

2024年12月9日– 12月15日

神，人的保護者

金句:

歷代誌下 20:15 勝敗

.....勝敗不在乎你們，乃在乎 神。

回應式誦讀：

詩篇 27:1, 3, 5, 11, 14; 46:1, 2, 7, 9 (至第二個,) , 10 (至第一個。); 145:8 (至;) , 9, 18, 20 (至,)

詩篇 27:1 耶和華是我的亮光，是我的拯救，我還畏懼誰呢？ 耶和華是我性命的力量，我還害怕誰呢？

3 雖有軍兵安營攻擊我，我的心也不害怕；雖然興起戰事攻擊我，我必仍舊安穩。

5 因為我遭遇患難，他必把我藏在他亭子裏。在他帳幕的隱密處，他必把我藏在他帳幕的隱密處；他必將我安立在磐石上。

11 耶和華啊，求你將你的道指教我，因我仇敵的緣故引導我走平坦的路。

14 要等候 耶和華。當壯膽，他也必堅固你的心。我再說，要等候 耶和華。

46:1 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。

2 所以，地雖挪移，山雖搖動到海心，

7 大軍之 耶和華與我們同在；雅各的 神是我們的避難所。

9 他止息戰事，直到地極；他折弓、斷槍，

10 你們要休息，要知道我是 神。

145:8 耶和華有恩典，滿懷憐憫；

9 耶和華善待眾民；他的慈悲覆庇他一切所造的。

18 凡求告 耶和華的，就是誠心求告他的， 耶和華便與他們相近。

20 耶和華保護一切愛他的人，

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
聖經

(1) 詩篇 121:7

7 耶和華要保護你，免受一切的災害；他要保護你的性命。

(2) 耶利米書 31:3

3 古時 耶和華向我顯現，說：我以永遠的愛愛你，因此我以慈愛吸引你。

(3) 以賽亞書 41:10, 11 (至第一個。), 12, 13

10 你不要害怕；因為我與你同在。不要驚惶；因為我是你的 神。我必堅固你；我必幫助你；我必用我公義的右手扶持你。
11 看哪，凡向你發怒的必都蒙羞抱愧。
12 與你爭競的，你要找他們也找不著；與你爭戰的必如無有，成為虛無。
13 因為我 耶和華—你的 神必扶持你的右手，對你說：不要害怕；我必幫助你。

(4) 箴言 29:25 倚靠

25 倚靠 耶和華的，必得安穩。

科學與健康附聖經之鑰匙
瑪麗·貝格·愛迪著

(1) 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”。

(2) 473:8-10

神處處都在，除了祂以外，別無其他的是臨在或擁有力量。

(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。

(4) 471:13–19

神性科學的事實應當得到承認，——儘管這些事實的證據不被邪惡、物質或物質意識所支持，——因為 神與人共存的證據是完全由靈性意識所支持的。人現在是，並且永遠都是， 神的反影。 神是無限的，故此是永遠臨在的，並且沒有別的力量或臨在。

(5) 563:4–7 (至 ?)

龍是一個像徵

我們很可能對人類的恐懼感到困惑；並且對仇恨更覺震驚，其抬起它的多個頭來，在邪惡的眾多詭計中展示著它的角。但為甚麼我們會對虛無感到驚愕呢？

(6) 454:5

仇恨的無能

即使對神性 全然力量在某程度上的理解，也會毀除恐懼，並植足於真的途徑上，——該途徑引向非人手所造的房屋是“在諸天永存的”。人類仇恨並無合理的授權，也無皇國。愛在位統治。邪惡或物質既無智能也無力量，是絕對基督科學的教義，並且這是剝去謬誤一切偽裝的偉大真理。

2

聖經

(5) 詩篇 64:1

1 神啊，我禱告的時候，求你聽我的聲音。求你保護我的性命，不受仇敵的驚恐。

(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) 詩篇 120:1, 7 (至第一個,)

