

2024年10月28日– 11月3日

永久的懲罰

金句:

詩篇 142:5 (至第一個。), 7 (至第一個。)

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。

回應式誦讀：

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

詩篇 103:6 耶和華施行公義，為一切受屈的人伸冤。

10 他沒有按我們的罪過待我們，也沒有照我們的罪孽報應我們。

11 天離地何等的高，他的慈愛向敬畏他的人也是何等的大。

12 東離西有多遠，他叫我們的過犯離我們也有多遠。

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 ……卻使惡人的道路彎曲。

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，全然公義—

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 況且你的僕人因此受警戒，守著這些便有大賞。

12 誰能明白自己的錯謬呢？願你除淨我暗裏所存的過錯。

13 求你攔阻你僕人不犯任意妄為的罪，不容這罪轄制我，我便正直，免犯大罪。

119:45 我要自由而行，因我素來考究你的訓詞。

(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) 詩篇 79:9, 11 (至 ;)

9 拯救我們的 神啊，求你因你名的榮耀幫助我們；為你名的緣故搭救我們，淨去我們的罪。

11 願被囚之人的歎息達到你面前；

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

14 因為 耶和華必不丟棄他的百姓，也不離棄他的產業。

18 我正說我失了腳， 耶和華啊，那時你的慈愛扶助我。

19 我心裏多憂多疑，你安慰我，就使我心歡樂。

22 耶和華.....作了我的保障；

(3) 詩篇 116:16 你已

16 你已經解開我的綁索。

(4) 西番雅書 3:14, 15

14 女子錫安啊，應當歌唱。以色列啊，應當歡呼。女子耶路撒冷啊，應當滿心歡喜快樂。

15 耶和華已經除去你的刑罰，趕出你的仇敵。以色列的王— 耶和華在你中間；你必不再看見災禍。

(5) 約伯記 33:4, 9

4 神的 靈造我， 全能者的氣使我得生。

9 我是清潔無過的，我是無辜的；在我裏面也沒有罪孽。

(6) 約翰一書 3:9

9 凡從 神生的，就不犯罪；因 神的種存在他心裏。他也不能犯罪，因為他是由 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.

科學與健康附聖經之鑰匙
瑪麗·貝格·愛迪著

(1) 99:2-5

到天國的鑰匙

人類哲學、倫理和迷信，並沒有對必朽者提供任何能逃離罪惡而可顯示的神性原則；然而要逃離罪惡，就是《聖經》所要求的。

(2) 127:16-19

基督科學揭示 神並不是罪惡、疾病和死亡的創作者，而是一切罪惡所觸及不了的神性原則、至尊存在、心靈。

(3) 230:11-16

神從不反覆

與我們 神的最高意念對立的是，假設祂為了帶來必然的邪惡結果，就首先設定律法及因果關係，並隨後因無助的受害者按祂的意願做了無法避免的事而懲罰他們。善不是，也不可能是，試驗性罪惡的創作者。

(4) 231:12

如果 神製造罪惡，如果美善產生邪惡，如果真理終結於謬誤，那麼科學與基督信仰便是毫無幫助的；但並沒有任何敵對的力量也沒有靈性或物質的法規，以持續的戰爭來創造及治理著人。 神並非必朽不和諧的創作者。因此我們接受此結論，不和諧僅有個虛幻的存在，其是被神性 真理和 愛毀除的必朽信念。

(5) 481:2

人從屬於 神， 靈，並不從屬別的。 神的靈性存在是無限、自由、和諧及無盡的喜樂。 “ 主的 靈在哪裏，那裏就得以自由”。如昔日的祭司長，人是自由“進入至聖所，”——即 神的皇國。

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
聖經

(7) 以賽亞書 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裏。

9 在這家裏沒有比我大的；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裏，逃到外邊去了。

16 婦人把約瑟的衣服放在自己那裏，等著他主人回家，

17 她就對他如此如此說：「你所帶到我們這裏的那希伯來僕人進來要戲弄我，

20 把約瑟下在監裏，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 王打發人把他解開；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) 雅各書 1:12

12 忍受試探的人是有福的，因為他經過試驗以後，必得生命的冠冕，這是 主應許給那些愛他之人的。

科學與健康

(6) 189:13

他人的罪不應使善人受苦。

(7) 346:13-16

祇有當我們停止展示邪惡，或停止展示我們受苦是由於其他人的罪該信念，我們就顯然是和諧的。不相信謬誤便毀除謬誤，並領至 真理的洞察力。

(8) 231:20-25

優越於疾病與罪惡之上

保持你自己凌駕於罪惡之上，是真的智慧，因為 神使你凌駕於罪惡之上並且 神是治理著人。畏懼罪惡是對 愛的力量及對靈性存在的靈性科學在人與 神關係上的誤解，——即懷疑祂的治理和不信任祂無所不能的照護。

