

2023年9月25日– 10月1日

非真實性

金句:

彼得前書 2:11

親愛的朋友，你既是世上的移居者和寄居的，我勸告你要避免世間的慾望與你所活的對敵。

金句翻譯自英文通用聖經

回應式誦讀：

彼得前書 2:1–3, 5, 9–11, 21, 22, 25

- 1 所以要除去一切的惡毒、詭詐，及偽善、嫉妒，和一切毀謗與仇恨的話，
- 2 [你該] 像才生的嬰孩愛慕奶一樣愛慕那純淨話語，由之你得以養育，在得救[其最終的履行]上增長，
- 3 如果實在你們 [已經] 體驗過 主的恩惠及恩典慈愛。
- 5 你們[相信的人]，像活的石，被建造成為靈的房子，作為聖潔和敬奉的祭司，藉著耶穌 基督奉獻[那些是] 神所悅納的靈祭。
- 9 但你們是被揀選的族類，是君尊的祭司，是聖潔的國度，是 神自己擁有的[特選]子民；要好讓你們傳揚他的卓越[美好的行事和美德及完美的]，就是那召你們出黑暗進入他奇妙之光的。
- 10 以前你們不是[算不上是]子民，但現在作了 神的子民；以前未曾蒙憐恤，現在蒙了憐恤。
- 11 親愛的弟兄啊，我勸告你們[在這世上]你們作為客旅和寄居的，要禁戒肉體的私慾[那些不端的私慾]它們是與靈魂爭戰的。
- 21 [作為一個相信的]為此目的你蒙召，因 基督為你受過苦，給留下榜樣，那樣你可跟隨他的腳踪行。
- 22 他沒有犯罪，他口裡也從沒有詭詐。
- 25 你們好像[眾多]持續流離的羊，但如今你們歸到你們靈魂的 牧人與 守護者了。

回應式誦讀翻譯自英文擴大版聖經

(1) I John 4:1

1 Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world.

(2) Psalms 143:10

10 Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness.

(3) Isaiah 45:6 I am, 8, 12, 13 (to :)

6 I am the Lord, and there is none else.
8 Drop down, ye heavens, from above, and let the skies pour down righteousness: let the earth open, and let them bring forth salvation, and let righteousness spring up together; I the Lord have created it.
12 I have made the earth, and created man upon it: I, even my hands, have stretched out the heavens, and all their host have I commanded.
13 I have raised him up in righteousness, and I will direct all his ways:

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

(1) 547:23-25, 28

The Scriptures are very sacred. Our aim must be to have them understood spiritually, for only by this understanding can truth be gained. Inspired thought relinquishes a material, sensual, and mortal theory of the universe, and adopts the spiritual and immortal.

(2) 73:30-32

The sensual cannot be made the mouthpiece of the spiritual, nor can the finite become the channel of the infinite.

(3) 543:25-26

When Spirit made all, did it leave aught for matter to create?

(1) 約翰一書 4:1

1 親愛的弟兄啊，一切的靈，你們不可都信，總要試驗那些靈是出於 神的不是；因為世上有許多假先知已經出來了。

(2) 詩篇 143:10

10 求你指教我遵行你的旨意，因你是我的神。你的靈本為善；求你引我到正直之地。

(3) 以賽亞書 45:6 我是, 8, 12, 13 (至;)

6 我是 耶和華，在我以外並沒有別神。
8 諸天哪，你們要自上下滴，穹蒼好降下公義；讓地面開裂，好產出救恩，使公義一同顯出；這都是我— 耶和華所創造的。
12 我造了地，又創造人在地上；我用手鋪張諸天，一切天象都是我所命定的。
13 我憑公義興起他，又要指引他一切道路；

科學與健康附聖經之鑰匙
瑪麗·貝格·愛迪著

(1) 547:23-25, 28

經文是非常神聖的。我們的目標是必要在靈性上理解它們，因為只有通過此理解才能獲得真理。
受啟發的思想放棄宇宙是物質的、官感的與必朽的理論，並接納靈性的與不朽的。

(2) 73:30-32

感官的不能作為靈性的喉舌，有限的也不能成為無限的其渠道。

(3) 543:25-26

既然 靈創造一切，難道其還剩下某些讓物質去創造嗎？

(4) 525:20-22

No baneful creation

Everything good or worthy, God made.
Whatever is valueless or baneful, He did not
make, — hence its unreality.

