

2024年10月28日– 11月3日

# 永久的惩罚

## 金句:

诗篇 142:5 (至第一个。), 7 (至第一个。)

耶和華啊，我曾向你哀求。……求你領我出離被囚之地，  
我好稱讚你的名。

## 回应式诵读：

诗篇 103:6, 10–12; 146:7 耶和華, 8, 9 却; 19:7–13; 119:45

诗篇 103:6 耶和華施行公义，为一切受屈的人伸冤。

**10 他没有按我们的罪过待我们，也没有照我们的罪孽报应我们。**

11 天离地何等的高，他的慈爱向敬畏他的人也是何等的大。

**12 东离西有多远，他叫我们的过犯离我们也有多远。**

146:7 …… 耶和華釋放被囚的；

**8 耶和華開了瞎子的眼睛； 耶和華扶起被壓下的人。 耶和華喜愛義人。**

9 ……却使惡人的道路彎曲。

**19:7 耶和華的律法全備，能回轉人心； 耶和華的法度確定，能使愚人有智慧。**

8 耶和華的律例正確，能快活人的心； 耶和華的命令純潔，能明亮人的眼目。

**9 敬畏 耶和華的道是潔淨的，存到永遠； 耶和華的典章真實，全然公义—**

10 都比金子可切慕，且比極多的精金可切慕；比蜜甘甜，且比蜂房下滴的蜜甘甜。

**11 况且你的仆人因此受警戒，守着这些便有大赏。**

12 谁能明白自己的错谬呢？愿你除净我暗里所存的过错。

**13 求你拦阻你仆人不犯任意妄为的罪，不容这罪辖制我，我便正直，免犯大罪。**

119:45 我要自由而行，因我素来考究你的训词。

(1) Psalms 79:9, 11 (to 1st :)

9 Help us, O God of our salvation, for the glory of thy name: and deliver us, and purge away our sins, for thy name's sake.

11 Let the sighing of the prisoner come before thee;

(2) Psalms 94:14, 18, 19, 22 the (to :)

14 For the Lord will not cast off his people, neither will he forsake his inheritance.

18 When I said, My foot slippeth; thy mercy, O Lord, held me up.

19 In the multitude of my thoughts within me thy comforts delight my soul.

22 the Lord is my defence;

(3) Psalms 116:16 thou

16 thou hast loosed my bonds.

(4) Zephaniah 3:14, 15

14 Sing, O daughter of Zion; shout, O Israel; be glad and rejoice with all the heart, O daughter of Jerusalem.

15 The Lord hath taken away thy judgments, he hath cast out thine enemy: the king of Israel, even the Lord, is in the midst of thee: thou shalt not see evil any more.

(5) Job 33:4, 9

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

9 I am clean without transgression, I am innocent; neither is there iniquity in me.

(6) I John 3:9

9 Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.

(1) 诗篇 79:9, 11 (至 ;)

9 拯救我们的 神啊，求你因你名的荣耀帮助我们；为你名的缘故搭救我们，净去我们的罪。

11 愿被囚之人的叹息达到你面前；

(2) 诗篇 94:14, 18, 19, 22 耶和華.....作 (至 ;)

14 因为 耶和華必不丢弃他的百姓，也不离弃他的产业。

18 我正说我失了脚， 耶和華啊，那时你的慈爱扶助我。

19 我心里多忧多疑，你安慰我，就使我心欢乐。

22 耶和華.....作了我的保障；

(3) 诗篇 116:16 你已

16 你已经解开我的绑索。

(4) 西番雅书 3:14, 15

14 女子锡安啊，应当歌唱。以色列啊，应当欢呼。女子耶路撒冷啊，应当满心欢喜快乐。

15 耶和華已经除去你的刑罚，赶出你的仇敌。以色列的王— 耶和華在你中间；你必不再看见灾祸。

(5) 约伯记 33:4, 9

4 神的 灵造我， 全能者的气使我得生。

9 我是清洁无过的，我是无辜的；在我里面也没有罪孽。

(6) 约翰一书 3:9

9 凡从 神生的，就不犯罪；因 神的种存在他心里。他也不能犯罪，因为他是由 神生的。

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

(1) 99:2-5

Key to the kingdom

Human philosophy, ethics, and superstition afford no demonstrable divine Principle by which mortals can escape from sin; yet to escape from sin, is what the Bible demands.

