

2025年2月17日-2月23日

心灵

金句:

马太福音 6:8 你们所

.....在你们求之前，你们的 父已知道了你们所需的。

金句翻译自现代圣经英文版

回应式诵读：

以赛亚书 40:28-31; 41:10; 42:16; 65:21, 23, 24

以赛亚书 40:28 你岂不曾知道吗？你岂不曾听见永在的 神耶和華，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 耶和華的必从新得力；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。

41:10 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。

42:16 我要引瞎子行不认识的道；领他们走不知道的路。在他们面前使黑暗变为光明，使弯曲的变为平直。这些事我都要向他们行，并不离弃他们。

65:21 他们要建造房屋，自己居住；栽种葡萄园，吃自己的果子。

23 他们必不徒然劳碌，所分娩的，也不遭患难；因为他们是蒙 耶和華赐福的后裔，他们的子孙也是如此。

24 他们尚未求告，我就应允；正说话的时候，我就垂听。

(1) Psalms 115:12 (to 1st :)

12 The Lord hath been mindful of us: he will bless us;

(2) Psalms 139:1-3, 5, 17, 18

1 O Lord, thou hast searched me, and known me.

2 Thou knowest my downsitting and mine uprising, thou understandest my thought afar off.

3 Thou compassest my path and my lying down, and art acquainted with all my ways.

5 Thou hast beset me behind and before, and laid thine hand upon me.

17 How precious also are thy thoughts unto me, O God! how great is the sum of them!

18 If I should count them, they are more in number than the sand: when I awake, I am still with thee.

(3) Isaiah 51:1 (to :), 16 I have

1 Hearken to me, ye that follow after righteousness, ye that seek the Lord:

16 I have put my words in thy mouth, and I have covered thee in the shadow of mine hand, that I may plant the heavens, and lay the foundations of the earth, and say unto Zion, Thou art my people.

(4) Matthew 6:6 when

6 when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

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

(1) 1:10

Thoughts unspoken are not unknown to the divine Mind. Desire is prayer; and no loss can occur from trusting God with our desires, that they may be moulded and exalted before they take form in words and in deeds.

(1) 诗篇 115:12 (至 :)

12 耶和華向來眷念我們；他還要賜福給我們：

(2) 诗篇 139:1-3, 5, 17, 18

1 耶和華啊，你已經鑒察我，認識我。

2 我坐下，我起來，你都曉得；你從遠處知道我的意念。

3 我行路，我躺臥，你都細察；你也深知我一切所行的。

5 你在我前後環繞我，按手在我身上。

17 神啊，你的意念向我何等寶貴。其數何等眾多。

18 我若數點，比海沙更多；我睡醒的時候，仍和你同在。

(3) 以賽亞書 51:1 (至第一個。), 16

1 你們這追求公義、尋求 耶和華的，當聽我言。

16 我將我的話放在你口中，用我的手影遮蔽你，為要裁定諸天，立定地基，又對錫安說：妳是我的百姓。

(4) 馬太福音 6:6 你禱告

6 你禱告的時候，要進你的內室，關上門，禱告你在暗中的 父；你 父在暗中察看，必在明處報答你。

*科学与健康附圣经之钥匙
玛丽·贝格·爱迪著*

(1) 1:10

那些沒有說出的想法，神性 心靈不是不知道。心願就是祈禱；把我們的心願信託于 神 並不會有任何損失，反而可以在心願成為語言及行為之前被塑造和提升。

(2) 7:23 The

The “divine ear” is not an auditory nerve. It is the all-hearing and all-knowing Mind, to whom each need of man is always known and by whom it will be supplied.

(3) 519:1

Perfection of creation

Nothing can be novel to eternal Mind, the author of all things, who from all eternity knoweth His own ideas. Deity was satisfied with His work. How could He be otherwise, since the spiritual creation was the outgrowth, the emanation, of His infinite self-containment and immortal wisdom?

