



MAY 18–24, 2026

Soul and Body

GOLDEN TEXT

Job 11:17 *thou*

. . . thou shalt shine forth, thou shalt be as the morning.

RESPONSIVE READING

Isaiah 61:1 (to 1st); **10** (to); **Isaiah 60:1, 2, 19–22** (to); **Matthew 5:12** (to 1st); **14–16**

Isa. 61:1 The spirit of the Lord God is upon me;

10 I will greatly rejoice in the Lord, my soul shall be joyful in my God;

60:1 Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.

2 For, behold, the darkness shall cover the earth, and gross darkness the people: but the Lord shall arise upon thee, and his glory shall be seen upon thee.

19 The sun shall be no more thy light by day; neither for brightness shall the moon give light unto thee: but the Lord

shall be unto thee an everlasting light, and thy God thy glory.

20 Thy sun shall no more go down; neither shall thy moon withdraw itself: for the Lord shall be thine everlasting light, and the days of thy mourning shall be ended.

21 Thy people also shall be all righteous: they shall inherit the land for ever, the branch of my planting, the work of my hands, that I may be glorified.

22 A little one shall become a thousand, and a small one a strong nation:

Matt. 5:12 Rejoice, and be exceeding glad:

14 Ye are the light of the world. A city that is set on an hill cannot be hid.

15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

SECTION 1

The Bible

1 | I Corinthians 6:19 *know, 20 therefore*

19 know ye not that your body is the temple of the Holy Ghost which is in you,

which ye have of God, and ye are not your own?

20 therefore glorify God in your body, and in your spirit, which are God's.

2 | I Corinthians 15:49 as, 53

49 as we have borne the image of the earthy, we shall also bear the image of the heavenly.

53 For this corruptible must put on incorruption, and this mortal must put on immortality.

3 | I Corinthians 13:12

12 For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

4 | Luke 1:46 My, 47

46 My soul doth magnify the Lord,
47 And my spirit hath rejoiced in God my Saviour.

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

1 | 335:16–18 (to 1st .), 22

Soul and Spirit being one, God and Soul are one, and this one never included in a limited mind or a limited body.

Only by losing the false sense of Soul can we gain the eternal unfolding of Life as immortality brought to light.

2 | 477:6–7

Man is not a material habitation for Soul; he is himself spiritual.

3 | 322:3–9

When understanding Standpoints
changed
changes the standpoints
of life and intelligence from a material to a spiritual basis, we shall gain the reality of Life, the control of Soul over sense, and we shall perceive Christianity, or Truth, in its divine Principle. This must be the climax before harmonious and immortal man is obtained and his capabilities revealed.

4 | 338:1–8

Christian Science, rightly understood, leads to eternal harmony. It brings to light the only living and true God and man as made in His likeness; whereas the opposite belief — that man originates in matter and has beginning and end, that he is both soul and body, both good and evil, both spiritual and material — terminates in discord and mortality, in the error which must be destroyed by Truth.

5 | 262:5–7

Christian Science takes naught from the perfection of God, but it ascribes to Him the entire glory.

SECTION 2

The Bible

5 | [Psalms 84:11](#) *the (to 2nd :)*

¹¹ the Lord God is a sun and shield: the Lord will give grace and glory:

6 | [Numbers 6:25](#)

²⁵ The Lord make his face shine upon thee, and be gracious unto thee:

7 | [Isaiah 60:1](#)

¹ Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.

8 | [Revelation 12:1](#)

¹ And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars:

Science and Health

6 | [595:1](#)

SUN. The symbol of Soul governing man, — of Truth, Life, and Love.

7 | [71:7](#)

Soul is synonymous with Spirit, God, the creative, governing, infinite Principle outside of finite form, which forms only reflect.

8 | [477:19](#) *What, 20–2 Identity*

What are body and Soul?
Identity is the Reflection
of Spirit
reflection of Spirit, the reflection in multifarious forms of the living Principle, Love. Soul is the substance, Life, and intelligence of man, which is individualized, but not in matter. Soul can never reflect anything inferior to Spirit.

Man is the expression of Man
inseparable
from Spirit
Soul. The Indians caught some glimpses of the underlying reality, when they called a certain beautiful lake “the smile of the Great Spirit.” Separated from man, who expresses Soul, Spirit would be a nonentity; man, divorced from Spirit, would lose his entity. But there is, there can be, no such division, for man is coexistent with God.