(2) 127:16-19

Christian Science reveals God, not as the author of sin, sickness, and death, but as divine Principle, Supreme Being, Mind, exempt from all evil.

(3) 230:11-16

God never inconsistent

It would be contrary to our highest ideas of God to suppose Him capable of first arranging law and causation so as to bring about certain evil results, and then punishing the helpless victims of His volition for doing what they could not avoid doing. Good is not, cannot be, the author of experimental sins.

(4) 231:12

If God makes sin, if good produces evil, if truth results in error, then Science and Christianity are helpless; but there are no antagonistic powers nor laws, spiritual or material, creating and governing man through perpetual warfare. God is not the author of mortal discords. Therefore we accept the conclusion that discords have only a fabulous existence, are mortal beliefs which divine Truth and Love destroy.

(5) 481:2

Man is tributary to God, Spirit, and to nothing else. God's being is infinity, freedom, harmony, and boundless bliss. "Where the Spirit of the Lord is, there is liberty." Like the archpriests of yore, man is free "to enter into the holiest," — the realm of God.

科学与健康附圣经之钥匙  
玛丽·贝格·爱迪著

(1) 99:2-5

到天国的钥匙

人类哲学、伦理和迷信，并没有对必朽者提供任何能逃离罪恶而可显示的神性原则；然而要逃离罪恶，就是《圣经》所要求的。

(2) 127:16-19

基督科学揭示 神并不是罪恶、疾病和死亡的创作者，而是一切罪恶所触及不了的神性原则、至尊存在、心灵。

(3) 230:11-16

神从不反覆

与我们 神的最高意念对立的是，假设祂为了带来必然的邪恶结果，就首先设定律法及因果关系，并随后因无助的受害者按祂的意愿做了无法避免的事而惩罚他们。善不是，也不可能是，试验性罪恶的创作者。

(4) 231:12

如果 神制造罪恶，如果美善产生邪恶，如果真理终结于谬误，那么‘科学’与基督信仰便是毫无帮助的；但并没有任何敌对的力量也没有灵性或物质的法规，以持续的战争来创造及治理着人。 神并非必朽不和谐的创作者。因此我们接受此结论，不和谐仅有个虚幻的存在，其是被神性 真理和 爱毁除的必朽信念。

(5) 481:2

人从属于 神， 灵，并不从属别的。 神的灵性存在是无限、自由、和谐及无尽的喜乐。“主的 灵在哪里，那里就得以自由”。如昔日的祭司长，人是自由“进入至圣所，”——即 神的皇国。

2  
Bible

(7) Isaiah 56:1

1 Thus saith the Lord, Keep ye judgment, and do justice: for my salvation is near to come, and my righteousness to be revealed.

(8) Romans 6:14 sin (to :)

14 sin shall not have dominion over you:

(9) Genesis 39:2, 7-9 his, 11, 12, 16, 17, 20 (to :), 21

2 And the Lord was with Joseph, and he was a prosperous man; and he was in the house of his master the Egyptian.

7 his master's wife cast her eyes upon Joseph; and she said, Lie with me.

8 But he refused, and said unto his master's wife, Behold, my master wotteth not what is with me in the house, and he hath committed all that he hath to my hand;

9 There is none greater in this house than I; neither hath he kept back any thing from me but thee, because thou art his wife: how then can I do this great wickedness, and sin against God?

11 And it came to pass about this time, that Joseph went into the house to do his business; and there was none of the men of the house there within.