2

Bible

(4) Psalms 103:6, 7

6 The Lord executeth righteousness and
judgment for all that are oppressed.
7 He made known his ways unto Moses, his
acts unto the children of Israel.

(5) Psalms 95:3, 6-10

3 For the Lord is a great God, and a great
King above all gods.
6 O come, let us worship and bow down: let
us kneel before the Lord our maker.
7 For he is our God; and we are the people of
his pasture, and the sheep of his hand. To-
day if ye will hear his voice,
8 Harden not your heart, as in the
provocation, and as in the day of temptation
in the wilderness:
9 When your fathers tempted me, proved me,
and saw my work.
10 Forty years long was I grieved with this
generation, and said, It is a people that do err
in their heart, and they have not known my
ways:

(6) Romans 6:16-18

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?
17 But God be thanked, that ye were the
servants of sin, but ye have obeyed from the
heart that form of doctrine which was
delivered you.
18 Being then made free from sin, ye became
the servants of righteousness.

(4) 525:20-22

所創造的全無害

凡無價值的或有害的，祂沒創造，——由此其
非真實。

2

聖經

(4) 詩篇 103:6, 7

6 耶和華施行公義，為一切受屈的人伸冤。
7 祂使摩西知道祂的法則，叫以色列人曉得祂
的作為。

(5) 詩篇 95:3, 6-10

3 因 耶和華為大 神，為大 王，超乎眾神
之上。
6 來啊，我們要屈身敬拜，在造我們的 耶和
華面前跪下。
7 因為祂是我們的 神；我們是祂草場的羊，
是祂手下的民。唯願你們今天聽祂的話：
8 你們不可硬著心，像惹祂發怒的日子一樣，
又像在曠野試探祂的日子一樣。
9 那時，你們的祖宗試我探我，並且觀看我的
作為。
10 四十年之久，我為那世代愁煩，說：這是心
裡迷糊的百姓，竟不曉得我的作為。

(6) 羅馬書 6:16-18

16 豈不曉得你們獻上自己作僕人，順從誰，就
作誰的僕人，作罪的僕人，以至於死；或作順
命的僕人，以至成義？ 1
17 感謝 神。因為你們從前雖然作罪的僕人，
現今卻從心裡順服了所傳給你們道理的模範。
18 你們既從罪裡得了釋放，就作了義的僕人。

(7) Hebrews 3:12, 14

12 Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.

14 For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end;

Science and Health

(5) 333:19–26

The divine Principle and idea

Throughout all generations both before and after the Christian era, the Christ, as the spiritual idea, — the reflection of God, — has come with some measure of power and grace to all prepared to receive Christ, Truth. Abraham, Jacob, Moses, and the prophets caught glorious glimpses of the Messiah, or Christ, which baptized these seers in the divine nature, the essence of Love.

(6) 337:6–10

Sensualism is not bliss, but bondage. For true happiness, man must harmonize with his Principle, divine Love; the Son must be in accord with the Father, in conformity with Christ.

(7) 260:19–20, 22–30

Requisite change of our ideals

Mortals must change their ideals in order to improve their models. Sensualism evolves bad physical and moral conditions. Selfishness and sensualism are educated in mortal mind by the thoughts ever recurring to one's self, by conversation about the body, and by the expectation of perpetual pleasure or pain from it; and this education is at the expense of spiritual growth. If we array thought in mortal vestures, it must lose its immortal nature.

(8) 226:22–7

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.