1 我在急難中呼求 耶和華，他就聽允我。
7 我願和睦，

(7) 詩篇 32:7

7 你是我藏身之處；你必保佑我脫離苦難；你必以拯救之歌四面環繞我。

(8) 歷代誌下 20:1 摩押人, 3, 4 (至 ;), 13-15, 17, 20-22 (至 ;), 30

1 摩押人和亞捫人，又有米烏尼人，一同來攻擊約沙法。
3 約沙法便懼怕，定意尋求 耶和華，在猶大全地宣告禁食。
4 於是猶大聚會，求 耶和華幫助；
13 猶大眾人和他們的嬰孩、妻子、兒女都站在耶和華面前。
14 那時， 耶和華的 靈在會中臨到利未人亞薩的後裔—瑪探雅的玄孫，耶利的曾孫，比拿雅的孫子，撒迦利雅的儿子雅哈悉。
15 他說：「猶大眾人、耶路撒冷的居民，和約沙法王，你們請聽。 耶和華對你們如此說：『不要因這大軍恐懼驚惶；因為勝敗不在乎你們，乃在乎 神。』」
17 猶大和耶路撒冷人哪，這次你們不要爭戰，要擺陣站著，看 耶和華為你們施行拯救。不要恐懼，也不要驚惶。明日當出去迎敵，因為耶和華與你們同在。』」
20 次日清早，眾人起來往提哥亞的曠野去。出去的時候，約沙法站著說：「猶大和你們耶路撒冷的居民哪，要聽我說：信 耶和華—你們的 神就必立穩；信他的先知就必亨通。」
21 約沙法既與民商議了，就設立歌唱的人，頌讚 耶和華，使他們穿上聖潔的禮服，走在軍前讚美 耶和華說：「當讚美 耶和華；因他的慈愛永遠長存。」

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 眾人方唱歌讚美的時候，耶和華就派伏兵擊殺那來攻擊猶大的亞捫人、摩押人，和西珥山人；
30 這樣，約沙法的國得享太平，因為神賜他四境平安。

(9) 詩篇 9:6 (至；), 7 (至；), 10

6 仇敵啊，你被毀壞到了盡頭，直到永遠；
7 唯耶和華存到永遠；
10 耶和華啊，認識你名的人要倚靠你，因你沒有離棄尋求你的人。

科學與健康

(7) 12:31-1

在神性科學中，祈禱是精神上的，而人人都可以受益於神，其是“在患難中隨時的幫助”。

(8) 186:15, 19-20

邪惡，負面的及自我毀滅的

所有必朽者必須認知，邪惡既沒有力量也沒有真實性。邪惡僅有毀除自己的力量。它永不能毀除絲毫美善。

(9) 288:3

巨大的衝突

真理與謬誤之間的假想爭戰，祇是靈性意識證據與物質官感見證之間那精神上的衝突，而這靈與肉之間的爭戰將會藉著對神性之愛的信心和理解來解決所有問題。

(10) 387:27

基督信仰的歷史

基督信仰的歷史，提供了由天父，由全能心靈賦予人那支持的影響力與保護力量的至高證明，天父，全能心靈給予人信心與理解，藉此不單防護自己受誘惑，也防護其身體上的痛苦。

(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

愛除去懼怕

每個試煉上我們對 神的信心，使我們更堅強。當物質狀況看似越難被 靈克服時，我們的信心就要更強，愛就要更純潔。

3

聖經

(10) 雅各書 4:1 (至第一個?)

