朽意识的真理。这理解使身体和谐; 其使神经、骨骼、头脑等等, 成仆人而非主人。如果人是由神性 心灵的律法所治理, 他的身体就服从于永恒的 生命和 真理与 爱。

**(18) 14:12-18**

灵性化的意识

即使是片刻意识到 生命与智力都是纯粹灵性上的, ——不在物质之中, 也不是从物质而来, 那么, 身体就会没有抱怨。如果受苦于疾病的信念, 你会感到自己突然复元。当灵性的 生命, 真理和 爱控制身体, 悲哀会转为喜乐。

**4**

**圣经**

**(14) 约翰三书 1:2**

2 亲爱的兄弟啊, 我莫甚於愿你兴盛, 身体健壮, 正如你的元魂兴盛一样。

**(15) 马太福音 6:25 你们不要, 32, 33**

25『你们不要为生命忧虑自己吃甚麽, 喝甚麽; 也不要为身体忧虑你们穿甚麽。』生命不甚於饮食吗? 身体不甚於衣服吗?

32 (这些都是外邦人所求的; ) 你们需用的这一切东西, 们的 天父是知道的。

33 但你们要先求 神的国, 和他的义; 这些东西都要加给你们的了。

**(16) 彼得前书 5:6, 7**

6 所以, 你们要谦卑, 服在 神大能的手下, 到了时候他: 叫你们升高。

7 你们要将一切的忧虑卸给 神, 因为他顾念你们。



## Science and Health

## 科学与健康

### (19) 228:20

If we follow the command of our Master, "Take no thought for your life," we shall never depend on bodily conditions, structure, or economy, but we shall be masters of the body, dictate its terms, and form and control it with Truth.

### (19) 228:20

如果我们遵从我们师主的命令：“不要为你们的生命忧虑，”我们将永不依赖身体上的状况、结构或运作系统，而我们会是身体的支配者，指挥其条件，以真理去形成并掌管它。

### (20) 62:20

The Mind creative  
We must not attribute more and more intelligence to matter, but less and less, if we would be wise and healthy. The divine Mind, which forms the bud and blossom, will care for the human body, even as it clothes the lily; but let no mortal interfere with God's government by thrusting in the laws of erring, human concepts.

### (20) 62:20

心灵具创造性  
如果我们想要明智和健康，必不可将越来越多的智能归于物质，而应越来越少。神性心灵，形成花蕾和花开，照顾人的身体，即如其给百合花披衣；但不要让必朽的通过插入谬误的，插入人概念下的法规干扰神的管治。

### (21) 392:21

If you decide that climate or atmosphere is unhealthy, it will be so to you. Your decisions will master you, whichever direction they take.

### (21) 392:21

如果你认为气候或空气是不健康的，对你而言其就会如此。你的决定会控制你，无论其往哪个方向。

### (22) 261:2

Thoughts are things  
Look away from the body into Truth and Love, the Principle of all happiness, harmony, and immortality. Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts.

### (22) 261:2

意念上的事物  
从身体转望向真理和爱，就是那所有快乐、和谐、及永生的原则。对持久的、美善的、真正的，要坚定把持在思想上，相应它们在你意念的占据程度，你会将之纳入你的体验中。

### (23) 273:18 (only)

Man is harmonious when governed by Soul.

### (23) 273:18 (只一句)

当人由灵魂治理就会是和谐的。

5

Bible

5

圣经

### (17) Psalms 56:4

4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

### (17) 诗篇 56:4

4 在神里我要赞美他的话，我倚靠神；血气之辈所能对我怎麽样的，我必不惧怕。

**(18) Hebrews 12:12, 13**

12 Wherefore lift up the hands which hang down, and the feeble knees;  
13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

**(19) Hebrews 4:12**

12 For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

**(20) Acts 17:28 (to :)**

28 For in him we live, and move, and have our being;

**(21) Acts 14:8-10 there**

8 there sat a certain man at Lystra, impotent in his feet, being a cripple from his mother's womb, who never had walked:  
9 The same heard Paul speak: who stedfastly beholding him, and perceiving that he had faith to be healed,  
10 Said with a loud voice, Stand upright on thy feet. And he leaped and walked.

***Science and Health***

**(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) 419:16-20**

Meet every adverse circumstance as its master. Observe mind instead of body, lest aught unfit for development enter thought. Think less of material conditions and more of spiritual.  
Mind produces all action.