(7) 希伯來書 3:12, 14

12 弟兄們，你們要謹慎，免得你們中間或有人存著不信的噁心，把永生 神離棄了。

14 我們若將起初確實的信心堅持到底，就在基督裡有份了。

科學與健康

(5) 333:19–26

神性 原則與意念

遍及公元前後的所有時代， 基督，作為靈性意念，—— 神的反影，——對凡準備好接納基督、 真理的，都被賦予了某程度的力量與恩賜。亞伯拉罕、雅各、摩西、及先知們得以瞥見 彌賽亞，或 基督的榮耀，這些先見者在神性本性上受洗，在 愛的精髓上受洗。

(6) 337:6–10

感官享受主義並非極樂，而是奴役。為了真正的快樂，人必須與其 原則，即神性之 愛協調； 子必與 父一致，與 基督相符。

(7) 260:19–20, 22–30

我們理想的必要改變

必朽者為改善其模樣，必須改變其理想。感官享受主義發展成敗壞的身體和道德狀況。由必朽心靈不斷對自己重複意念，由有關身體上的談論，並由對其持續享樂或痛苦上的期望，就把自私及感官享受主義訓育在必朽心靈裡；這訓育是以靈性的成長為代價。如果我們的思想盛裝著必朽衣裳，便必然會失去不朽的本性。

(8) 226:22–7

我見到在我面前的病者，在一個非真實主人的奴役下精疲力竭多年，抱著他們被身體管治而非 心靈管治的信念。

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. I saw before me the awful conflict, the Red Sea and the wilderness; but I pressed on through faith in God, trusting Truth, the strong deliverer, to guide me into the land of Christian Science, where fetters fall and the rights of man are fully known and acknowledged.

Higher law ends bondage

I saw that the law of mortal belief included all error, and that, even as oppressive laws are disputed and mortals are taught their right to freedom, so the claims of the enslaving senses must be denied and superseded.

3

Bible

(8) Psalms 10:4

4 The wicked, through the pride of his countenance, will not seek after God: God is not in all his thoughts.

(9) II Samuel 16:5, 6 (to :), 9, 10 (to 1st ?), 12-14

5 And when king David came to Bahurim, behold, thence came out a man of the family of the house of Saul, whose name was Shimei, the son of Gera: he came forth, and cursed still as he came.

6 And he cast stones at David, and at all the servants of king David:

9 Then said Abishai the son of Zeruiah unto the king, Why should this dead dog curse my lord the king? let me go over, I pray thee, and take off his head.

10 And the king said, What have I to do with you, ye sons of Zeruiah?

12 It may be that the Lord will look on mine affliction, and that the Lord will requite me good for his cursing this day.

13 And as David and his men went by the way, Shimei went along on the hill's side over against him, and cursed as he went, and threw stones at him, and cast dust.

14 And the king, and all the people that were with him, came weary, and refreshed themselves there.

瘸子、聾子、啞巴、瞎子、病人、物慾者、罪人，我希望可將他們從其自己信念的奴役中，及從法老的教育系統中救出，其今日，也如往昔，奴役以色列的子民。我見到在我面前的可怕衝突，那紅海與那曠野；但我藉對 神的信心，信賴 真理，信賴那強大的拯救者，奮力前進，引導我進入基督科學之地，在那裡銹鏽掉落，並且人的權利得到充份理解及承認。

更高的律法結束奴役

我見到必朽信念的法規包括了所有的謬誤，並且，甚至欺壓的法律受到爭議，而必朽者被教導他們有得到自由的權利，同樣使之作為意識上的奴隸該聲稱也必須被拒絕及廢棄。

3

聖經

(8) 詩篇 10:4

4 惡人面帶驕傲，並不尋求 神；他一切所想的都沒有 神。

(9) 撒母耳記下 16:5, 6 (至；), 9, 10 (至第一個?), 12-14

5 大衛王到了巴戶琳，見有一個人出來，是掃羅族基拉的兒子，名叫示每。他一面走一面咒罵，

6 又拿石頭砍大衛王和王的臣僕；

9 洗魯雅的兒子亞比篩對王說：「這死狗豈可咒罵我主我王呢？求你容我過去，割下他的頭來。」

10 王說：「洗魯雅的兒子，我與你們有何關涉呢？」

12 或者 耶和華見我遭難，為我今日被這人咒罵， 耶和華就施恩與我。」

13 於是大衛和跟隨他的人往前行走。示每在大衛對面山坡，一面行走一面咒罵，又拿石頭砍他，拿土揚他。

14 王和跟隨他的眾人疲疲乏乏地到了一個地方，就在那裡歇息歇息。

(10) James 3:5 the, 6 (to :), 8–11 it, 14–18

5 the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!

