

2024年9月2日- 9月8日

# 人

金句:

罗马书 8:37 靠着

.....靠着爱我们的主，在这一切的事上已经得胜有余了。

回应式诵读：

诗篇 8:1, 4, 6

以西结书 1:1, 4, 5, 26, 28 (至第二个。)

诗篇 8:1 耶和華—我們的 主啊，你的名在全地何其美。你将你的榮耀安于诸天。

**4 便说：人算什么，你竟顾念他？世人算什么，你竟眷顾他？**

6 你派他管理你手所造的，使一切都服在他的脚下。

**以西结书 1:1 当三十年四月初五日，我在迦巴鲁河边被掳的人中，诸天就开了，得见 神的异象。**

4 我观看，见旋风从北方刮来，随着有一朵包括闪烁火的大云，周围有光辉；从其中的火内发出好像琥珀的颜色；

**5 又从其中显出四个活的造物的形像来。他们的形状是这样：有人的形像，**

26 在他们头以上的穹苍之上有宝座的形像，仿佛蓝宝石；在宝座形像以上有仿佛人的形状。

**28 下雨的日子，云中虹的形状怎样，周围光辉的形状也是怎样。这就是 耶和華榮耀的形像。**

(1) Genesis 1:26 (to :), 27, 31 (to 1st.)

26 And God said, Let us make man in our image, after our likeness:  
 27 So God created man in his own image, in the image of God created he him; male and female created he them.  
 31 And God saw every thing that he had made, and, behold, it was very good.

(2) Job 33:4

4 The spirit of God hath made me, and the breath of the Almighty hath given me life.

(3) II Timothy 3:16, 17

16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:  
 17 That the man of God may be perfect, throughly furnished unto all good works.

(4) Colossians 3:2, 9 seeing, 10

2 Set your affection on things above, not on things on the earth.  
 9 seeing that ye have put off the old man with his deeds;  
 10 And have put on the new man, which is renewed in knowledge after the image of him that created him:

(5) Romans 8:9 ye (to 1st.)

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

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

(1) 468:13

Spirit is God, and man is His image and likeness. Therefore man is not material; he is spiritual.

(1) 创世记 1:26 (至 ;), 27, 31 (至第一个。)

26 神说：「我们要照着我们的形像、按着我们的样式造人；  
 27 神就照着自己的形像创造人，乃是照着神的形像创造男女。  
 31 神看着一切所造的都见甚好。

(2) 约伯记 33:4

4 神的 灵造我，全能者的气使我得生。

(3) 提摩太后书 3:16, 17

16 圣经都是 神所启示的，于道理、督责、使人归正、教导人学义都是有益的，  
 17 叫属 神的人得以完全，预备行各样的善行。

(4) 歌罗西书 3:2, 9 因, 10

2 你们要爱慕上面的事，不要恋慕地上的事。  
 9 因你们已经脱去旧人和旧人的行为，  
 10 穿上了新人。这新人在知识上渐渐更新，正如创造他主的形像。

(5) 罗马书 8:9 (至第一个。)

9 如果 神的 灵住在你们里面，你们就不属肉体，乃属乎 灵了。

科学与健康附圣经之钥匙  
 玛丽·贝格·爱迪著

(1) 468:13

灵就是 神，而人是祂的形像和样式。所以人不是物质的；其是灵性的。

(2) 470:21-24

Indestructible relationship

God is the creator of man, and, the divine Principle of man remaining perfect, the divine idea or reflection, man, remains perfect. Man is the expression of God's being.

(3) 515:21 Man

Man is the family name for all ideas, — the sons and daughters of God. All that God imparts moves in accord with Him, reflecting goodness and power.

(4) 317:16-20

The individuality of man is no less tangible because it is spiritual and because his life is not at the mercy of matter. The understanding of his spiritual individuality makes man more real, more formidable in truth, and enables him to conquer sin, disease, and death.