12 And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and fled, and got him out.

16 And she laid up his garment by her, until his lord came home.

17 And she spake unto him, according to these words, saying, The Hebrew servant, which thou hast brought unto us, came in unto me to mock me:

20 And Joseph's master took him, and put him into the prison, a place where the king's prisoners were bound:

21 But the Lord was with Joseph, and shewed him mercy, and gave him favour in the sight of the keeper of the prison.

(10) Psalms 105:20

20 The king sent and loosed him; even the ruler of the people, and let him go free.

2  
圣经

(7) 以赛亚书 56:1

1 耶和華如此說：你們當守公平，行公義；因我的救恩臨近，我的公義將要顯現。

(8) 羅馬書 6:14 罪 (至第一個, )

14 罪必不能作你們的主，

(9) 創世記 39:2, 7-9 約瑟主人, 11, 12, 16, 17, 20 (至第一個。), 21

2 約瑟住在他主人埃及人的家中，耶和華與他同在，他就百事順利。

7 約瑟主人的妻以目送情給約瑟，說：「你與我同寢吧。」

8 約瑟不從，對他主人的妻說：「看哪，一切家務，我主人都不知道；他把所有的都交在我手里。

9 在這家里沒有比我大的；並且他沒有留下一樣不交給我，只留下了你，因為你是他的妻子。我怎能作這大惡，得罪神呢？」

11 有一天，約瑟進屋裏去辦事，家中的人沒有一個在那屋裏，

12 婦人就拉住他的衣服，說：「你與我同寢吧。」約瑟把衣服丟在婦人手里，逃到外邊去了。

16 婦人把約瑟的衣服放在自己那里，等着他主人回家，

17 她就對他如此如此說：「你所帶到我們这里的那希伯來仆人進來要戲弄我，

20 把約瑟下在監里，就是王的囚犯被囚的地方。

21 但耶和華與約瑟同在，向他施恩，使他在司獄的眼前蒙恩。

(10) 詩篇 105:20

20 王打发人把他解开；就是治理眾民的，把他釋放。

(11) James 1:12

12 Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.

Science and Health

(6) 189:13

The sins of others should not make good men suffer.

(7) 346:13-16

It is self-evident that we are harmonious only as we cease to manifest evil or the belief that we suffer from the sins of others. Disbelief in error destroys error, and leads to the discernment of Truth.

(8) 231:20-25

Superiority to sickness and sin

To hold yourself superior to sin, because God made you superior to it and governs man, is true wisdom. To fear sin is to misunderstand the power of Love and the divine Science of being in man's relation to God, — to doubt His government and distrust His omnipotent care.

(9) 542:5-8, 19-22

Though error hides behind a lie and excuses guilt, error cannot forever be concealed. Truth, through her eternal laws, unveils error.

Retribution and remorse

Let Truth uncover and destroy error in God's own way, and let human justice pattern the divine. Sin will receive its full penalty, both for what it is and for what it does.

(10) 537:14-15

Error excludes itself from harmony. Sin is its own punishment.

(11) 405:17

“Whatsoever a man soweth, that shall he also reap.” The good man finally can overcome his fear of sin. This is sin's necessity, — to destroy itself. Immortal man demonstrates the government of God, good, in which is no power to sin.

(11) 雅各书 1:12

12 忍受试探的人是有福的，因为他经过试验以后，必得生命的冠冕，这是 主应许给那些爱他之人的。

科学与健康

(6) 189:13

他人的罪不应使善人受苦。

(7) 346:13-16

只有当我们停止展示邪恶，或停止展示我们受苦是由于其他人的罪该信念，我们就显然是和谐的。不相信谬误便毁除谬误，并领至 真理的洞察力。

(8) 231:20-25

优越于疾病与罪恶之上

保持你自己凌驾于罪恶之上，是真的智慧，因为 神使你凌驾于罪恶之上并且 神是治理着人。畏惧罪恶是对 爱的力量及对灵性存在的灵性科学在人与 神关系上的误解，——即怀疑祂的治理和不信任祂无所不能的照护。

(9) 542:5-8, 19-22

纵使谬误躲在谎话背后并狡辩其罪行，谬误却不能永远隐藏。 真理，以其永恒的律法，揭露谬误。

报应与懊悔

让 真理以 神自己的方法揭露并毁灭谬误，并让人类公义仿效神性的公义。罪恶将受到其完全的惩罚，皆因其是什么及其做的是什么。

(10) 537:14-15

谬误把自己排除于和谐之外。罪是其自身的惩罚。

(11) 405:17

“人种的是什么，收的也什么”。美善的人最终能克服对罪恶的恐惧。罪恶其必然是，——自我毁除。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。

(12) Romans 6:16

16 Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

(13) Ezekiel 33:11 As (to 2nd :), 15, 16

11 As I live, saith the Lord God, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live: turn ye, turn ye from your evil ways;

15 If the wicked restore the pledge, give again that he had robbed, walk in the statutes of life, without committing iniquity; he shall surely live, he shall not die.