6 And the tongue is a fire, a world of iniquity:

8 it is an unruly evil, full of deadly poison.

9 Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God.

10 Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.

11 Doth a fountain send forth at the same place sweet water and bitter?

14 But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth.

15 This wisdom descendeth not from above, but is earthly, sensual, devilish.

16 For where envying and strife is, there is confusion and every evil work.

17 But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy.

18 And the fruit of righteousness is sown in peace of them that make peace.

Science and Health

(9) 580:28–30 An

An adversary is one who opposes, denies, disputes, not one who constructs and sustains reality and Truth.

(10) 337:26

Temporal things are the thoughts of mortals and are the unreal, being the opposite of the real or the spiritual and eternal.

(11) 263:28

A sensual thought, like an atom of dust thrown into the face of spiritual immensity, is dense blindness instead of a scientific eternal consciousness of creation.

(12) 65:13–16

The broadcast powers of evil so conspicuous to-day show themselves in the materialism and sensualism of the age, struggling against the advancing spiritual era.

(10) 雅各書 3:5 舌頭, 6 火,是 (至第三個,), 8–11 是, 14–18

5 舌頭在百體裡是很小的，也能說大話。看哪，一點的火能點著何等大的樹林。

6 舌頭就是火，.....是個罪惡的世界，

8 是難以駕馭的惡物，滿了害死人的毒液。

9 我們用舌頭頌讚 神，就是 父，又用舌頭咒詛那照著 神形像被造的人；

10 頌讚和咒詛從一個口裡出來。我的弟兄們，這是不應當的。

11 泉源從一個眼裡能發出甜苦兩樣的水嗎？

14 你們心裡若懷著苦毒的嫉妒和紛爭，就不可自誇，也不可說謊話抵擋真理。

15 這樣的智慧不是從上頭來的，乃是屬地的，屬情慾的，屬鬼魔的。

16 在何處有嫉妒、紛爭，就在何處有擾亂和各樣的壞事。

17 唯獨從上頭來的智慧，先是純潔，後是和平，溫良柔順，滿有憐憫，多結善果，沒有偏見，沒有假冒。

18 並且使人和平的，是用和平所栽種的義果。

科學與健康

(9) 580:28–30 敵人是

敵人是一個反對、否認、爭論的，而不是一個建造和支撐真實性與 真理的。

(10) 337:26

短暫的事物，作為真實或靈性及永恆的對立，是必朽者的意念，並且是非真實的。

(11) 263:28

物慾思想，如掉進靈性浩瀚中的微粒，其是全然盲目的，而非受造的那科學的永恆意識。

(12) 65:13–16

今日邪惡的廣泛傳播勢力在這年代的物質主義和感覺主義上，多麼明顯地展示它們自己，也在與前進的靈性時代爭鬥。

(13) 9:11-14

If selfishness has given place to kindness, we shall regard our neighbor unselfishly, and bless them that curse us; but we shall never meet this great duty simply by asking that it may be done.

(14) 272:19-25

Unspiritual contrasts

It is the spiritualization of thought and Christianization of daily life, in contrast with the results of the ghastly farce of material existence; it is chastity and purity, in contrast with the downward tendencies and earthward gravitation of sensualism and impurity, which really attest the divine origin and operation of Christian Science.

(15) 103:32

In Christian Science, man can do no harm, for scientific thoughts are true thoughts, passing from God to man.

4

Bible

(11) Luke 2:52

52 And Jesus increased in wisdom and stature, and in favour with God and man.

(12) Luke 12:16-21

16 And he spake a parable unto them, saying, The ground of a certain rich man brought forth plentifully:

17 And he thought within himself, saying, What shall I do, because I have no room where to bestow my fruits?

18 And he said, This will I do: I will pull down my barns, and build greater; and there will I bestow all my fruits and my goods.