2

Bible

(6) Exodus 20:1, 3

1 And God spake all these words, saying,  
3 Thou shalt have no other gods before me.

(7) I John 5:4

4 For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith.

(8) Genesis 32:24-30

24 And Jacob was left alone; and there wrestled a man with him until the breaking of the day.

25 And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him.

26 And he said, Let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me.

27 And he said unto him, What is thy name? And he said, Jacob.

28 And he said, Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed.

(2) 470:21-24

坚不可摧的关系

神是人的创造者，而且人的神性 原则保持着完美，那神性意念或反映，即人，仍保持着完美。人是 神存在的表现。

(3) 515:21 人

人是所有意念的统称，——就是 神的儿与女。 神所授予的一切都与祂一致，反映着美善与力量。

(4) 317:16-20

人的独特性不是不可触知的，因为人是灵性的，也因为他的生命不受制于物质。人对其灵性独特性的理解使人更真实，在真理上更具力量，并使他能够战胜罪恶、病患及死亡。

2

圣经

(6) 出埃及记 20:1, 3

1 神晓谕这一切的话说：  
3 「除了我以外，你不可有别的众神。」

(7) 约翰一书 5:4

4 因为凡从 神生的，就胜过世界；使我们胜过世界的，就是我们的信心。

(8) 创世记 32:24-30

24 只剩下雅各一人。有一个人来和他摔跤，直到黎明。

25 那人见自己胜不过他，就将他的大腿窝摸了一把，雅各的大腿窝正在摔跤的时候就脱了节。

26 那人说：「天黎明了，容我去吧。」雅各说：「你不给我祝福，我就不容你去。」

27 那人说：「你名叫什么？」他说：「我名叫雅各。」

28 那人说：「你的名不要再叫雅各，要叫以色列；因为你如同首领，与神与人较力，都得了胜。」

29 And Jacob asked him, and said, Tell me, I pray thee, thy name. And he said, Wherefore is it that thou dost ask after my name? And he blessed him there.

30 And Jacob called the name of the place Peniel: for I have seen God face to face, and my life is preserved.

## Science and Health

### (5) 308:14-12

The Soul-inspired patriarchs heard the voice of Truth, and talked with God as consciously as man talks with man.

Wrestling of Jacob

Jacob was *alone*, wrestling with error, — struggling with a mortal sense of life, substance, and intelligence as existent in matter with its false pleasures and pains, — when an angel, a message from Truth and Love, appeared to him and smote the sinew, or strength, of his error, till he saw its unreality; and Truth, being thereby understood, gave him spiritual strength in this Peniel of divine Science. Then said the spiritual evangel: “Let me go, for the day breaketh;” that is, the light of Truth and Love dawns upon thee. But the patriarch, perceiving his error and his need of help, did not loosen his hold upon this glorious light until his nature was transformed. When Jacob was asked, “What is thy name?” he straightway answered; and then his name was changed to Israel, for “as a prince” had he prevailed and had “power with God and with men.” Then Jacob questioned his deliverer, “Tell me, I pray thee, *thy* name;” but this appellation was withheld, for the messenger was not a corporeal being, but a nameless, incorporeal impartation of divine Love to man, which, to use the word of the Psalmist, *restored* his Soul, — gave him the spiritual sense of being and rebuked his material sense.

Israel the new name

The result of Jacob’s struggle thus appeared. He had conquered material error with the understanding of Spirit and of spiritual power. This changed the man. He was no longer called Jacob, but Israel, — a prince of God, or a soldier of God, who had fought a good fight.

### (6) 340:15-17, 20-22

“Thou shalt have no other gods before me.” (Exodus xx. 3.) The First Commandment is my favorite text. It demonstrates Christian Science.

29 雅各问他说：「请将你的名告诉我。」那人说：「何必问我的名？」于是在那里给雅各祝福。

30 雅各便给那地方起名叫毗努伊勒，意思说：「我面对面见了 神，我的性命仍得保全。」

## 科学与健康

### (5) 308:14-12

受 灵魂启示的先祖听见 真理的声音，并与神谈话如同人与人一般有意识地谈话。

雅各的摔跤

雅各独自，与谬误摔跤，——其是与认为生命、实质及智力存在于物质之中，其虚假的享乐和痛苦的必朽意识搏斗，——那时一个天使，一个从 真理与 爱 而来的讯息，对他呈现并击打他的筋，或力量，他谬误的力量，直至他见到其非真实性；并因而得以理解 真理，在神性科学这毗努伊勒上给予他灵性力量。然后那灵性的福音说道：“天黎明了，容我去吧”；那就是， 真理和 爱的光使你破晓。但那先祖，感知到他的谬误及他所需的帮助，并没有放松他对这荣耀之光的把持，直至他的本性被转化。雅各被问：“你名叫什么？”他立即回答了；继而他的名字被改为以色列，因为他得胜“如同首领”并有“以 神和以人的力量”。随之雅各询问他的拯救者：“请将你的名告诉我”，但其称谓被保留，因为使者并非一个肉体存在，而是无名的，神性之 爱对人在非肉体性上的传达，那传达，引用诗篇作者的话，使他的 灵魂苏醒，——给了他那存在的灵性意识并斥责他的物质意识。