16 None of his sins that he hath committed shall be mentioned unto him: he hath done that which is lawful and right; he shall surely live.

(14) Isaiah 55:7

7 Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon.

## Science and Health

(12) 225:1 What

What is it that binds man with iron shackles to sin, sickness, and death? Whatever enslaves man is opposed to the divine government. Truth makes man free.

(13) 339:11

A sinner can receive no encouragement from the fact that Science demonstrates the unreality of evil, for the sinner would make a reality of sin, — would make that real which is unreal, and thus heap up “wrath against the day of wrath.” He is joining in a conspiracy against himself, — against his own awakening to the awful unreality by which he has been deceived. Only those, who repent of sin and forsake the unreal, can fully understand the unreality of evil.

1 翻译自英文英王钦定本圣经

(12) 罗马书 6:16

16 岂不晓得你们献上自己作仆人，顺从谁，就作谁的仆人或作罪的仆人，以至于死；或作顺命的仆人，以至成义？<sup>1</sup>

(13) 以西结书 33:11 主(至。), 15, 16

11 主耶和华说：我指着我的永生起誓，我断不喜悦恶人死亡，唯喜悦恶人转离所行的道而活。

15 还人的抵押和所抢夺的，遵行生命的律例，不作罪孽，他必定存活，不致死亡。

16 他所犯的一切罪必不被提说。他行了正确与合法的事，必定存活。

(14) 以赛亚书 55:7

7 恶人当离弃自己的道路，不义的人当除掉自己的意念。归向 耶和华， 耶和华就必怜恤他；当归向我们的 神，因他必多行赦免。

## 科学与健康

(12) 225:1 是什么

是什么将人与罪恶、疾病、和死亡以铁镣捆绑呢？任何使人奴役的就是与神性的治理对立。真理使人自由。

(13) 339:11

在'科学'显示那恶是非真的该事实上，犯罪的人是得不到任何鼓励，只因看起来犯罪的人可使罪恶真实——会使那不真实的为真实，并如此“积蓄愤怒”。他加入一个对抗自己的阴谋，——以那可怕的非真实抗拒其自己的醒悟，由此他被欺诈了。只有那些对罪悔改并放弃该非真实的，才能完全理解那恶的非真实性。

(14) 11:5

Remission of penalty

A magistrate sometimes remits the penalty, but this may be no moral benefit to the criminal, and at best, it only saves the criminal from one form of punishment. The moral law, which has the right to acquit or condemn, always demands restitution before mortals can "go up higher." Broken law brings penalty in order to compel this progress.

(15) 40:9-12

Science removes the penalty only by first removing the sin which incurs the penalty. This is my sense of divine pardon, which I understand to mean God's method of destroying sin.

(16) 240:21, 29

Progress demanded

If at present satisfied with wrong-doing, we must learn to loathe it. If at present content with idleness, we must become dissatisfied with it. Remember that mankind must sooner or later, either by suffering or by Science, be convinced of the error that is to be overcome. The divine method of paying sin's wages involves unwinding one's snarls, and learning from experience how to divide between sense and Soul.

(17) 323:6-9

A bright outlook

Through the wholesome chastisements of Love, we are helped onward in the march towards righteousness, peace, and purity, which are the landmarks of Science.

4

Bible

(15) Job 37:14 stand, 23 he

14 stand still, and consider the wondrous works of God.  
23 he is excellent in power, and in judgment, and in plenty of justice: he will not afflict.