(4) 15:7

The Father in secret is unseen to the physical senses, but He knows all things and rewards according to motives, not according to speech. To enter into the heart of prayer, the door of the erring senses must be closed. Lips must be mute and materialism silent, that man may have audience with Spirit, the divine Principle, Love, which destroys all error.

(5) 214:14

When it is learned that the spiritual sense, and not the material, conveys the impressions of Mind to man, then being will be understood and found to be harmonious.

2

Bible

(5) Job 32:8 there

8 there is a spirit in man: and the inspiration of the Almighty giveth them understanding.

(6) II Kings 2:1, 6, 8-12 (to 1st .), 15 (to 1st .)

1 And it came to pass, when the Lord would take up Elijah into heaven by a whirlwind, that Elijah went with Elisha from Gilgal.
6 And Elijah said unto him, Tarry, I pray thee, here; for the Lord hath sent me to Jordan. And he said, As the Lord liveth, and as thy soul liveth, I will not leave thee. And they two went on.

(2) 7:23 “神性

“神性的耳朵”并非听觉神经。其是全闻与全知的心灵；这心灵总是知道人的每一需要并作出供应。

(3) 519:1

受造的，完美

对永恒心灵，对一切的创作者而言，无任何能是新奇的，在全然永恒上其知悉祂自己的意念。神满意祂的工作。灵性受造的是祂无限自我完整的与不朽智慧所结出的，所散发的，祂怎会不满意呢？

(4) 15:7

在暗中的父是身体官感所看不见的，但祂知道一切，并按动机赏报，而非按言语来赏报。如要进入祷告的内心，谬误官感之门必须关上。嘴巴必须哑然而且物质主义也必须静止，人方可受到毁灭一切谬误的灵，神性原则，爱的谒见。

(5) 214:14

当明白到对人传达心灵印象的是灵性意识，而非物质意识，那么灵性存在就会被理解及发觉是和谐的。

2

圣经

(5) 约伯记 32:8 在

8 在人里面有灵；全能者的启示使人有聪明。

(6) 列王纪下 2:1, 6, 8-12 (至。), 15 (至。)

1 耶和華要用旋风接以利亞升天的時候，以利亞與以利沙從吉甲前往。
6 以利亞對以利沙說：「耶和華差遣我往約旦河去，你可以在這裡等候。」以利沙說：「我指着永生的耶和華，又在你面前起誓，我必不離開你。」於是二人一同前往。

8 And Elijah took his mantle, and wrapped it together, and smote the waters, and they were divided hither and thither, so that they two went over on dry ground.

9 And it came to pass, when they were gone over, that Elijah said unto Elisha, Ask what I shall do for thee, before I be taken away from thee. And Elisha said, I pray thee, let a double portion of thy spirit be upon me.

10 And he said, Thou hast asked a hard thing: nevertheless, if thou see me when I am taken from thee, it shall be so unto thee; but if not, it shall not be so.

11 And it came to pass, as they still went on, and talked, that, behold, there appeared a chariot of fire, and horses of fire, and parted them both asunder; and Elijah went up by a whirlwind into heaven.

12 And Elisha saw it, and he cried, My father, my father, the chariot of Israel, and the horsemen thereof.

15 And when the sons of the prophets which were to view at Jericho saw him, they said, The spirit of Elijah doth rest on Elisha.

(7) Psalms 17:6 (to :), 15 I will

6 I have called upon thee, for thou wilt hear me, O God:

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

(8) Psalms 40:16

16 Let all those that seek thee rejoice and be glad in thee: let such as love thy salvation say continually, The Lord be magnified.

Science and Health

(6) 139:4-8

Marvels and reformations

From beginning to end, the Scriptures are full of accounts of the triumph of Spirit, Mind, over matter. Moses proved the power of Mind by what men called miracles; so did Joshua, Elijah, and Elisha.

(7) 370:2-5

To be immortal, we must forsake the mortal sense of things, turn from the lie of false belief to Truth, and gather the facts of being from the divine Mind.