以色列，新名字

雅各搏斗的结果因而出现了。他以对 灵及灵性力量的理解征服了物质谬误。这改变了此人。他再也不被称为雅各，而被称为以色列，—— 神的王子，或 神的精兵，其打过了一场美好的仗。

### (6) 340:15-17, 20-22

“除了我以外，你不可有别的众神。”（出埃及记二十章，第三节）第一条诫命是我至爱的篇章。其显示了基督科学。

The divine Principle of the First Commandment bases the Science of being, by which man demonstrates health, holiness, and life eternal.

### 3 Bible

#### (9) Psalms 98:1

1 O sing unto the Lord a new song; for he hath done marvellous things: his right hand, and his holy arm, hath gotten him the victory.

#### (10) Matthew 4:23, 24

23 And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

24 And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them.

#### (11) Matthew 8:14, 15

14 And when Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever.

15 And he touched her hand, and the fever left her: and she arose, and ministered unto them.

#### (12) Luke 9:1, 2

1 Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases.

2 And he sent them to preach the kingdom of God, and to heal the sick.

### Science and Health

#### (7) 394:25-29

Is there no divine permission to conquer discord of every kind with harmony, with Truth and Love?

We should remember that Life is God, and that God is omnipotent.

第一条诫命的神性 原则奠定了灵性存在的‘科学’，以此人显示健康、圣洁及生命的永恒。

### 3 圣经

#### (9) 诗篇 98:1

1 你们向 耶和華唱新歌吧。因为他行过奇妙的事；他的右手和圣臂使他得胜。

#### (10) 马太福音 4:23, 24

23 耶稣走遍加利利，在各会堂里教训人，传天国的福音，医治百姓中间各样的病症。

24 他的名声就传遍了叙利亚。那里的人把一切害各样疾病、各样疼痛的病人，和那些被鬼魔所附的、癲病的、癱瘓的，都带了来；耶稣就治好了他们。

#### (11) 马太福音 8:14, 15

14 耶稣到了彼得家里，见彼得的岳母害热病躺着。

15 耶稣把她的手一摸，热就退离她了；她就起来，服事他们。

#### (12) 路加福音 9:1, 2

1 当下，耶稣叫齐了他十二个门徒，给他们能力、权柄，制伏一切的鬼魔，医治各样的病。

2 他又差遣他们去传扬 神国的道，医治病人。

### 科学与健康

#### (7) 394:25-29

没有神性的允许来以和谐、以 真理与 爱去征服每种不谐和吗？

我们应该记住 生命就是 神，并且 神是全能的。

(8) 26:10–12, 14–16

The Christ was the Spirit which Jesus implied in his own statements: “I am the way, the truth, and the life;” “I and my Father are one.” Divine Truth, Life, and Love gave Jesus authority over sin, sickness, and death.

(9) 37:22–25

It is possible, — yea, it is the duty and privilege of every child, man, and woman, — to follow in some degree the example of the Master by the demonstration of Truth and Life, of health and holiness.

(10) 378:24–28

Disease powerless

Sickness is not a God-given, nor a self-constituted material power, which copes astutely with Mind and finally conquers it. God never endowed matter with power to disable Life or to chill harmony with a long and cold night of discord.

(11) 393:8

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.

(12) 379:25 (only)

Fevers are errors of various types.

(13) 376:17–27

Remedy for fever

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.

(8) 26:10–12, 14–16

基督就是耶稣在其声明中所暗示的灵：“我就是道路、真理、生命”；“我与父原为一。”

神性 真理、生命和 爱给予耶稣制伏罪恶、疾病和死亡的权柄。

(9) 37:22–25

藉 真理和 生命的，借健康和圣洁的显示在某些程度上遵循师主的榜样——是可能的，——这正是每个孩子、男人和女人的责任和特权。

(10) 378:24–28

病患无力量

疾病不是个 神赋予的或自我构成的物质力量，也不是敏应地对 心灵并最终将 心灵征服的。 神从没有将力量赋予物质来使 生命无能力，也从不以不谐和的漫长寒夜来冻却和谐。