19 And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry.

20 But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?

21 So is he that layeth up treasure for himself, and is not rich toward God.

(13) 9:11-14

假使自私讓位於仁慈，我們便會無私地看待我們的鄰人，並祝福咒詛我們的人；但僅是去要求能夠達成，我們卻永負不起這重大的責任。

(14) 272:19-25

非靈性的對比

正是思想的靈性化及日常生活的基督化，與那物質存在可怕的鬧劇結果相對比；正是貞節和純潔，與感覺主義及不潔的向下趨勢和向地引力的相對比，真正地證實了基督科學的神性本源與運作。

(15) 103:32

在基督科學上，人不能作任何有害的，因為科學的意念是自 神傳來人的真正意念。

4

聖經

(11) 路加福音 2:52

52 耶穌的智慧和身量，並 神和人喜愛他的心，都一齊增長。

(12) 路加福音 12:16-21

16 他就用比喻對他們說：「有一個財主田產豐盛；

17 自己心裡思想說：『我的出產沒有地方收藏，怎麼辦呢？』

18 他說：『我要這麼辦：要把我的倉房拆了，另蓋更大的；在那裡我好收藏我一切的出產和財物。

19 然後我要對我的元魂說：元魂哪，你有許多財物積存，可作多年的費用；你只管安安逸逸的吃喝快樂吧。』

20 神卻對他說：『你這無知的人哪，這夜必要你的元魂；你所預備的要歸誰呢？』

21 凡為自己積財，在 神面前卻不富足的，也是這樣。」

(13) Matthew 6:31-33

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

Science and Health

(16) 270:31-1

The life of Christ Jesus was not miraculous, but it was indigenous to his spirituality, — the good soil wherein the seed of Truth springs up and bears much fruit.

(17) 60:29

Soul has infinite resources with which to bless mankind, and happiness would be more readily attained and would be more secure in our keeping, if sought in Soul. Higher enjoyments alone can satisfy the cravings of immortal man. We cannot circumscribe happiness within the limits of personal sense. The senses confer no real enjoyment.

(18) 241:5-9

The doom of sin

Sensual treasures are laid up “where moth and rust doth corrupt.” Mortality is their doom. Sin breaks in upon them, and carries off their fleeting joys. The sensualist’s affections are as imaginary, whimsical, and unreal as his pleasures.

(19) 82:31-2

In a world of sin and sensuality hastening to a greater development of power, it is wise earnestly to consider whether it is the human mind or the divine Mind which is influencing one.

(20) 298:10

Truth’s witness

To material sense, the unreal is the real until this sense is corrected by Christian Science.

(13) 馬太福音 6:31-33

31 所以，不要憂慮說：『我們吃甚麼？』或是『喝甚麼？』或是『穿甚麼？』
32 （這些都是外邦人所求的；）你們需用的這一切東西，你們的天父是知道的。
33 但你們要先求神的國，和他的義；這些東西都要加給你們了。

科學與健康

(16) 270:31-1

基督耶穌的畢生並非超自然，其在靈性上是本有的，——在好的土壤裡 真理的種子萌芽並結出許多果子。

(17) 60:29

靈魂有無限的資源用以祝福人類，如果在靈魂中尋求，幸福便會更隨手可得，並且會在我們的保持中更牢固。惟獨更高層次的喜樂能夠滿足不朽之人的渴望。我們不能將幸福局限於個人意識的範圍之內。那些意識給予不了真正的喜樂。

(18) 241:5-9

罪惡的劫數

積聚物慾的財寶“有蟲子咬，能銹壞”。必朽性乃是它們的毀滅。罪惡潛入，並把它們飛逝的快樂帶走。物慾者的關愛如其享樂一樣都是想像的、異想天開的及非真實的。

(19) 82:31-2

在一個罪與欲的世界，催促著力量的更大發展，懇切地去考慮是人的心靈還是神性 心靈影響著你，是睿智的。

(20) 298:10

真理的見證

對物質意識而言，非真實的卻是真實，直至這意識被基督科學所更正。

(21) 66:11-14

Spiritual development germinates not from seed sown in the soil of material hopes, but when these decay, Love propagates anew the higher joys of Spirit, which have no taint of earth.