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

縱使謬誤躲在謊話背後並狡辯其罪行，謬誤卻不能永遠隱藏。 真理，以其永恆的律法，揭露謬誤。

報應與懊悔

讓 真理以 神自己的方法揭露並毀滅謬誤，並讓人類公義仿效神性的公義。罪惡將受到其完全的懲罰，皆因其是甚麼及其做的是甚麼。

(10) 537:14-15

謬誤把自己排除於和諧之外。罪是其自身的懲罰。

(11) 405:17

“人種的是甚麼，收的也甚麼”。美善的人最終能克服對罪惡的恐懼。罪惡其必然是，——自我毀除。不朽之人顯示 神的，美善的治理，在其治理下毫無力量去犯罪。

(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 翻譯自英文英王欽定本聖經

(12) 羅馬書 6:16

16 豈不曉得你們獻上自己作僕人，順從誰，就作誰的僕人或作罪的僕人，以至於死；或作順命的僕人，以至成義？¹

(13) 以西結書 33:11 主(至。), 15, 16

11 主耶和華說：我指著我的永生起誓，我斷不喜悅惡人死亡，唯喜悅惡人轉離所行的道而活。

15 還人的抵押和所搶奪的，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說。他行了正確與合法的事，必定存活。

(14) 以賽亞書 55:7

7 惡人當離棄自己的道路，不義的人當除掉自己的意念。歸向 耶和華， 耶和華就必憐恤他；當歸向我們的神，因他必多行赦免。

科學與健康

(12) 225:1 是甚麼

是甚麼將人與罪惡、疾病、和死亡以鐵鐐捆綁呢？任何使人奴役的就是與神性的治理對立。真理使人自由。

(13) 339:11

在‘科學’顯示邪惡是非真的該事實上，犯罪的人是得不到任何鼓勵，祇因看起來犯罪的人可使罪惡真實——會使那不真實的為真實，並如此“積蓄憤怒”。他加入一個對抗自己的陰謀，——以那可怕的非真實抗拒其自己的醒悟，由此他被欺詐了。祇有那些對罪悔改並放棄該非真實的，才能完全理解邪惡的非真實性。

(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

懲罰的減免

法官有時會減免刑罰，但這可能對犯人沒有道德上的裨益，並且充其量這祇免去犯人一種懲罰的形式。道德法律有權宣判有罪或無罪，其總需要補償，必朽者才能“上得更高”。為了迫使這進步，違反法律就帶來刑罰。

(15) 40:9-12

祇有首先把那招致懲罰的罪惡除去，‘科學’才除去那懲罰。這是我對神性寬恕的領悟，這神性寬恕我理解是，意指 神毀滅罪惡的方法。

(16) 240:21, 29

被要求進步

倘若當下滿足於惡行，我們則須認知而厭棄它。如果當下安逸於閒懶，我們則須對此不滿。要謹記，人類遲早必然經受苦或藉‘科學’，確認謬誤是要克服的。償付罪惡的工價的神性方法，涉及解開一個人的纏結，並從經驗認識到怎樣去劃分官感與靈魂。

(17) 323:6-9

光明前景

通過 愛有益的責罰，我們得到幫助向著正義、和平、與純潔，那些‘科學’的標誌往前邁進。

4

聖經

(15) 約伯記 37:14 要站立, 23 他

14 要站立思想 神奇妙的作為。
23 他大有能力，有公平和大義，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) 以賽亞書 61:1

1 主耶和華的靈在我身上；因為耶和華用膏膏我，叫我傳好信息給謙卑的人；他差遣我醫好傷心的人，宣告被擄的得釋放，給被囚的開監牢；

(17) 路加福音 8:40, 43-48

40 耶穌回來的時候，百姓歡喜接待他；因為他們都等候他。

43 有一個女人，患了十二年的血漏，在醫生手裏花盡了她一切養生的，並沒有一人能醫好她，

44 來到耶穌背後，便摸他的衣邊；她的血漏立刻就止住了。

45 耶穌說：「摸我的是誰？」眾人既都不承認，彼得和同行的人說：「夫子，眾人擁擠擠緊靠著你，你還問『摸我的是誰』麼？」

46 耶穌說：「總有人摸我；因我覺得有能力從我身上出去。」

47 那女人知道不能隱藏，就戰戰兢兢的來俯伏在耶穌腳前，她把摸他的緣故和怎樣立刻得好，當著眾人都說出來。

48 耶穌對她說：「女兒，放心吧。你的信使妳痊癒了；平平安安的去罷。」

科學與健康

(18) 412:1-4, 13

神充滿愛地治理一切，除了罪惡以外永不懲罰其它的，這偉大事實正是你的立場，你由此而進步並毀除人類對疾病的恐懼。

基督科學與神性之愛的力量是全能的。其確實足以鬆解束縛，並毀除病患、罪惡與死亡。

(19) 316:7

基督，真理，通過耶穌顯示，證明了靈的力量勝過肉身，——表現出，藉真理在人的心靈和身體上療癒疾病及毀除罪惡的影響來展示。

(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與罪惡上的信念。然後，當你被交付到真理，基督的判決時，那審判官會說：“你已經痊癒了。”