(11) 393:8

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。

(12) 379:25 (只一句)

发烧是不同类型下的谬误。

(13) 376:17–27

发烧的疗法

如果身体是物质的话，也正因为那原因，它就不能患上发烧。因为所谓的物质身体是个精神上的概念，并由必朽心灵所支配，其展现的，仅是所谓心灵所表现的。因此有效的治疗是，通过静默与发声地为有关和谐灵性存在的真相而辩论，来毁除病人的错误信念，——那真相就是人是健康的而非患病的，并展示物质，受到痛苦、感觉痛与热、干渴或生病都是不可能的。毁除恐惧，你就终止发烧。

(14) 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.

4

Bible

(13) Isaiah 40:1, 5, 28–31

1 Comfort ye, comfort ye my people, saith your God.

5 And the glory of the Lord shall be revealed, and all flesh shall see it together: for the mouth of the Lord hath spoken it.

28 Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.

29 He giveth power to the faint; and to them that have no might he increaseth strength.

30 Even the youths shall faint and be weary, and the young men shall utterly fall:

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.

(14) Matthew 11:1, 28–30

1 And it came to pass, when Jesus had made an end of commanding his twelve disciples, he departed thence to teach and to preach in their cities.

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

30 For my yoke is easy, and my burden is light.

(15) Matthew 5:48

48 Be ye therefore perfect, even as your Father which is in heaven is perfect.

(14) 496:15

要恒久地把握这意念，——其正是灵性意念，圣灵与 基督，使你能够以科学的肯定来显示，那疗愈的法则是基于其神性 原则，爱，其承托着、覆盖着、围绕着所有真实的灵性存在。

4

圣经

(13) 以赛亚书 40:1, 5, 28–31

1 你们的 神说：你们要安慰，安慰我的百姓。

5 耶和华的荣耀必然显现，凡有血气的必一同看见；因为这是 耶和华亲口说的。

28 你岂不曾知道吗？你岂不曾听见永在的神耶和华，那造地极的 创造主并不疲乏，也不困倦吗？他的智慧无法测度。

29 疲乏的，他赐能力；软弱的，他加力量。

30 就是少年人也要疲乏困倦，少壮的也必全然跌倒—

31 但那些等候 耶和华的必从新得力；他们必如鹰展翅上腾；他们奔跑并不困倦；他们行走也不疲乏。

(14) 马太福音 11:1, 28–30

1 耶稣吩咐完了十二个门徒，就离开那里，往各城去传道，教训人。

28 你们凡劳苦担重担的，可以到我这里来，我就使你们得安息。

29 我心里柔和谦卑；你们当负我的轭，学我的样式。这样，你们心里就必得享安息。

30 因为我的轭是容易的，我的担子是轻省的。

」

(15) 马太福音 5:48

48 所以，你们要完全，像你们在天上的 父完全一样。

## Science and Health

(15) 218:27

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

(16) 168:15-20

The divine authority

Because man-made systems insist that man becomes sick and useless, suffers and dies, all in consonance with the laws of God, are we to believe it? Are we to believe an authority which denies God's spiritual command relating to perfection, — an authority which Jesus proved to be false?

(17) 339:31-32

You conquer error by denying its verity.

(18) 217:16-19, 24

Fatigue is mental

When you have once conquered a diseased condition of the body through Mind, that condition never recurs, and you have won a point in Science.

The scientific and permanent remedy for fatigue is to learn the power of Mind over the body or any illusion of physical weariness, and so destroy this illusion, for matter cannot be weary and heavy-laden.

(19) 218:7

The consciousness of Truth rests us more than hours of repose in unconsciousness.

(20) 246:20-23

Undesirable records

Except for the error of measuring and limiting all that is good and beautiful, man would enjoy more than threescore years and ten and still maintain his vigor, freshness, and promise.