(14) 11:5

惩罚的减免

法官有时会减免刑罚，但这可能对犯人没有道德上的裨益，并且充其量这只免去犯人一种惩罚的形式。道德法律有权宣判有罪或无罪，其总需要补偿，必朽者才能“上得更高”。为了迫使这进步，违反法律就带来刑罚。

(15) 40:9-12

只有首先把那招致惩罚的罪恶除去，‘科学’才除去那惩罚。这是我对神性宽恕的领悟，这神性宽恕我理解是，意指 神毁灭罪恶的方法。

(16) 240:21, 29

被要求进步

倘若当下满足于恶行，我们则须认知而厌弃它。如果当下安逸于闲懒，我们则须对此不满。要谨记，人类迟早必然经受苦或藉‘科学’，确认谬误是要克服的。偿付罪恶的工价的神性方法，涉及解开一个人的缠结，并从经验认识到怎样去划分官感与灵魂。

(17) 323:6-9

光明前景

通过 爱有益的责罚，我们得到帮助向着正义、和平、与纯洁，那些‘科学’的标志往前迈进。

4

圣经

(15) 约伯记 37:14 要站立, 23 他

14 要站立思想 神奇妙的作为。  
23 他大有能力，有公平和大义，必不苦待人。

(16) Isaiah 61:1

1 The spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound;

(17) Luke 8:40, 43-48

40 And it came to pass, that, when Jesus was returned, the people gladly received him: for they were all waiting for him.

43 And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any,

44 Came behind him, and touched the border of his garment: and immediately her issue of blood stanchèd.

45 And Jesus said, Who touched me? When all denied, Peter and they that were with him said, Master, the multitude throng thee and press thee, and sayest thou, Who touched me?

46 And Jesus said, Somebody hath touched me: for I perceive that virtue is gone out of me.

47 And when the woman saw that she was not hid, she came trembling, and falling down before him, she declared unto him before all the people for what cause she had touched him, and how she was healed immediately.

48 And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in peace.

## Science and Health

(18) 412:1-4, 13

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.

The power of Christian Science and divine Love is omnipotent. It is indeed adequate to unclasp the hold and to destroy disease, sin, and death.

(19) 316:7

Christ, Truth, was demonstrated through Jesus to prove the power of Spirit over the flesh, — to show that Truth is made manifest by its effects upon the human mind and body, healing sickness and destroying sin.

(16) 以赛亚书 61:1

1 主耶和华的 灵在我身上；因为 耶和華用膏膏我，叫我传好信息给谦卑的人；他差遣我医好伤心的人，宣告被掳的得释放，给被囚的开监牢；

(17) 路加福音 8:40, 43-48

40 耶稣回来的时候，百姓欢喜接待他；因为他们都等候他。

43 有一个女人，患了十二年的血漏，在医生手里花尽了 她一切养生的，并没有一人能医好她，

44 来到耶稣背后，便摸他的衣边；她的血漏立刻就止住了。

45 耶稣说：「摸我的是谁？」众人既都不承认，彼得和同行的人说：「夫子，众人拥挤紧靠着你，你还问『摸我的是谁』么？」

46 耶稣说：「总有人摸我；因我觉得有能力从我身上出去。」

47 那女人知道不能隐藏，就战战兢兢的来俯伏在耶稣脚前，她把摸他的缘故和怎样立刻得好了，当着众人都说出来。

48 耶稣对她说：「女儿，放心吧。你的信使妳痊愈了；平平安安的去罢。」

## 科学与健康

(18) 412:1-4, 13

神充满爱地治理一切，除了罪恶以外永不惩罚其它的，这伟大事实正是你的立场，你由此而进步并毁除人类对疾病的恐惧。

基督科学与神性之 爱的力量是全能的。其确实足以松解束缚，并毁除病患、罪恶与死亡。

(19) 316:7

基督，真理，通过耶稣显示，证明了 灵的力量胜过肉身，——表现出，藉 真理在人的心灵和身体上疗愈疾病及毁除罪恶的影响来展示。



(20) 391:3-9, 18-19, 24

Blot out the images of mortal thought and its beliefs in sickness and sin. Then, when thou art delivered to the judgment of Truth, Christ, the judge will say, "Thou art whole!"

Instead of blind and calm submission to the incipient or advanced stages of disease, rise in rebellion against them.

When the body is supposed to say, "I am sick," never plead guilty.