1 你們中間的爭戰鬥毆是從哪裏來的呢？

(11) 瑪拉基書 2:10

10 我們豈不都是一個父嗎？豈不是一位 神所創造的嗎？我們各人怎麼以詭詐待自己兄弟，背棄 神與我們列祖所立的約呢？

(12) 彌迦書 7:6, 7

6 因為，兒子藐視父親，女兒起來抗拒母親，媳婦抗拒婆婆；人的仇敵就是自己家裏的人。
7 為此我要仰望 耶和華，要等候那救我的神；我的 神必聽允我。

(13) 腓立比書 2:2, 3

2 你們就要意念相同，愛心相同，有一樣的心思，有一樣的意念，使我的喜樂可以滿足。

3 凡事不可結黨，不可貪圖虛浮的榮耀；只要存心謙卑，各人看別人比自己強。

(14) 箴言 2:10, 11

10 智慧必入你心；你的魂要以知識為美。

11 謀略必護衛你；聰明必保守你，

科學與健康

(12) 469:30-5

藉一 父，即 神，人的整個家庭都會是弟兄；藉一 心靈，藉 神即美善，人的弟兄情誼會由 愛和 真理組成，並與構成神性科學的原則和靈性力量結合。

(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

從自私贖回

當我們認識到一 心靈時，愛鄰如己的神性律法就展現了；然而相信有眾多心靈管治的信念，會妨礙人嚮往一 心靈，嚮往一 神的正常趨向，並把人的思想帶到被自私統治的相反渠道。

自私將人類生存的秤桿傾向謬誤的一邊，而非傾向 真理。

(14) 242:15 以耐心

以耐心順從耐心的 神，讓我們努力以 愛的萬能溶劑溶解謬誤的頑石，——任性、自辯、及自戀，——其與靈性爭戰，也是罪惡與死亡的法規。

(15) 57:22-24

人類的關愛並不會枉然傾注，即使沒有回應。愛豐富本性，使之擴展、純化及提升。

(16) 102:31-2

基督科學奪取邪惡的王國，並且至高無上地在家庭也因而在社會上促進關愛和美德。

4

聖經

(15) 詩篇 55:16 我要, 18 (至第二個,)

16 我要求告 神； 耶和華必拯救我。

18 他救贖我命脫離攻擊我的人，使我得享平安，

(16) 使徒行傳 10:38 神.....以

38 神.....以 聖靈和能力膏拿撒勒的耶穌，這都是你們知道的。他周流四方，行善事，醫好凡被魔鬼壓制的人；因為 神與他同在。

(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說：「夫子，求你看顧我的兒子；因為他是我的獨生子。」

39 不料，他被靈抓住就忽然喊叫；並且靈叫他抽瘋，使他口又流沫，並且重重的傷害他，難以離開他。

40 我求過你的門徒，把牠趕出去；他們卻是不能。」

41 耶穌回答說：「這又不信又悖謬的世代啊，我在你們這裏，忍耐你們要到幾時呢？將你的兒子帶到這裏來吧。」

42 正來的時候，那鬼魔把他摔倒，叫他抽瘋。耶穌就斥責那污靈，把孩子治好了，再交給他父親。

43 眾人都詫異 神的大能。

科學與健康

(17) 144:20

真理，並非肉體意願，是神性的力量其對病患說：“住了吧，靜了吧。”

(18) 316:7, 20

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。

基督展現不可摧毀之人，人是靈所創造、所構成及治理的。基督例舉出與神，與神性原則融匯，其賦予人管治全地的權柄。

(19) 147:32–4

耶穌自己的實行

耶穌從未說過病患危險或難以醫治。當他的門徒把一個他們治療失敗的病例帶給他，他對他們說，“不信的世代啊，”意指那治療所需的數量是在於心靈。

(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

僕人與主人

理解 自我就是 心靈，也理解祇有唯一的心靈或智能，這便立刻開始毀除必朽意識的謬誤並提供不朽意識的真理。這理解使身體和諧；其使神經、骨骼、頭腦等等，成為僕人而非主人。如果人是由神性 心靈的律法所治理，他的身體就服從於永恆的 生命和 真理與 愛。

(21) 492:29-2

保守的理論，長久以來相信有物質與心靈兩個因素，結合在一些不可能的基礎上。這理論會使真理與謬誤時常在交戰。勝利不會在雙方的旗上。在另一方面，基督科學迅速地展示出真理是勝利的。

