

2024年12月9日- 12月15日

神，人的保护者

金句:

历代志下 20:15 胜败

.....胜败不在乎你们，乃在乎 神。

回应式诵读：

诗篇 27:1, 3, 5, 11, 14; 46:1, 2, 7, 9 (至第二个,) , 10 (至第一个。); 145:8 (至;) , 9, 18, 20 (至,)

诗篇 27:1 耶和华是我的亮光，是我的拯救，我还畏惧谁呢？耶和华是我性命的力量，我还害怕谁呢？

3 虽有军兵安营攻击我，我的心也不害怕；虽然兴起战事攻击我，我必仍旧安稳。

5 因为我遭遇患难，他必把我藏在他亭子里。在他帐幕的隐密处，他必把我藏在他帐幕的隐密处；他必将我安立在磐石上。

11 耶和华啊，求你将你的道指教我，因我仇敌的缘故引导我走平坦的路。

14 要等候 耶和华。当壮胆，他也必坚固你的心。我再说，要等候 耶和华。

46:1 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。

2 所以，地虽挪移，山虽摇动到海心，

7 大军之 耶和华与我们同在；雅各的 神是我们的避难所。

9 他止息战事，直到地极；他折弓、断枪，

10 你们要休息，要知道我是 神。

145:8 耶和华有恩典，满怀怜悯；

9 耶和华善待众民；他的慈悲覆庇他一切所造的。

18 凡求告 耶和华的，就是诚心求告他的， 耶和华便与他们相近。

20 耶和华保护一切爱他的人，

1
Bible

(1) Psalms 121:7

7 The Lord shall preserve thee from all evil: he shall preserve thy soul.

(2) Jeremiah 31:3

3 The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.

(3) Isaiah 41:10, 11 (to :), 12, 13

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.
11 Behold, all they that were incensed against thee shall be ashamed and confounded:
12 Thou shalt seek them, and shalt not find them, even them that contended with thee: they that war against thee shall be as nothing, and as a thing of nought.
13 For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

(4) Proverbs 29:25 whoso

25 whoso putteth his trust in the Lord shall be safe.

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

(1) 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."

(2) 473:8-10

God is everywhere, and nothing apart from Him is present or has power.

1
圣经

(1) 诗篇 121:7

7 耶和华要保护你，免受一切的灾害；他要保护你的性命。

(2) 耶利米书 31:3

3 古时 耶和华向我显现，说：我以永远的爱爱你，因此我以慈爱吸引你。

(3) 以赛亚书 41:10, 11 (至第一个。), 12, 13

10 你不要害怕；因为我与你同在。不要惊惶；因为我是你的 神。我必坚固你；我必帮助你；我必用我公义的右手扶持你。
11 看哪，凡向你发怒的必都蒙羞抱愧。
12 与你争竞的，你要找他们也找不着；与你争战的必如无有，成为虚无。
13 因为我 耶和华—你的 神必扶持你的右手，对你说：不要害怕；我必帮助你。

(4) 箴言 29:25 倚靠

25 倚靠 耶和华的，必得安稳。

科学与健康附圣经之钥匙
玛丽·贝格·爱迪著

(1) 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”。

(2) 473:8-10

神处处都在，除了祂以外，别无其他的是临在或拥有力量。

(3) 231:12-16 (to 2nd .)

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.

(4) 471:13-19

The facts of divine Science should be admitted, — although the evidence as to these facts is not supported by evil, by matter, or by material sense, — because the evidence that God and man coexist is fully sustained by spiritual sense. Man is, and forever has been, God's reflection. God is infinite, therefore ever present, and there is no other power nor presence.

(5) 563:4-7 (to ?)

The dragon as a type
We may well be perplexed at human fear; and still more astounded at hatred, which lifts its hydra head, showing its horns in the many inventions of evil. But why should we stand aghast at nothingness?

(6) 454:5

Impotence of hate
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.” Human hate has no legitimate mandate and no kingdom. Love is enthroned. That evil or matter has neither intelligence nor power, is the doctrine of absolute Christian Science, and this is the great truth which strips all disguise from error.

2

Bible

(5) Psalms 64:1

1 Hear my voice, O God, in my prayer: preserve my life from fear of the enemy.

(3) 231:12-16

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。

(4) 471:13-19

神性科学的事实应当得到承认，——尽管这些事实的证据不被邪恶、物质或物质意识所支持，——因为 神与人共存的证据是完全由灵性意识所支持的。人现在是，并且永远都是， 神的反映。 神是无限的，故此是永远临在的，并且没有别的力量或临在。

(5) 563:4-7 (至 ?)