8 以利亚将自己的外衣卷起来，用以打水，水就左右分开，二人走干地而过。

9 过去之后，以利亚对以利沙说：「我未曾被接去离开你，你要我为你作什么，只管求我。」以利沙说：「愿你的灵双倍地临到我。」

10 以利亚说：「你所求的难得。虽然如此，我被接去离开你的时候，你若看见我，就必得着；倘若不然，必得不着了。」

11 他们正走着说话，忽有火车火马将二人隔开，以利亚就乘旋风升天去了。

12 以利沙看见，就呼叫说：「我父啊。我父啊。以色列的战车马兵啊。」

15 住耶利哥的先知门徒举目看见他，就说：「以利亚的灵临到以利沙了。」

(7) 诗篇 17:6 (至；), 15 我必

6 神啊，我曾求告你，因为你必听允我；

15 我必在义中见你的面；我醒了的时候，得见你的形象就心满意足了。

(8) 诗篇 40:16

16 愿一切寻求你的，因你高兴欢喜。愿那些喜爱你救恩的，常说：当尊 耶和華為大。

科学与健康

(6) 139:4-8

奇迹和改造

经文从头至尾都满是有关 灵的，有关 心灵战胜物质的记载。摩西通过人所称的奇迹证明心灵的力量；约书亚、以利亚和以利沙也如此证明了。

(7) 370:2-5

如要不朽，我们必须放弃对事物的必朽意识，从错误信念的谎言上转到 真理上，并从神性心灵收集灵性存在的真相。

(8) 3:4

The spiritual mathematics

Who would stand before a blackboard, and pray the principle of mathematics to solve the problem? The rule is already established, and it is our task to work out the solution. Shall we ask the divine Principle of all goodness to do His own work? His work is done, and we have only to avail ourselves of God's rule in order to receive His blessing, which enables us to work out our own salvation.

(9) 84:14-23

Acquaintance with the Science of being enables us to commune more largely with the divine Mind, to foresee and foretell events which concern the universal welfare, to be divinely inspired, — yea, to reach the range of fetterless Mind.

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.

(10) 262:10

We must reverse our feeble flutterings — our efforts to find life and truth in matter — and rise above the testimony of the material senses, above the mortal to the immortal idea of God. These clearer, higher views inspire the God-like man to reach the absolute centre and circumference of his being.

3

Bible

(9) Matthew 6:26 (to .), 28, 31, 32

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them.

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

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

(8) 3:4

属灵的数学

谁会站在黑板前祈求数学原理来解决难题呢？规则已奠定，而我们的任务是要找出解决的方法。我们该要求一切美善的神性原则去做祂自己的工作吗？祂的工作已经完成，我们只需要利用神的规则，从而接受祂的恩赐，这使我们能够得到自身的拯救。

(9) 84:14-23

认识灵性存在的‘科学’使我们能够与神性心灵更深地沟通，预见和预告关于普世福祉的事件，被神性地启发，——是啊，达到无枷锁的心灵境界。

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。

(10) 262:10

我们必要逆转我们软弱的振翅，——即我们在物质中找寻生命与真理的努力——并超越物质官感的见证，超越必朽的而达至神不朽的意念。这些更清晰，更高的观点启发似神之人达至其灵性存在的绝对核心与全畴。

3

圣经

(9) 马太福音 6:26 (至。), 28, 31, 32

26 你们看那天上的飞鸟。飞鸟也不种，也不收，也不积蓄在仓里；你们的 天父尚且养活它们。

28 何必为衣服忧虑呢？你们想野地里的百合花怎么长起来：它们也不劳苦，也不纺线；

31 所以，不要忧虑说：『我们吃什么？』或是『喝什么？』或是『穿什么？』

32 (这些都是外邦人所求的；) 你们需用的一切东西，你们的 天父是知道的。

(10) Matthew 14:14

14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick.