(22) 57:18, 23-24

Affection's demands

Happiness is spiritual, born of Truth and Love. It is unselfish; therefore it cannot exist alone, but requires all mankind to share it. Love enriches the nature, enlarging, purifying, and elevating it.

5

Bible

(14) Psalms 139:1, 17, 18

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

(15) Matthew 8:5-8, 10, 13

5 And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him,
6 And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented.
7 And Jesus saith unto him, I will come and heal him.
8 The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof: but speak the word only, and my servant shall be healed.
10 When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel.
13 And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour.

(21) 66:11-14

靈性上的進展並不從種植在物質希望泥土中的種子發芽，但當這些物質希望腐爛後，愛重新繁衍 靈其更高的喜樂，其無世上的污染。

(22) 57:18, 23-24

關愛的要求

幸福是靈性上的，源生於 真理和 愛。幸福是無私的，因此其不可獨自存在，而是要全人類共享。

愛豐富本性，使之擴展、純化及提升。

5

聖經

(14) 詩篇 139:1, 17, 18

1 耶和華啊，你已經鑑察我，認識我。
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。

(15) 馬太福音 8:5-8, 10, 13

5 耶穌進了迦百農，有一個百夫長進前來，求他，
6 說：「主啊，我的僕人害癱瘓病，躺在家裡，甚是疼痛。」
7 耶穌對他說：「我去醫治他。」
8 百夫長回答說：「主啊，你到我舍下，我不敢當；只要你說一句話，我的僕人就必好了。」
10 耶穌聽見就稀奇，對跟從的人說：「我實在告訴你們，這麼大的信心，就是在以色列中，我也沒有遇見過。」
13 耶穌對百夫長說：「你回去吧；照你的信心，給你成全了。」正當那時，他的僕人就好了。

Science and Health

(23) 494:15–19 Jesus

Reason and Science

Jesus demonstrated the inability of corporeality, as well as the infinite ability of Spirit, thus helping erring human sense to flee from its own convictions and seek safety in divine Science.

(24) 227:26

The illusion of material sense, not divine law, has bound you, entangled your free limbs, crippled your capacities, enfeebled your body, and defaced the tablet of your being.

(25) 417:20

Disease to be made unreal

To the Christian Science healer, sickness is a dream from which the patient needs to be awakened. Disease should not appear real to the physician, since it is demonstrable that the way to cure the patient is to make disease unreal to him. To do this, the physician must understand the unreality of disease in Science.

(26) 71:25 (only)

There is no sensuality in Spirit.

(27) 393:12

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.

(28) 22:3

Moral retrogression

Vibrating like a pendulum between sin and the hope of forgiveness, — selfishness and sensuality causing constant retrogression, — our moral progress will be slow. 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.

科學與健康

(23) 494:15–19 耶穌

推理與科學

耶穌顯示了肉體的無能，以及 靈的無限能力，因而幫助謬誤的人類意識逃出自己的深信，並在神性科學中尋求安全。

(24) 227:26

並非神性律法而是物質意識的幻象捆綁著你，緊纏了你自由的肢體，使你的能力殘缺，使你的身體虛弱，並污損你靈性存在之質。

(25) 417:20

使得病患非真實

對基督科學的醫者而言，病患是個病人需被喚醒的夢。對醫者病患不應顯得是真實的，因為醫治病人的方法就是，使病患對他不為真實，這是可顯示的。為做到這點，醫者必須在「科學」上理解病患的非真實性。

(26) 71:25 (只一句)

在 靈之內毫無感官享受。

(27) 393:12

要在 靈的力量上提升，來抗拒所有與美善相異的。 神使人有能力如此，而且沒有甚麼能損害神性所賦予人的能力與力量。

(28) 22:3

道德上的倒退

在罪與被寬恕的希望之間，如鐘擺般搖晃，自私和情慾導致著不斷的倒退，我們道德上的進步將會緩慢。對 基督的要求醒悟，必朽者體驗到痛苦。這就使他們，如快要淹溺的人，極其努力去自救；並且通過 基督珍貴的愛，這些努力得以成功來冠冕。

(16) Psalms 24:3-5

3 Who shall ascend into the hill of the Lord? or who shall stand in his holy place?

4 He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.

5 He shall receive the blessing from the Lord, and righteousness from the God of his salvation.

(17) Ephesians 4:17-24

17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,

18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:

19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.