龙是一个象征
我们很可能对人类的恐惧感到困惑；并且对仇恨更觉震惊，其抬起它的多个头来，在邪恶的众多诡计中展示着它的角。但为什么我们会对虚无感到惊愕呢？

(6) 454:5

仇恨的无能
即使对神性 全然力量在某程度上的理解，也会毁除恐惧，并植足于真的途径上，——该途径引向非人手所造的房屋是“在诸天永存的”。人类仇恨并无合理的授权，也无皇国。 爱在位统治。邪恶或物质既无智能也无力量，是绝对基督科学的教义，并且这是剥去谬误一切伪装的伟大真理。

2

圣经

(5) 诗篇 64:1

1 神啊，我祷告的时候，求你听我的声音。求你保护我的性命，不受仇敌的惊恐。

(6) Psalms 120:1, 7 (to :)

1 In my distress I cried unto the Lord, and he heard me.
7 I am for peace:

(7) Psalms 32:7

7 Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance.

(8) II Chronicles 20:1 the, 3, 4 (to :), 13-15, 17, 20-22 (to :), 30

1 the children of Moab, and the children of Ammon, and with them other beside the Ammonites, came against Jehoshaphat to battle.
3 And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.
4 And Judah gathered themselves together, to ask help of the Lord:
13 And all Judah stood before the Lord, with their little ones, their wives, and their children.
14 Then upon Jahaziel the son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite of the sons of Asaph, came the spirit of the Lord in the midst of the congregation;
15 And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the Lord unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's.
17 Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the Lord with you, O Judah and Jerusalem: fear not, nor be dismayed; tomorrow go out against them: for the Lord will be with you.
20 And they rose early in the morning, and went forth into the wilderness of Tekoa: and as they went forth, Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; Believe in the Lord your God, so shall ye be established; believe his prophets, so shall ye prosper.
21 And when he had consulted with the people, he appointed singers unto the Lord, and that should praise the beauty of holiness, as they went out before the army, and to say, Praise the Lord; for his mercy endureth for ever.

(6) 诗篇 120:1, 7 (至第一个,)

1 我在急难中呼求 耶和華，他就听允我。
7 我愿和睦，

(7) 诗篇 32:7

7 你是我藏身之处；你必保佑我脱离苦难；你必以拯救之歌四面环绕我。

(8) 历代志下 20:1 摩押人, 3, 4 (至 ;), 13-15, 17, 20-22 (至 ;), 30

1 摩押人和亚捫人，又有米乌尼人，一同来攻击约沙法。
3 约沙法便惧怕，定意寻求 耶和華，在犹大全地宣告禁食。
4 于是犹大聚会，求 耶和華帮助；
13 犹大众人和他们的婴孩、妻子、儿女都站在耶和華面前。
14 那时， 耶和華的 灵在会中临到利未人亚萨的后裔—玛探雅的玄孙，耶利的曾孙，比拿雅的儿子，撒迦利雅的儿子雅哈悉。
15 他说：「犹大众人、耶路撒冷的居民，和约沙法王，你们请听。 耶和華对你们如此说：『不要因这大军恐惧惊惶；因为胜败不在乎你们，乃在乎 神。』」
17 犹大和耶路撒冷人哪，这次你们不要争战，要摆阵站着，看 耶和華為你们施行拯救。不要恐惧，也不要惊惶。明日当出去迎敌，因为耶和華与你们同在。』」
20 次日清早，众人起来往提哥亚的旷野去。出去的时候，约沙法站着说：「犹大和你们耶路撒冷的居民哪，要听我说：信 耶和華—你们的神就必立稳；信他的先知就必亨通。」
21 约沙法既与民商议了，就设立歌唱的人，颂赞 耶和華，使他们穿上圣洁的礼服，走在军前赞美 耶和華说：「当赞美 耶和華；因他的慈爱永远长存。」

22 And when they began to sing and to praise, the Lord set ambushments against the children of Ammon, Moab, and mount Seir, which were come against Judah;
30 So the realm of Jehoshaphat was quiet: for his God gave him rest round about.