## 科学与健康

(15) 218:27

经文道：“那些等候耶和华的……他们奔跑并不困倦；他们行走也不疲乏。”在字面上将疲惫的时刻应用于此章节，意义并非失当，因为在道德上与在身体上，其结果都如一。当我们对灵性存在的真理醒悟时，所有病患、痛楚、软弱、疲惫、悲伤、罪恶、死亡将不为所知，并且必朽之梦将会永久终止。我治疗疲劳的方法应用于所有身体上的疾病，因为心灵该是，也正是，至高的、绝对的及至终的。

(16) 168:15-20

神性权柄

因为人为的系统坚持人会生病和会变得无用，受苦并死亡，坚持一切都与神的律法一致，我们就相信吗？我们会去相信一个否认关乎完美的，神之灵性命令的权柄，——一个被耶稣证明是虚假的权柄吗？

(17) 339:31-32

你们要以否定谬误的真实来征服它。

(18) 217:16-19, 24

疲惫是精神上的

当你一旦通过心灵征服了身体上的病患状况，那状况便不再复发，而在‘科学’上你便赢取了一分。

对于疲惫，那科学的及永久的治疗是去认知心灵的力量控制身体，及控制身体上有关疲劳的任何幻象，此认知毁除该幻象，因为物质不能感到疲劳及负重担。

(19) 218:7

真理的意识让我们休息得比无意识下数小时的睡眠还好。

(20) 246:20-23

不良的记录

若不是那量度及限制着所有美与善的该谬误，人会享受年过七十而仍保持其活力、朝气及指望。



(21) 259:6 (only), 11

In divine Science, man is the true image of God.

The Christlike understanding of scientific being and divine healing includes a perfect Principle and idea, — perfect God and perfect man, — as the basis of thought and demonstration.

5

Bible

(16) Romans 1:1, 16 (to :)

1 Paul, a servant of Jesus Christ, called to be an apostle, separated unto the gospel of God,  
16 For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth;

(17) Romans 7:18–25 I know (to 1st .)

18 I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.

19 For the good that I would I do not: but the evil which I would not, that I do.

20 Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.

21 I find then a law, that, when I would do good, evil is present with me.

22 For I delight in the law of God after the inward man:

23 But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

24 O wretched man that I am! who shall deliver me from the body of this death?

25 I thank God through Jesus Christ our Lord.

(18) Romans 8:35 (to 1st ?), 37 we

35 Who shall separate us from the love of Christ?

37 we are more than conquerors through him that loved us.

(21) 259:6 (只一句), 11

在神性科学上，人是 神的真形像。

在科学上灵性存在及神性疗愈该基督般的理解，包括完美的 原则与意念——也就是完美的 神和完美的人——来作为思想和显示的基础。

5

圣经

(16) 罗马书 1:1, 16 (to :)

1 耶稣 基督的仆人保罗，奉召为使徒，特派传 神的福音。

16 我不以 基督的福音为耻。这福音本是神的大能，要救一切相信的，

(17) 罗马书 7:18–25 我.....知道 (基督.....。)

18 我.....知道，在我里头（就是我肉体之中），没有良善。因为，立志为善由得我，只是行善之法我寻不着。

19 故此，我所愿意的善，我反不作；我所不愿意的恶，我倒去作。

20 若我去作所不愿意作的，就不是我作的，乃是住在我里头的罪作的。

21 我觉得有个律，就是我愿意为善的时候，便有恶与我同在。

22 因为按着我里面的人，我是喜欢 神的律；

23 但我觉得肢体中另有个律和我心中的律交战，把我掳去，叫我附从那肢体中犯罪的律。

24 我真是苦啊。谁能救我脱离这取死的身体呢？

25 感谢 神，靠着我们的 主耶稣 基督.....。

(18) 罗马书 8:35 (至第一个 ?), 37 靠着

35 谁能使我们与 基督的爱隔绝呢？

37 靠着爱我们的主，在这一切的事上已经得胜有余了。

## Science and Health

(22) 19:6

Jesus aided in reconciling man to God by giving man a truer sense of Love, the divine Principle of Jesus' teachings, and this truer sense of Love redeems man from the law of matter, sin, and death by the law of Spirit, — the law of divine Love.

(23) 473:6–7, 10–12(24) 54:1

Christ the ideal Truth

Christ came to destroy the belief of sin. Christ is the ideal Truth, that comes to heal sickness and sin through Christian Science, and attributes all power to God.

(24) 324:13 The

The way is straight and narrow, which leads to the understanding that God is the only Life. It is a warfare with the flesh, in which we must conquer sin, sickness, and death, either here or hereafter, — certainly before we can reach the goal of Spirit, or life in God.

(25) 405:5–9

Mental conspirators

Christian Science commands man to master the propensities, — to hold hatred in abeyance with kindness, to conquer lust with chastity, revenge with charity, and to overcome deceit with honesty.