20 But ye have not so learned Christ;

21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:

22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.

Science and Health

(29) 296:9-10, 14-16

The old man with his deeds must be put off. Nothing sensual or sinful is immortal.

The so-called pleasures and pains of matter perish, and they must go out under the blaze of Truth, spiritual sense, and the actuality of being.

(16) 詩篇 24:3-5

3 誰能登 耶和華的山？誰能站在他的聖所？

4 就是手潔心純、不向虛妄、起誓不懷詭詐的人。

5 他必蒙 耶和華賜福，又蒙救他的 神使他成義。

(17) 以弗所書 4:17-24

17 所以我說，且在 主裡作見證，你們行事不要再像別的外邦人存虛妄的心行事。

18 他們心地昏昧，與 神所賜的生命隔絕了，都因自己無知，瞎了心眼；

19 良心既然喪盡，就放縱私慾，貪行種種的污穢。

20 你們學了 基督，卻不是這樣。

21 如果你們聽過耶穌的道，領了他的教，學了他的真理，

22 就要脫去你們從前行為上的舊人，這舊人是因私慾的迷惑而敗壞的；

23 又要將你們屬靈的心志改換一新，

24 並且穿上新人，這新人是照著 神的形像創造的，有公義和真正的聖潔。

科學與健康

(29) 296:9-10, 14-16

舊人和舊人的行為必須脫去。沒有任何肉慾與邪惡的是不朽的。

物質上的所謂享樂與痛苦會泯滅，並且他們必然在 真理的火焰下，靈性意識及靈性存在的真實性下消失。

(30) 201:7

We cannot build safely on false foundations. Truth makes a new creature, in whom old things pass away and “all things are become new.” Passions, selfishness, false appetites, hatred, fear, all sensuality, yield to spirituality, and the superabundance of being is on the side of God, good.

(31) 39:22–27

Now is the time for so-called material pains and material pleasures to pass away, for both are unreal, because impossible in Science. To break this earthly spell, mortals must get the true idea and divine Principle of all that really exists and governs the universe harmoniously.

(30) 201:7

我們不能在虛詐的根基上安穩地營建。真理成就新造的人，在他舊事已過，而“一切都變成新的了”。激情、自私、不正的慾望、仇恨、恐懼及所有情慾皆順服於靈性的，並且靈性存在的豐裕是在 神的，美善的一方。

(31) 39:22–27

現在是所謂的物質痛苦與物質享樂消失的時候，由於兩者都是不真實的，因為在‘科學’上是不可能的。要打破這世上的咒語，必朽者必須取得那一切真正存在的與和諧統治宇宙的真確意念與靈性 原則。

©2023 The Christian Science Publishing Society [基督科學出版協會]。經基督科學出版協會根據基督科學季刊™ -引文版授權翻譯。瑪麗•貝格•愛迪所著《科學與健康附聖經之鑰匙》的引文翻譯自英文版。譯文未經基督科學出版協會或基督科學董事會審查。

《聖經》引文來自中文英王欽定本 (www.ckjv.asia) 。

©2023 The Christian Science Publishing Society. Translated under license from The Christian Science Publishing Society, based on the *Christian Science Quarterly*™ — Citation and Full-Text Editions. Passages from *Science and Health with Key to the Scriptures* by Mary Baker Eddy are translated from the English version. These translations are works-in-progress and have not been reviewed by The Christian Science Publishing Society or The Christian Science Board of Directors.

The Bible citations are from the Chinese King James Version (www.ckjv.asia) .