(11) Luke 10:38–42 and

38 and a certain woman named Martha received him into her house.
39 And she had a sister called Mary, which also sat at Jesus' feet, and heard his word.
40 But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me.
41 And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things:
42 But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

(12) Matthew 11:28–30

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.

Science and Health

(11) 212:22

God alone makes and clothes the lilies of the field, and this He does by means of Mind, not matter.

(12) 257:24

Inexhaustible divine Love

Who hath found finite life or love sufficient to meet the demands of human want and woe, — to still the desires, to satisfy the aspirations? Infinite Mind cannot be limited to a finite form, or Mind would lose its infinite character as inexhaustible Love, eternal Life, omnipotent Truth.

(10) 马太福音 14:14

14 耶稣出来，见有许多的人，就向他们动了慈心，治好了他们的病人。

(11) 路加福音 10:38–42 有

38 有一个女人，名叫马大，接他到自己家里。
39 她有一个妹子，名叫马利亚，也在耶稣脚前坐着听他的道。
40 然而，马大伺候的事多，心里忙乱，就到耶稣跟前，说：「主啊，我的妹子留下我一个人伺候，你不在意吗？故此，请吩咐她来帮助我。」
41 耶稣回答对她说：「马大，马大，妳为许多的事思虑烦扰；
42 但是不可少的只有一件；马利亚已经选择那上好的福分，是不能从她夺去的。」

(12) 马太福音 11:28–30

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。」

科学与健康

(11) 212:22

唯独 神创造及装饰野地的百合花，并且祂是以 心灵的方法而非物质的方法来创造与装饰。

(12) 257:24

无尽的神性之 爱

谁见过有限的生命或爱，足以应合人类的匮乏和悲伤之所求，——足以平静渴望，成全抱负呢？无限的 心灵不能被一个有限形式所束缚，否则 心灵便失去其无限的特性，即失去无尽的 爱，永恒 生命，全能 真理。

(13) 519:25

Resting in holy work

God rests in action. Imparting has not impoverished, can never impoverish, the divine Mind. No exhaustion follows the action of this Mind, according to the apprehension of divine Science. The highest and sweetest rest, even from a human standpoint, is in holy work.

(14) 170:15

The best interpreter of man's needs said: "Take no thought for your life, what ye shall eat, or what ye shall drink."

(15) 259:6 The

The divine nature was best expressed in Christ Jesus, who threw upon mortals the truer reflection of God and lifted their lives higher than their poor thought-models would allow, — thoughts which presented man as fallen, sick, sinning, and dying. 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.

(16) 3:12

The Divine Being must be reflected by man, — else man is not the image and likeness of the patient, tender, and true, the One "altogether lovely;" but to understand God is the work of eternity, and demands absolute consecration of thought, energy, and desire.

(17) 254:10–12, 31

When we wait patiently on God and seek Truth righteously, He directs our path. Pilgrim on earth, thy home is heaven; stranger, thou art the guest of God.

4

Bible

(13) Isaiah 32:17

17 And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever.

(13) 519:25

在神圣工作上歇息

神在运作中歇息。赋予不曾使神性心灵贫瘠，也永不使之贫瘠。据对神性科学的理解，此心灵的运作绝无竭尽的。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。

(14) 170:15

对人的需求，最卓越的释义者说道：“你们不要为生命忧虑自己吃什么，喝什么。”

(15) 259:6 神性本性

神性本性被最佳地表达在基督耶稣上，他向必朽者投出神更真的反影，并将他们的生活提升高于他们贫乏思想模式所容许的，——那思想模式表现人是坠落的、生病的、犯罪的和死亡的。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。

(16) 3:12

神性灵性存在必由人来反映，否则人就不是那耐心、温顺及真诚的形象和样式，那唯一“全然可爱”的形象和样式；但要理解神是永恒的工作，并且要求在思考、精力和心愿上的绝对奉献。

(17) 254:10–12, 31

当我们耐心地等候神并公义地寻求真理时，祂指引我们的路。地上的朝圣者，你的家是天国；外人，你是神的宾客。

4

圣经

(13) 以赛亚书 32:17

17 公义的果效必是平安；公义的效验必是平稳可靠，直到永远。

(14) Romans 8:6

6 For to be carnally minded is death; but to be spiritually minded is life and peace.

Science and Health

(18) 203:3

Sure reward of righteousness

In the Science of Christianity, Mind — omnipotence — has all-power, assigns sure rewards to righteousness, and shows that matter can neither heal nor make sick, create nor destroy.