(9) Psalms 9:6 (to :), 7 (to :), 10

6 O thou enemy, destructions are come to a perpetual end:
7 But the Lord shall endure for ever:
10 And they that know thy name will put their trust in thee: for thou, Lord, hast not forsaken them that seek thee.

Science and Health

(7) 12:31-1

In divine Science, where prayers are mental, *all* may avail themselves of God as “a very present help in trouble.”

(8) 186:15, 19-20

Evil negative and self-destructive

Every mortal must learn that there is neither power nor reality in evil. The only power of evil is to destroy itself. It can never destroy one iota of good.

(9) 288:3

The great conflict

The suppositional warfare between truth and error is only the mental conflict between the evidence of the spiritual senses and the testimony of the material senses, and this warfare between the Spirit and flesh will settle all questions through faith in and the understanding of divine Love.

(10) 387:27

Christian history

The history of Christianity furnishes sublime proofs of the supporting influence and protecting power bestowed on man by his heavenly Father, omnipotent Mind, who gives man faith and understanding whereby to defend himself, not only from temptation, but from bodily suffering.

22 众人方唱歌赞美的时候， 耶和华就派伏兵击杀那来攻击犹太的亚扪人、摩押人，和西珥山人；
30 这样，约沙法的国得享太平，因为 神赐他四境平安。

(9) 诗篇 9:6 (至；), 7 (至；), 10

6 仇敌啊，你被毁坏到了尽头，直到永远；
7 唯 耶和华存到永远；
10 耶和华啊，认识你名的人要倚靠你，因你没有离弃寻求你的人。

科学与健康

(7) 12:31-1

在神性科学中，祈祷是精神上的，而人人都可以受益于 神，其是“在患难中随时的帮助”。

(8) 186:15, 19-20

邪恶，负面的及自我毁灭的

所有必朽者必须认知，邪恶既没有力量也没有真实性。邪恶仅有毁除自己的力量。它永不能毁除丝毫美善。

(9) 288:3

巨大的冲突

真理与谬误之间的假想争战，只是灵性意识证据与物质官感见证之间那精神上的冲突，而这灵与肉之间的争战将会借着对神性之 爱的信心和理解来解决所有问题。

(10) 387:27

基督信仰的歷史

基督信仰的历史，提供了由 天父，由全能心灵赋予人那支持的影响力与保护力量的至高证明， 天父，全能 心灵给予人信心与理解，藉此不单防护自己受诱惑，也防护其身体上的痛苦。

(11) 410:14-17

Love casteth out fear

Every trial of our faith in God makes us stronger. The more difficult seems the material condition to be overcome by Spirit, the stronger should be our faith and the purer our love.

3

Bible

(10) James 4:1 (to 1st ?)

1 From whence come wars and fightings among you?

(11) Malachi 2:10

10 Have we not all one father? hath not one God created us? why do we deal treacherously every man against his brother, by profaning the covenant of our fathers?

(12) Micah 7:6, 7

6 For the son dishonoureth the father, the daughter riseth up against her mother, the daughter in law against her mother in law; a man's enemies are the men of his own house.
7 Therefore I will look unto the Lord; I will wait for the God of my salvation: my God will hear me.

(13) Philippians 2:2, 3

2 Fulfil ye my joy, that ye be like-minded, having the same love, being of one accord, of one mind.

3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

(14) Proverbs 2:10, 11

10 When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul;

11 Discretion shall preserve thee, understanding shall keep thee:

Science and Health

(12) 469:30-5

With one Father, even God, the whole family of man would be brethren; and with one Mind and that God, or good, the brotherhood of man would consist of Love and Truth, and have unity of Principle and spiritual power which constitute divine Science.

(11) 410:14-17

爱除去惧怕

每个试炼上我们对 神的信心，使我们更坚强。当物质状况看似越难被 灵克服时，我们的信心就要更强，爱就要更纯洁。

3

圣经

(10) 雅各书 4:1 (至第一个?)