非但不對病患的初期或晚期作盲目與沈默的服從，而是要挺起反抗它們。

當身體被認為該說：“我生病，”切不要認罪。

病患毫無智力去自我供述其事並宣告其名。惟獨必朽心靈自我判決。因此要對病患定出你自身的條規，並要對你自己及對他人公義。

(21) 381:28

廢除一個不義的宣判，一個神性權柄從沒有施以的宣判，這是人的道德權利。

(22) 285:27

通過改革拯救

當必朽者通過基督科學的知識達至更高的意識，他們便會自神性原則，自神，而非自物質，尋求學習如何顯示基督，即真理，作為療癒及拯救的力量。

5

聖經

(18) 加拉太書 5:13

13 弟兄們，你們蒙召是要得自由，只是不可將你們的自由當作放縱肉體的機會，總要用愛心互相服事。

(19) 提多書 2:11, 12

11 因為神救眾人的恩典已經顯明與眾人，
12 教訓我們除去不敬虔的心和世俗的情慾，在今世自守、公義、敬虔度日，

(20) 以弗所書 5:11, 18

11 那暗昧無益的事，不要與人同行，倒要責備行這事的人；
18 不要醉酒，酒能使人放縱；乃要被靈充滿。

(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) 詩篇 69:1, 5, 8, 16

1 神啊，求你救我。因為眾水要淹沒我。
5 神啊，我的愚昧，你原知道；我的罪愆不能隱瞞。
8 我的弟兄看我為外路人；我母親的兒女看我為外邦人。
16 耶和華啊，求你聽允我，因為你的慈愛本為美好；求你按你諸般的慈悲回轉眷顧我。

(22) 詩篇 16:10, 11

10 因為你必不將我的元魂撇在地獄，也不叫你的 聖者見朽壞。
11 你必將生命的道路指示我。在你面前有滿足的喜樂；在你右手中有永遠的福樂。

科學與健康

(23) 407:10–20

如果人戰勝不了惡欲，它們則碾碎快樂、健康與人的德性。在此基督科學就是至上的萬靈藥，對必朽心靈的軟弱給予力量，——力量是來自不朽的及全能的 心靈，——並將人類提升超越其自身，而至更純潔的願望，甚至運用靈性力量並且使喜悅歸與人。讓不當慾望之奴認知到基督科學的教導，那麼他將勝過那願望，並在健康、幸福及存在上提升層次。

(24) 67:23

恩賜和 真理是強有力的，其超越所有其它途徑和方法。

(25) 404:3–9 (至第一個。)

嗜欲要摒棄

如果一個人是酒徒，是個煙奴，或是罪惡無數形式上任何一種特別的侍役，就要以靈性存在的真理來面對並毀除這些謬誤，——就是通過對作惡者展示出其對那些嗜好順從所帶來的痛苦，並通過說服他在不當慾望中其毫無真的喜樂。

(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 (至第二個。), 23-24, 29

逃脫罪惡痛苦的途徑就是停止犯罪。別無其它途徑。
面對錯誤的而宣告正確的，道德勇氣是必要的。
論證是人類最具動力的能力。讓其向感情通告及喚醒人對道德義務的沉睡意識，並且漸漸他會認知人類意識下享樂的空虛，及靈性意識的宏大與極樂，其使物質的或肉體的意識沉寂。繼而他不僅將會得救，而正是得救。

(27) 22:6

道德上的倒退

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。

(28) 444:10

避難所與力量

那些信賴祂的人會逐步發覺“ 神是我們的避難所，是我們的力量，是我們在患難中隨時的幫助”。

6

聖經

(23) 羅馬書 8:1, 2

1 所以，如今那些在 基督耶穌裏不隨從肉體、只隨從 靈行事的就不定罪了。
2 因為賜生命之 靈的律，在 基督耶穌裏釋放了我，使我脫離罪和死的律了。

(24) 加拉太書 5:1, 7

1 基督釋放了我們，叫我們得以自由。所以要在這自由裏站立得穩，不要再被奴僕的軛挾制。
7 你們向來跑得好，有誰攔阻你們，叫你們不順從真理呢？

(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) 帖撒羅尼迦後書 2:16, 17

16 但願我們 主耶穌 基督和那愛我們、開恩將永遠的安慰並美好的盼望賜給我們的父神，
17 安慰你們的心，並且在一切善行善言上堅固你們。

科學與健康

(29) 103:6-9

精神力量的解放

通過‘科學’對必朽心靈聲稱的摧毀，人便能從罪惡及必朽性中逃脫，賜福整個人類家族。

(30) 227:21-26

自由的徽旗

基督科學舉起自由的徽旗並呼喚：“跟隨我吧！逃離疾病、罪惡和死亡！”耶穌已標誌出那道路。世上的子民，接受“神兒女榮耀的自由”而自由吧！這是你的神性權利。

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