(19) 149:28–29

Whatever guides thought spiritually benefits mind and body.

(20) 506:10–12

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

5

Bible

(15) Jeremiah 29:11

11 For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

(16) John 5:20 the (to :)

20 the Father loveth the Son, and sheweth him all things that himself doeth:

(17) John 12:44

44 Jesus cried and said, He that believeth on me, believeth not on me, but on him that sent me.

(18) Luke 11:14–17, 19, 20, 28 blessed

14 And he was casting out a devil, and it was dumb. And it came to pass, when the devil was gone out, the dumb spake; and the people wondered.

15 But some of them said, He casteth out devils through Beelzebub the chief of the devils.

(14) 罗马书 8:6

6 以肉体为念，就是死；以灵为意念，乃是生命、平安。

科学与健康

(18) 203:3

公义的必然赏报

在基督信仰的‘科学’上，心灵——全能——有一切力量，对公义赋予必然的赏报，且展示物质既不能治疗也不能使之患病，既不能创造也不能毁灭。

(19) 149:28–29

任何灵性上引导思想的都对心灵和身体有益。

(20) 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。

5

圣经

(15) 耶利米书 29:11

11 耶和華說：我知道我向你們所懷的意念是賜平安的意念，不是降災禍的意念，要叫你們終久有指望。

(16) 约翰福音 5:20 (至第二个,)

20 父爱子，将自己所作的一切事指给他看，

(17) 约翰福音 12:44

44 耶稣大声说：「信我的，不是信我，乃是信那差我来的。」

(18) 路加福音 11:14–17, 19, 20, 28 却

14 耶稣赶出一个叫人哑吧的鬼魔。鬼魔出去了，哑吧就说出话来；百姓都希奇。

15 内中却有人说：「他是靠着鬼魔之王别西卜赶出鬼魔。」

16 And others, tempting him, sought of him a sign from heaven.

17 But he, knowing their thoughts, said unto them, Every kingdom divided against itself is brought to desolation; and a house divided against a house falleth.

19 And if I by Beelzebub cast out devils, by whom do your sons cast them out? therefore shall they be your judges.

20 But if I with the finger of God cast out devils, no doubt the kingdom of God is come upon you.

28 blessed are they that hear the word of God, and keep it.

(19) Mark 16:17, 18

17 And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;

18 They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.

Science and Health

(21) 422:2

Wiser than his persecutors, Jesus said: "If I by Beelzebub cast out devils, by whom do your children cast them out?"

(22) 52:19

Saviour's prediction

The "man of sorrows" best understood the nothingness of material life and intelligence and the mighty actuality of all-inclusive God, good. These were the two cardinal points of Mind-healing, or Christian Science, which armed him with Love. The highest earthly representative of God, speaking of human ability to reflect divine power, prophetically said to his disciples, speaking not for their day only but for all time: "He that believeth on me, the works that I do shall he do also;" and "These signs shall follow them that believe."