Disease has no intelligence to declare itself something and announce its name. Mortal mind alone sentences itself. Therefore make your own terms with sickness, and be just to yourself and to others.

(21) 381:28

It is man's moral right to annul an unjust sentence, a sentence never inflicted by divine authority.

(22) 285:27

Salvation is through reform

As mortals reach, through knowledge of Christian Science, a higher sense, they will seek to learn, not from matter, but from the divine Principle, God, how to demonstrate the Christ, Truth, as the healing and saving power.

5

Bible

(18) Galatians 5:13 brethren

13 brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.

(19) Titus 2:11, 12

11 For the grace of God that bringeth salvation hath appeared to all men,  
12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

(20) Ephesians 5:11, 18

11 And have no fellowship with the unfruitful works of darkness, but rather reprove them.  
18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;

(20) 391:3-9, 18-19, 24

要完全清除必朽思想上的形象及其在疾病与罪恶上的信念。然后，当你被交付到真理，基督的判决时，那审判官会说：“你已经痊愈了。”

非但不病患者的初期或晚期作盲目与沈默的服从，而是要挺起反抗它们。

当身体被认为该说：“我生病，”切不要认罪。病患毫无智力去自我供述其事并宣告其名。惟独必朽心灵自我判决。因此要对病患定出你自身的条规，并要对你自己及对他人公义。

(21) 381:28

废除一个不义的宣判，一个神性权柄从没有施以的宣判，这是人的道德权利。

(22) 285:27

通过改革拯救

当必朽者通过基督科学的知识达至更高的意识，他们便会自神性原则，自神，而非自物质，寻求学习如何显示基督，即真理，作为疗愈及拯救的力量。

5

圣经

(18) 加拉太书 5:13

13 弟兄们，你们蒙召是要得自由，只是不可将你们的自由当作放纵肉体的机会，总要用爱心互相服事。

(19) 提多书 2:11, 12

11 因为神救众人的恩典已经显明与众人，  
12 教训我们除去不敬虔的心和世俗的情欲，在今世自守、公义、敬虔度日，

(20) 以弗所书 5:11, 18

11 那暗昧无益的事，不要与人同行，倒要责备行这事的人；  
18 不要醉酒，酒能使人放纵；乃要被灵充满。

(21) Psalms 69:1, 5, 8, 16

1 Save me, O God; for the waters are come in unto my soul.  
5 O God, thou knowest my foolishness; and my sins are not hid from thee.  
8 I am become a stranger unto my brethren, and an alien unto my mother's children.  
16 Hear me, O Lord; for thy lovingkindness is good: turn unto me according to the multitude of thy tender mercies.

(22) Psalms 16:10, 11

10 For thou wilt not leave my soul in hell; neither wilt thou suffer thine Holy One to see corruption.  
11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Science and Health

(23) 407:10-20

If man is not victorious over the passions, they crush out happiness, health, and manhood. 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.

(24) 67:23

Grace and Truth are potent beyond all other means and methods.

(25) 404:3-9 (to 1st .)

Appetites to be abandoned

If a man is an inebriate, a slave to tobacco, or the special servant of any one of the myriad forms of sin, meet and destroy these errors with the truth of being, — by exhibiting to the wrong-doer the suffering which his submission to such habits brings, and by convincing him that there is no real pleasure in false appetites.

(21) 诗篇 69:1, 5, 8, 16

1 神啊，求你救我。因为众水要淹没我。  
5 神啊，我的愚昧，你原知道；我的罪愆不能隐瞒。  
8 我的弟兄看我为外路人；我母亲的儿女看我为外邦人。  
16 耶和華啊，求你听允我，因为你的慈爱本为美好；求你按你诸般的慈悲回转眷顾我。

(22) 诗篇 16:10, 11

10 因为你必不将我的元魂撇在地狱，也不叫你的 圣者见朽坏。  
11 你必将生命的道路指示我。在你面前有满足的喜乐；在你右手中有永远的福乐。

科学与健康

(23) 407:10-20

如果人战胜不了恶欲，它们则碾碎快乐、健康与人的德性。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。

(24) 67:23

恩赐和 真理是强有力的，其超越所有其它途径和方法。

(25) 404:3-9 (至第一个。)