(22) 151:20-24, 28

人由 心靈治理

那真正的人其每一功能都是由神性 心靈所治理。人類心靈沒有力量去殺害或醫治，也不能控制 神的人。神性 心靈使人保持祂自己的形像和樣式。

直而窄的路是見到並承認該事實，對此力量順服，並且遵循真理的指引。

5

聖經

(18) 詩篇 86:2, 3

2 求你保存我的性命，因我是聖潔的。我的神啊，求你拯救這倚靠你的僕人。
3 主啊，求你憐憫我，因我終日呼求你。

(19) 約伯記 7:3 夜間, 4

3 夜間的疲乏為我而定。
4 我躺臥的時候便說：我何時起來，黑夜就過去呢？我盡是反來覆去，直到天亮。

(20) 箴言 3:5, 24

5 你要專心仰賴 耶和華，不可倚靠自己的聰明，
24 你躺下，必不懼怕；你躺臥，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."

(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) 詩篇 4:8

8 我必安然躺下睡覺，因為獨有你— 耶和華使我安然居住。

(22) 詩篇 42:8

8 白晝， 耶和華必向我施慈愛；黑夜，我要歌頌禱告賜我生命的 神。

(23) 詩篇 17:15 我必

15 我必在義中見你的面；我醒了的時候，得見你的形像就心滿意足了。

科學與健康

(23) 378:26-28

神從沒有將力量賦予物質來使 生命無能力，也從不以不諧和的漫長寒夜來凍卻和諧。

(24) 324:7-12

除非人的和諧與不朽性越來越明顯，否則我們便得不到 神的真意念；而身體會反影甚麼治理它，是 真理還是謬誤，理解還是信念， 靈還是物質。因此“你要認識 神，就得平安”。

(25) 218:7

真理的意識讓我們休息得比無意識下數小時的睡眠還好。

(26) 157:26-31

麻醉劑鎮靜必朽心靈，進而舒緩身體；但這種屈從讓心靈與身體兩者都更糟糕。基督科學影響整個肉身，——那就是，心靈與身體，——並顯出 生命是延續的及和諧的該證明。‘科學’使謬誤失效並將之毀除。

(27) 447:14-16

當在精神上由 真理支持，系統上的康復活動則自然地進行。

(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

即使在一個人類的立場上，最高與最甜美的歇息，也是在神聖工作中。

6

聖經

(24) 以賽亞書 26:3, 4 (至第一個；)

3 堅心倚賴你的，你必保守他十分平安；因為他倚靠你。
4 你們當倚靠 耶和華直到永遠；

(25) 以賽亞書 2:2, 4 他們要, 5

2 末後的日子， 耶和華殿的山必立在諸山之巔，高舉過於眾嶺；列國都要流歸這山。
4 他們要將刀打成犁頭，把槍打成鐮刀；這國不舉刀攻擊那國；他們也不再學習戰事。
5 雅各家啊，你們來吧，我們在 耶和華的光明中行走。

(26) 民數記 6:24-26

24 『願 耶和華賜福給你，保護你。
25 願 耶和華使他的臉光照你，賜恩給你。
26 願 耶和華向你仰臉，賜你平安。』

科學與健康

(29) 276:4

普世的兄弟情誼

神性律理得以理解時，其開展了團契的基礎，在團契的基礎上一個心靈不會與另一個爭鬥，而都有著一 靈，一 神，一智能來源，按照經文的命令：“你們當以 基督耶穌的心〔靈〕為心”。人與其 創造者在神性科學上相互關聯，並且真實意識祇認知 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

唯一無限的 神，美善，統一人類與國邦；構建人的兄弟情誼；結束戰爭；成就經文上的“愛鄰如己”，滅除異教及基督徒的偶像崇拜，——滅除任何在社會、民事、刑事、政治、及宗教規例上不對的；使性別平等，廢除對人類的詛咒，並且不留下任何能犯罪、受苦、被懲罰或被毀滅的。

(31) 506:10–12

藉神性科學， 靈， 神，將理解與永恆和諧連結。那平靜的及提升了的思想即靈性領悟處於平安。

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《聖經》引文來自中文英王欽定本 (www.ckjv.asia) 。

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