16 又有人试探耶稣，向他求从天上来的神迹。

17 但他晓得他们的意念，便对他们说：「凡一国自相纷争，就成为荒场；凡一家自相纷争，就必败落。

19 我若靠着别西卜赶出鬼魔，你们的子弟赶出他们又靠着谁呢？这样，他们就要断定你们的是非。

20 我若以 神的指头赶出鬼魔，这就是 神的国临到你们了。

28 却还不如听 神之道而遵守的人有福。」

(19) 马可福音 16:17, 18

17 信的人必有这些神迹随着他们：就是他们奉我的名赶出鬼魔、说新方言、

18 他们手能拿蛇、若喝了什么害命的物，也必不受害；他们手按病人，病人就必好了。」

科学与健康

(21) 422:2

耶稣比其迫害者睿智，其说道：“我若靠着别西卜赶出鬼魔，你们的儿女赶出它们又靠着谁呢？”

(22) 52:19

救主的预告

那“多受痛苦”的人最理解物质生命和物质智能的虚无，及包罗一切的 神之大全，即善之大全的真实性。这两个 心灵治疗的，或基督科学的基本要点，以 爱来装备他。 神的最高世上代表，言及人类能力反映神性力量，预知地对他的门徒说，所讲的不仅是指他们的日子而是指所有的时代：“我所做的事，信我的人也要做，”而且“信的人必有神迹随着他们。”

(23) 145:8-13

The struggle and victory

The struggle for the recovery of invalids goes on, not between material methods, but between mortal minds and immortal Mind. The victory will be on the patient's side only as immortal Mind through Christ, Truth, subdues the human belief in disease.

(24) 180:25-2

When man is governed by God, the ever-present Mind who understands all things, man knows that with God all things are possible. The only way to this living Truth, which heals the sick, is found in the Science of divine Mind as taught and demonstrated by Christ Jesus. To reduce inflammation, dissolve a tumor, or cure organic disease, I have found divine Truth more potent than all lower remedies. And why not, since Mind, God, is the source and condition of all existence?

(25) 382:24

One whom I rescued from seeming spiritual oblivion, in which the senses had engulfed him, wrote to me: "I should have died, but for the glorious Principle you teach, — supporting the power of Mind over the body and showing me the nothingness of the so-called pleasures and pains of sense. The treatises I had read and the medicines I had taken only abandoned me to more hopeless suffering and despair. Adherence to hygiene was useless. Mortal mind needed to be set right. The ailment was not bodily, but mental, and I was cured when I learned my way in Christian Science."

(26) 14:12-16

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.

(23) 145:8-13

斗争与胜利

病者在康复上的斗争持续，并不在物质方法之间，而是在必朽心灵与不朽心灵之间。只有当不朽心灵通过基督，即真理制服人类对病患的信念，胜利就会在病人这边。

(24) 180:25-2

当人由神，由永远临在的，明了一切事物的的心灵所治理时，人知道与神凡事都能。那通往疗愈病者此活真理的唯一途径，在基督耶稣所教导和显示神性心灵的‘科学’中可寻找得到。要减少发炎、化解肿瘤或治疗内脏病患，我发觉神性真理比所有较低等的治疗有效力。既然心灵，神是所有存在的来源及状况，又为何不能呢？

(25) 382:24

我救援过一位似乎是对灵性无意识的，感官淹没了他的人，写信给我：“我本会死去，但因你所教导那荣耀的原则——支持着心灵的力量支配身体，而且对我展示出所谓官感上欢乐和痛苦的虚无。我曾阅读过论文也曾服用药物，可是都只将我遗弃于更多无助的痛苦和绝望中。遵循卫生却毫无帮助。必朽心灵需被纠正。疾病并非在身体上，而是精神上，当我学会实践基督科学之道，我便痊愈了。”

(26) 14:12-16

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。

(20) Job 36:4 he, 5

4 he that is perfect in knowledge is with thee.
5 Behold, God is mighty, and despiseth not any: he is mighty in strength and wisdom.