嗜欲要摒弃

如果一个人是酒徒，是个烟奴，或是罪恶无数形式上任何一种特别的侍役，就要以灵性存在的真理来面对并毁除这些谬误，——就是通过对作恶者展示出其对那些嗜好顺从所带来的痛苦，并通过说服他在不当欲望中其毫无真的喜乐。

(26) 327:12-13 (to 2nd .), 23-24, 29

The way to escape the misery of sin is to cease sinning. There is no other way. Moral courage is requisite to meet the wrong and to proclaim the right. Reason is the most active human faculty. Let that inform the sentiments and awaken the man's dormant sense of moral obligation, and by degrees he will learn the nothingness of the pleasures of human sense and the grandeur and bliss of a spiritual sense, which silences the material or corporeal. Then he not only will be saved, but *is* saved.

(27) 22:6

Moral retrogression

Waking to Christ's demand, mortals experience suffering. This causes them, even as drowning men, to make vigorous efforts to save themselves; and through Christ's precious love these efforts are crowned with success.

(28) 444:10

Refuge and strength

Step by step will those who trust Him find that "God is our refuge and strength, a very present help in trouble."

6

Bible

(23) Romans 8:1, 2

1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.  
2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

(24) Galatians 5:1, 7

1 Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.  
7 Ye did run well; who did hinder you that ye should not obey the truth?

(26) 327:12-13 (至第二个。), 23-24, 29

逃脱罪恶痛苦的途径就是停止犯罪。别无其它途径。  
面对错误的而宣告正确的，道德勇气是必要的。  
论证是人类最具动力的能力。让其向感情通告及唤醒人对道德义务的沉睡意识，并且渐渐他会认知人类意识下享乐的空虚，及灵性意识的宏大与极乐，其使物质的或肉体的意识沉寂。继而他不仅将会得救，而正是得救。

(27) 22:6

道德上的倒退

对 基督的要求醒悟，必朽者体验到痛苦。这就使他们，如快要淹溺的人，极其努力去自救；并且通过 基督珍贵的爱，这些努力得以成功来冠冕。

(28) 444:10

避难所与力量

那些信赖祂的人会逐步发觉“ 神是我们的避难所，是我们的力量，是我们在患难中随时的帮助”。

6

圣经

(23) 罗马书 8:1, 2

1 所以，如今那些在 基督耶稣里不随从肉体、只随从 灵行事的就不定罪了。  
2 因为赐生命之 灵的律，在 基督耶稣里释放了我，使我脱离罪和死的律了。

(24) 加拉太书 5:1, 7

1 基督释放了我们，叫我们得以自由。所以要在这自由里站立得稳，不要再被奴仆的轭挟制。  
7 你们向来跑得好，有谁拦阻你们，叫你们不顺从真理呢？

(25) II Thessalonians 2:16, 17

16 Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace,  
17 Comfort your hearts, and stablish you in every good word and work.

## Science and Health

(29) 103:6-9

Liberation of mental powers

The destruction of the claims of mortal mind through Science, by which man can escape from sin and mortality, blesses the whole human family.

(30) 227:21-26

Standard of liberty

Christian Science raises the standard of liberty and cries: "Follow me! Escape from the bondage of sickness, sin, and death!" Jesus marked out the way. Citizens of the world, accept the "glorious liberty of the children of God," and be free! This is your divine right.

(25) 帖撒罗尼迦后书 2:16, 17

16 但愿我们 主耶稣 基督和那爱我们、开恩将永远的安慰并美好的盼望赐给我们的父神，  
17 安慰你们的心，并且在一切善行善言上坚固你们。

## 科学与健康

(29) 103:6-9

精神力量的解放

通过‘科学’对必朽心灵声称的摧毁，人便能从罪恶及必朽性中逃脱，赐福整个人类家族。

(30) 227:21-26

自由的徽旗

基督科学举起自由的徽旗并呼唤：“跟随我吧！逃离疾病、罪恶和死亡！”耶稣已标志出那道路。世上的子民，接受“神儿女荣耀的自由”而自由吧！这是你的神性权利。

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