1 你们中间的争战斗殴是从哪里来的呢？

(11) 玛拉基书 2:10

10 我们岂不都是一个父吗？岂不是一位 神所创造的吗？我们各人怎么以诡诈待自己兄弟，背弃 神与我们列祖所立的约呢？

(12) 弥迦书 7:6, 7

6 因为，儿子藐视父亲，女儿起来抗拒母亲，媳妇抗拒婆婆；人的仇敌就是自己家里的人。

7 为此我要仰望 耶和華，要等候那救我的神；我的 神必听允我。

(13) 腓立比书 2:2, 3

2 你们就要意念相同，爱心相同，有一样的心思，有一样的意念，使我的喜乐可以满足。

3 凡事不可结党，不可贪图虚浮的荣耀；只要存心谦卑，各人看别人比自己强。

(14) 箴言 2:10, 11

10 智慧必入你心；你的魂要以知识为美。

11 谋略必护卫你；聪明必保守你，

科学与健康

(12) 469:30-5

藉一 父，即 神，人的整个家庭都会是弟兄；藉一 心灵，藉 神即美善，人的弟兄情谊会由 爱和 真理组成，并与构成神性科学的原则和灵性力量结合。

(13) 205:22-29

Redemption from selfishness

When we realize that there is one Mind, the divine law of loving our neighbor as ourselves is unfolded; whereas a belief in many ruling minds hinders man's normal drift towards the one Mind, one God, and leads human thought into opposite channels where selfishness reigns.

Selfishness tips the beam of human existence towards the side of error, not towards Truth.

(14) 242:15 In

In patient obedience to a patient God, let us labor to dissolve with the universal solvent of Love the adamant of error, — self-will, self-justification, and self-love, — which wars against spirituality and is the law of sin and death.

(15) 57:22-24

Human affection is not poured forth vainly, even though it meet no return. Love enriches the nature, enlarging, purifying, and elevating it.

(16) 102:31-2

Christian Science despoils the kingdom of evil, and pre-eminently promotes affection and virtue in families and therefore in the community.

4

Bible

(15) Psalms 55:16 I will, 18 (to :)

16 I will call upon God; and the Lord shall save me.

18 He hath delivered my soul in peace from the battle that was against me:

(16) Acts 10:38 God

38 God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.

(13) 205:22-29

从自私赎回

当我们认识到一 心灵时，爱邻如己的神性律法就展现了；然而相信有众多心灵管治的信念，会妨碍人向往一 心灵，向往一 神的正常趋向，并把人的思想带到被自私统治的相反渠道。

自私将人类生存的秤杆倾向谬误的一边，而非倾向 真理。

(14) 242:15 以耐心

以耐心顺从耐心的 神，让我们努力以 爱的万能溶剂溶解谬误的顽石，——任性、自辩、及自恋，——其与灵性争战，也是罪恶与死亡的法规。

(15) 57:22-24

人类的关爱并不会枉然倾注，即使没有回应。爱丰富本性，使之扩展、纯化及提升。

(16) 102:31-2

基督科学夺取邪恶的王国，并且至高无上地在家庭也因而在社会上促进关爱和美德。

4

圣经

(15) 诗篇 55:16 我要, 18 (至第二个,)

16 我要求告 神； 耶和华必拯救我。

18 他救赎我命脱离攻击我的人，使我得享平安，

(16) 使徒行传 10:38 神.....以

38 神.....以 圣灵和能力膏拿撒勒的耶稣，这都是你们知道的。他周流四方，行善事，医好凡被魔鬼压制的人；因为 神与他同在。

(17) Luke 9:38-43 (to .)

38 And, behold, a man of the company cried out, saying, Master, I beseech thee, look upon my son: for he is mine only child.

39 And, lo, a spirit taketh him, and he suddenly crieth out; and it teareth him that he foameth again, and bruising him hardly departeth from him.

40 And I besought thy disciples to cast him out; and they could not.

41 And Jesus answering said, O faithless and perverse generation, how long shall I be with you, and suffer you? Bring thy son hither.

42 And as he was yet a-coming, the devil threw him down, and tare him. And Jesus rebuked the unclean spirit, and healed the child, and delivered him again to his father.

43 And they were all amazed at the mighty power of God.

Science and Health

(17) 144:20

Truth, and not corporeal will, is the divine power which says to disease, "Peace, be still."

(18) 316:7, 20

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.

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.

(19) 147:32-4

Jesus' own practice

Jesus never spoke of disease as dangerous or as difficult to heal. When his students brought to him a case they had failed to heal, he said to them, "O faithless generation," implying that the requisite power to heal was in Mind.