(21) Matthew 10:7 The

7 The kingdom of heaven is at hand.

(22) John 6:1-3 Jesus, 16-21

1 Jesus went over the sea of Galilee, which is the sea of Tiberias.
2 And a great multitude followed him, because they saw his miracles which he did on them that were diseased.
3 And Jesus went up into a mountain, and there he sat with his disciples.
16 And when even was now come, his disciples went down unto the sea,
17 And entered into a ship, and went over the sea toward Capernaum. And it was now dark, and Jesus was not come to them.
18 And the sea arose by reason of a great wind that blew.
19 So when they had rowed about five and twenty or thirty furlongs, they see Jesus walking on the sea, and drawing nigh unto the ship: and they were afraid.
20 But he saith unto them, It is I; be not afraid.
21 Then they willingly received him into the ship: and immediately the ship was at the land whither they went.

(23) Romans 15:6 with

6 with one mind and one mouth glorify God, even the Father of our Lord Jesus Christ.

(24) Romans 11:36 (to 1st.)

36 For of him, and through him, and to him, are all things: to whom be glory for ever.

(20) 约伯记 36:4 那, 5

4 那知识全备的与你同在。
5 看哪，神有大能，并不藐视人；他的能力甚大，他的智慧甚广。

(21) 马太福音 10:7 『天

7 『天国近了。』

(22) 约翰福音 6:1-3 耶稣, 16-21

1 耶稣渡过加利利海，就是提比哩亚海。
2 有许多人因为看见他在病人身上所行的神迹，就跟随他。
3 耶稣上了山，和门徒一同坐在那里。
16 到了晚上，他的门徒下海边去，
17 上了船，要过海往迦百农去。天已经黑了，耶稣还没有来到他们那里。
18 忽然狂风大作，海就翻腾起来。
19 门徒划了约二十五至三十弗隆的路，看见耶稣在海面上走，渐渐近了船，他们就害怕。
20 耶稣对他们说：「是我，不要怕。」
21 门徒就喜欢接他上船，船立时到了他们所要去的地。

(23) 罗马书 15:6

6 一心一口荣耀 神—我们 主耶稣 基督的父。

(24) 罗马书 11:36 (至第二个。)

36 因为一切都是本于他，倚靠他，归于他。愿荣耀归给他，直到永远。

Science and Health

(27) 273:24

Spiritual law the only law

Jesus walked on the waves, fed the multitude, healed the sick, and raised the dead in direct opposition to material laws. His acts were the demonstration of Science, overcoming the false claims of material sense or law.

(28) 156:29–32

A stately advance

In metaphysics, matter disappears from the remedy entirely, and Mind takes its rightful and supreme place.

(29) 263:7–10

When mortal man blends his thoughts of existence with the spiritual and works only as God works, he will no longer grope in the dark and cling to earth because he has not tasted heaven.

(30) 266:25–26, 29

Perfect and infinite Mind enthroned is heaven. Man is deathless, spiritual. He is above sin or frailty. He does not cross the barriers of time into the vast forever of Life, but he coexists with God and the universe.

(31) 264:10

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

7

Bible

(25) Genesis 17:1 I am

1 I am the Almighty God; walk before me, and be thou perfect.

科学与健康

(27) 273:24

灵性律法，唯一的律法

耶稣在水面上走，牧养众人，治愈病人，使死人复活，都正正与物质法规相反。他的行事是‘科学’的显示，其战胜物质意识或法规的虚假声称。

(28) 156:29–32

辉煌的进步

在超物理上，物质从医治中完全消失，而心灵取得应有的和至高的位置。

(29) 263:7–10

当必朽之人将其对存在的意念和灵性的融汇，并仅以 神行事般行事，他就不再会因其未曾感受天国，而在黑暗中摸索及紧附于世。

(30) 266:25–26, 29

完全与无限 心灵即位的是天国。
人是不死的，是灵性的。他超脱于罪恶及虚弱之上。他无须跨越时空的障碍来进入 生命的浩瀚永恒，而是与 神和宇宙共存。

(31) 264:10

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。

7

圣经

(25) 创世记 17:1 「我是

1 「我是 全能者 神；你当在我面前作完全人。

(32) 239:29–30

The perfect Mind sends forth perfection, for
God is Mind.

(32) 239:29–30

完美 心灵散发出完美，因为 神就是 心
灵。

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