(26) 407:6–8, 11–20

Man's enslavement to the most relentless masters — passion, selfishness, envy, hatred, and revenge — is conquered only by a mighty struggle. Here Christian Science is the sovereign panacea, giving strength to the weakness of mortal mind, — strength from the immortal and omnipotent Mind, — and lifting humanity above itself into purer desires, even into spiritual power and good-will to man. Let the slave of wrong desire learn the lessons of Christian Science, and he will get the better of that desire, and ascend a degree in the scale of health, happiness, and existence.

## 科学与健康

(22) 19:6

耶稣由给予人有关爱的更真意识来帮助人与神和好，耶稣所教导的神性原则，及爱该更真的意识，以 灵的律法，——即以神性之 爱的律法，将人从物质、罪恶和死亡的法规中赎回。

(23) 473:6–7, 10–12

基督，理想的 真理

基督来是为毁灭罪的信念。基督是理想的 真理，其藉基督科学来疗愈疾病及罪恶，并归一切力量于 神。

(24) 324:13 道

道是直而窄的，其引导至 神是唯一 生命的理解。在肉身的争战上，无论是在此或此后我们都必要征服罪恶、疾病和死亡，——当然是在我们能达到 灵的目标之前，即达到生命在于 神的目标之前我们必要将之征服。

(25) 405:5–9

精神上的阴谋者

基督科学要求人控制习性，——以仁慈搁置仇恨，以节操征服欲望，以博爱应对报复，以诚实克服欺诈。

(26) 407:6–8, 11–20

人在最无情主人的奴役下——即恶欲、自私、嫉妒、仇恨与报复的奴役下——只有通过极大的奋斗方可克服。在此基督科学就是至上的万灵药，对必朽心灵的软弱给予力量，——力量是来自不朽的及全能的 心灵，——并将人类提升超越其自身，而至更纯洁的愿望，甚至 运用灵性力量并且使喜悦归与人。让不当欲望之奴认知到基督科学的教导，那么他将胜过那愿望，并在健康、幸福及存在上提升层次。

(27) 405:19 Immortal

Immortal man demonstrates the government of God, good, in which is no power to sin.

6

Bible

(19) Psalms 8:1 (to !), 4

1 O Lord our Lord, how excellent is thy name in all the earth!

4 What is man, that thou art mindful of him? and the son of man, that thou visitest him?

(20) Psalms 1:1-3 (to 1st :)

1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

2 But his delight is in the law of the Lord; and in his law doth he meditate day and night.

3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season;

(21) Psalms 47:1

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

Science and Health

(28) 253:9-14

Heaven-bestowed prerogative

I hope, dear reader, I am leading you into the understanding of your divine rights, your heaven-bestowed harmony, — that, as you read, you see there is no cause (outside of erring, mortal, material sense which is not power) able to make you sick or sinful; and I hope that you are conquering this false sense.

(27) 405:19 不朽之人

不朽之人显示 神的，美善的治理，在其治理下毫无力量去犯罪。

6

圣经

(19) 诗篇 8:1 (至第一个。), 4 人算什么

1 耶和华—我们的 主啊，你的名在全地何其美。

4 人算什么，你竟顾念他？世人算什么，你竟眷顾他？

(20) 诗篇 1:1-3 (至第二个。)

1 不从不敬虔人的计谋、不站罪人的道路、不坐褻慢人座位的，这人便为有福。

2 他唯喜爱 耶和华的律法，昼夜思想他的律法。

3 他要像一棵树栽在溪水旁，按时候结果子，

(21) 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。

科学与健康

(28) 253:9-14

天赋特权

亲爱的读者，我希望引领你到你对神性权利的理解，你天赋的和谐——就如你所读到的，你看到没有任何原因（除了那不是力量的，谬误的、必朽的、物质感觉之外）能令你生病或有罪；而且我希望你克服这虚假意识。

(29) 99:23

The calm, strong currents of true spirituality, the manifestations of which are health, purity, and self-immolation, must deepen human experience, until the beliefs of material existence are seen to be a bald imposition, and sin, disease, and death give everlasting place to the scientific demonstration of divine Spirit and to God's spiritual, perfect man.

(29) 99:23

平静的，真正灵性的强流，展现的是健康、纯洁及克己，其必加深人类的经验，直至物质存在的信念被看清是个明显的负担，而且罪恶、病患和死亡永远让位于神性之灵的。科学显示，并让位于神其灵性的，完美之人。

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