(17) 路加福音 9:38-43 (至。)

38 忽然其中有一人喊叫说：「夫子，求你看顾我的儿子；因为他是我的独生子。」

39 不料，他被灵抓住就忽然喊叫；并且灵叫他抽疯，使他口又流沫，并且重重的伤害他，难以离开他。

40 我求过你的门徒，把它赶出去；他们却是不能。」

41 耶稣回答说：「这又不信又悖谬的世代啊，我在你们这里，忍耐你们要到几时呢？将你的儿子带到这里来吧。」

42 正来的时候，那鬼魔把他摔倒，叫他抽疯。耶稣就斥责那污灵，把孩子治好了，再交给他父亲。

43 众人都诧异 神的大能。

科学与健康

(17) 144:20

真理，并非肉体意愿，是神性的力量其对病患说：“住了吧，静了吧。”

(18) 316:7, 20

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。

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。

(19) 147:32-4

耶稣自己的实行

耶稣从未说过病患危险或难以医治。当他的门徒把一个他们治疗失败的病例带给他，他对他们说，“不信的世代啊，”意指那治疗所需的量是在于心灵。

(20) 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.

(21) 492:29-2

The conservative theory, long believed, is that there are two factors, matter and mind, uniting on some impossible basis. This theory would keep truth and error always at war. Victory would perch on neither banner. On the other hand, Christian Science speedily shows Truth to be triumphant.

(22) 151:20-24, 28

Man governed by Mind

Every function of the real man is governed by the divine Mind. The human mind has no power to kill or to cure, and it has no control over God's man. The divine Mind that made man maintains His own image and likeness. The straight and narrow way is to see and acknowledge this fact, yield to this power, and follow the leadings of truth.

5

Bible

(18) Psalms 86:2, 3

2 Preserve my soul; for I am holy: O thou my God, save thy servant that trusteth in thee.
3 Be merciful unto me, O Lord: for I cry unto thee daily.

(19) Job 7:3 wearisome, 4

3 wearisome nights are appointed to me.
4 When I lie down, I say, When shall I arise, and the night be gone? and I am full of tossings to and fro unto the dawning of the day.

(20) Proverbs 3:5, 24

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.
24 When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.

(20) 216:11-18

仆人与主人

理解 自我就是 心灵，也理解祇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，成为仆人而非主人。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。

(21) 492:29-2

保守的理论，长久以来相信有物质与心灵两个因素，结合在一些不可能的基础上。这理论会使真理与谬误时常在交战。胜利不会在双方的旗上。在另一方面，基督科学迅速地展示出真理是胜利的。

(22) 151:20-24, 28

人由 心灵治理

那真正的人其每一功能都是由神性 心灵所治理。人类心灵没有力量去杀害或医治，也不能控制 神的人。神性 心灵使人保持他自己的形象和样式。直而窄的路是见到并承认该事实，对此力量顺服，并且遵循真理的指引。

5

圣经

(18) 诗篇 86:2, 3

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。
3 主啊，求你怜悯我，因我终日呼求你。

(19) 约伯记 7:3 夜间, 4

3 夜间的疲乏为我而定。
4 我躺卧的时候便说：我何时起来，黑夜就过去呢？我尽是反来覆去，直到天亮。

(20) 箴言 3:5, 24

5 你要专心仰赖 耶和华，不可倚靠自己的聪明，
24 你躺下，必不惧怕；你躺卧，睡得香甜。

(21) Psalms 4:8

8 I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.

(22) Psalms 42:8 the

8 the Lord will command his lovingkindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life.

(23) Psalms 17:15 I will

15 I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.

Science and Health

(23) 378:26-28

God never endowed matter with power to disable Life or to chill harmony with a long and cold night of discord.

(24) 324:7-12

Unless the harmony and immortality of man are becoming more apparent, we are not gaining the true idea of God; and the body will reflect what governs it, whether it be Truth or error, understanding or belief, Spirit or matter. Therefore "acquaint now thyself with Him, and be at peace."

Narrow pathway

(25) 218:7

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

(26) 157:26-31

Narcotics quiet mortal mind, and so relieve the body; but they leave both mind and body worse for this submission. Christian Science impresses the entire corporeality, — namely, mind and body, — and brings out the proof that Life is continuous and harmonious. Science both neutralizes error and destroys it.

(27) 447:14-16

The recuperative action of the system, when mentally sustained by Truth, goes on naturally.