**(18) 希伯来书 12:12, 13**

12 所以, 你们要把下垂的手、发软的腿、挺起来;  
13 也要为自己的脚, 把道路修直了, 恐怕使瘸子走差了路; 倒要痊愈。

**(19) 希伯来书 4:12**

12 神的道是活泼的, 是有大能的, 比一切两刃的剑更锋利, 甚至魂与灵, 骨节与骨髓, 都能刺入、剖开, 连心中的思念和主意都能辨明。

**(20) 使徒行传 17:28 (至第一个。)**

28 我们生活、动作、存留, 都在乎他。

**(21) 使徒行传 14:8-10**

8 路司得城里坐着一个两脚无力的人, 生来是瘸腿的, 从来没有走过。  
9 他听保罗讲道, 保罗定睛看他, 见他有信心, 可得痊愈  
10 就大声说: 「你起来, 两脚站直。」那人就跳起来, 行走。

**科学与健康**

**(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) 419:16-20**

作为其控制者来应付每个不利的情况。观察心灵而非身体, 以免任何不宜于发展的进入思想。少考虑物质上的状况而多考虑灵性上的状况。  
心灵产生一切行动。

**(26) 84:19-23**

The Mind unbounded

To understand that Mind is infinite, not bounded by corporeality, not dependent upon the ear and eye for sound or sight nor upon muscles and bones for locomotion, is a step towards the Mind-science by which we discern man's nature and existence.

**(27) 199:8-12**

Muscles are not self-acting. If mind does not move them, they are motionless. Hence the great fact that Mind alone enlarges and empowers man through its mandate, — by reason of its demand for and supply of power.

**(28) 393:4**

The strength of Spirit

The body seems to be self-acting, only because mortal mind is ignorant of itself, of its own actions, and of their results, — ignorant that the predisposing, remote, and exciting cause of all bad effects is a law of so-called mortal mind, not of matter. Mind is the 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. 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.

**6**

**Bible**

**(22) Psalms 47:1**

1 O clap your hands, all ye people; shout unto God with the voice of triumph.

**(23) Daniel 7:18 the**

18 the saints of the most High shall take the kingdom, and possess the kingdom for ever, even for ever and ever.

**(26) 84:19-23**

心灵不受规限

理解 心灵是无限的, 不受肉身所规限, 不依靠耳朵和眼睛给予听觉和视觉, 也不依靠肌肉和骨骼来作活动, 是走向 心灵科学的一步, 藉 心灵科学我们辨识出人的本性与存在。

**(27) 199:8-12**

肌肉并非自我运作。如果心灵不移动它们, 它们是不动的。因此那重大的事实是, 只有 心灵增强及赋予人力量, 通过 心灵的授权, ——由于对其力量的需求, 其就得到供应。

**(28) 393:4**

灵的力量

身体似乎是自我运作的, 只因为必朽心灵对其自己、对其自己的运作, 及对其运作结果是无知的, ——就是对那些诱病的、久远的及激发的所有坏影响其成因都是那所谓必朽心灵法规的, 而非物质法规的均无知。 心灵是肉体官感之主, 并能征服疾病、罪恶与死亡。要运用 神所赋予的这权柄。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。

**6**

**圣经**

**(22) 诗篇 47:1**

1 众民哪, 你们都要拍掌。要用夸胜的声音向 神呼喊。

**(23) 但以理书 7:18 至高者**

18 至高者的圣民, 必要得国享受, 直到永永远远。

**(24) I Thessalonians 5:23, 24**

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.

24 Faithful is he that calleth you, who also will do it.

**Science and Health**

**(29) 307:25–26 The**

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

**(30) 264:7**

Mortals must look beyond fading, finite forms, if they would gain the true sense of things. Where shall the gaze rest but in the unsearchable realm of Mind? We must look where we would walk, and we must act as possessing all power from Him in whom we have our being.

**(31) 90:24–25**

The admission to one's self that man is God's own likeness sets man free to master the infinite idea.

**(24) 帖撒罗尼迦前书 5:23, 24**

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世的时候，完全无可指摘。

24 那召你们的本是信实的，他必成就这事。

**科学与健康**

**(29) 307:25–26 神性**

神性 心灵是人的灵魂，并赋予人权柄管治万物。

**(30) 264:7**

倘若必朽者要得到事物的真意识，他们必须远瞻超越正渐失的、有限的形式。除了无法测度的心灵国度，注神的该在哪里？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。

**(31) 90:24–25**

对人本身是神自己样式的承认，释放人去掌握无限的意念。

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