(21) 诗篇 4:8

8 我必安然躺下睡觉，因为独有你— 耶和華使我安然居住。

(22) 诗篇 42:8

8 白昼， 耶和華必向我施慈爱；黑夜，我要歌颂祷告赐我生命的 神。

(23) 诗篇 17:15 我必

15 我必在义中见你的面；我醒了的时候，得见你的形像就心满意足了。

科学与健康

(23) 378:26-28

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。

(24) 324:7-12

除非人的和谐与不朽性越来越明显，否则我们便得不到 神的真意念；而身体会反映在阅览室里找什么治理它，是 真理还是谬误，理解还是信念， 灵还是物质。因此“你要认识 神，就得平安”。

窄径

(25) 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。

(26) 157:26-31

麻醉剂镇静必朽心灵，进而舒缓身体；但这种屈从让心灵与身体两者都更糟糕。基督科学映照整个肉身，——那就是，心灵与身体，——并显出 生命是延续的及和谐的该证明。‘科学’使谬误失效并将之毁除。

(27) 447:14-16

当在精神上由 真理支持，系统上的康复活动则自然地进行。

(28) 519:28

The highest and sweetest rest, even from a human standpoint, is in holy work.

6

Bible

(24) Isaiah 26:3, 4 (to 1st :)

3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.
4 Trust ye in the Lord for ever:

(25) Isaiah 2:2, 4 and they, 5

2 And it shall come to pass in the last days, that the mountain of the Lord's house shall be established in the top of the mountains, and shall be exalted above the hills; and all nations shall flow unto it.
4 and they shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn war any more.
5 O house of Jacob, come ye, and let us walk in the light of the Lord.

(26) Numbers 6:24-26

24 The Lord bless thee, and keep thee:
25 The Lord make his face shine upon thee, and be gracious unto thee:
26 The Lord lift up his countenance upon thee, and give thee peace.

Science and Health

(29) 276:4

Universal brotherhood

When the divine precepts are understood, they unfold the foundation of fellowship, in which one mind is not at war with another, but all have one Spirit, God, one intelligent source, in accordance with the Scriptural command: "Let this Mind be in you, which was also in Christ Jesus." Man and his Maker are correlated in divine Science, and real consciousness is cognizant only of the things of God.

(28) 519:28

即使在一个人类的立场上，最高与最甜美的歇息，也是在神圣工作中。

6

圣经

(24) 以赛亚书 26:3, 4 (至第一个；)

3 坚心倚靠你的，你必保守他十分平安；因为他倚靠你。
4 你们当倚靠 耶和華直到永远；

(25) 以赛亚书 2:2, 4 他们要, 5

2 末后的日子， 耶和華殿的山必立在诸山之巔，高举过于众岭；列国都要流归这山。
4 他们要将刀打成犁头，把枪打成镰刀；这国不举刀攻击那国；他们也不再学习战事。
5 雅各家啊，你们来吧，我们在 耶和華的光明中行走。

(26) 民数记 6:24-26

24 『愿 耶和華赐福给你，保护你。
25 愿 耶和華使他的脸光照你，赐恩给你。
26 愿 耶和華向你仰脸，赐你平安。』

科学与健康

(29) 276:4

普世的兄弟情谊

神性律理得以理解时，其开展了团契的基础，在团契的基础上一个心灵不会与另一个争斗，而都有着— 灵，— 神，— 智能来源，按照经文的命令：“你们当以 基督耶稣的心〔灵〕为心”。人与其 创造者在神性科学上相互关联，并且真实意识祇认知 神的事。

(30) 340:23

One infinite God, good, unifies men and nations; constitutes the brotherhood of man; ends wars; fulfils the Scripture, "Love thy neighbor as thyself;" annihilates pagan and Christian idolatry, — whatever is wrong in social, civil, criminal, political, and religious codes; equalizes the sexes; annuls the curse on man, and leaves nothing that can sin, suffer, be punished or destroyed.

(31) 506:10–12

Through divine Science, Spirit, God, unites understanding to eternal harmony. The calm and exalted thought or spiritual apprehension is at peace.

(30) 340:23

唯一无限的神，美善，统一人类与国邦；构建人的兄弟情谊；结束战争；成就经文上的“爱邻如己”，灭除异教及基督徒的偶像崇拜，——灭除任何在社会、民事、刑事、政治、及宗教规例上不对的；使性别平等，废除对人类的诅咒，并且不留下任何能犯罪、受苦、被惩罚或被毁灭的。

(31) 506:10–12

藉神性科学，灵，神，将理解与永恒和谐连结。那平静的及提升了的思想即灵性领悟处于平安。

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