9 | [561:22–27](#)

The woman in the Spiritual
sunlight
Apocalypse symbolizes generic man, the spiritual idea of God; she illustrates the coincidence of God and man as the divine Principle and divine idea. The Revelator symbolizes Spirit by the sun. The spiritual idea is clad with the radiance of spiritual Truth, and matter is put under her feet.

10 | [478:3–4, 12](#)

What evidence of Soul or of immortality have you within mortality?
Who can see a soul in the body?

SECTION 3

The Bible

9 | [Psalms 86:4 unto](#)

4 unto thee, O Lord, do I lift up my soul.

10 | [Luke 11:34–36](#)

34 The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness. 35 Take heed therefore that the light which is in thee be not darkness.

36 If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a candle doth give thee light.

11 | [Isaiah 58:10 if](#)

10 if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day:

Science and Health

11 | [72:9–12 As](#)

As light destroys darkness and in the place of darkness all is light, so (in absolute Science) Soul, or God, is the only truth-giver to man.

12 | [481:32–9](#)

When reading the Scriptures, the substitution of the word *sense* for *soul* gives the exact meaning in a majority of cases.

Human thought has adulterated the meaning of the word *soul* through the hypothesis that soul is both an evil and a good intelligence, resident in matter. The proper use of the word *soul* can always be gained by substituting the word *God*, where the deific meaning is required. In other cases, use the word *sense*, and you will have the scientific signification.

13 | [269:14–20](#)

Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul.

These ideas are perfectly real and tangible to spiritual consciousness, and they have this advantage over the objects and thoughts of material sense, — they are good and eternal.

14 | [295:16](#)

The manifestation of God through mortals is as light passing through the window-pane. The light and the glass never mingle, but as matter, the glass is less opaque than the walls. The mortal mind through which Truth appears most vividly is that one which has lost much materiality — much error — in order to become a better transparency for Truth. Then, like a cloud melt-

Soul
defined

Goodness
transparent

ing into thin vapor, it no longer hides the sun.

15 | [262:24](#)

Starting from a higher standpoint, one rises spontaneously, even as light emits light without effort; for “where your treasure is, there will your heart be also.”

SECTION 4

The Bible

12 | [Psalms 90:1, 17 let \(to :\)](#)

1 Lord, thou hast been our dwelling place in all generations.

17 let the beauty of the Lord our God be upon us:

13 | [Psalms 17:6 \(to :\), 8, 15 I will](#)

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

8 Keep me as the apple of the eye, hide me under the shadow of thy wings,

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

14 | [Psalms 139:14](#)

14 I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

Science and Health

16 | [247:13–4](#)

Immortality, exempt from age or decay, has a glory of its own, — the radiance of Soul. Immortal men and women are models of spiritual sense, drawn by perfect Mind and reflecting those higher conceptions of loveliness which transcend all material sense.

Eternal
beauty

Comeliness and grace are independent of matter. Being possesses its qualities before they are perceived humanly. Beauty is a thing of life, which dwells forever in the eternal Mind and reflects the charms of His goodness in expression, form, outline, and color. It is Love which paints the petal with myriad hues, glances in the warm sunbeam, arches the cloud with the bow of beauty, blazons the night with starry gems, and covers earth with loveliness.

The divine
loveliness

The embellishments of the person are poor substitutes for the charms of being, shining resplendent and eternal over age and decay.

The recipe for beauty is to have less illusion and more Soul, to retreat from the belief of pain or pleasure in the body into the unchanging calm and glorious freedom of spiritual harmony.

Love never loses sight of loveliness. Its halo rests upon its object.

17 | [248:19–32](#)

Do you not hear from all mankind of the imperfect model? The world is holding it before your gaze continually. The result is that you are liable to follow those lower patterns, limit your life-work, and adopt into your experience the angular outline and deformity of matter models.

To remedy this, we must first turn our gaze in the right direction, and then walk that way. We must form perfect models in thought and look at them continually, or we shall never carve them out in grand and noble lives. Let unselfishness, goodness, mercy, justice, health, holiness, love — the kingdom of heaven — reign within us, and sin, disease, and death will diminish until they finally disappear.

Perfect
models

18 | [516:12–13](#)

Love, redolent with unselfishness, bathes all in beauty and light.

Love imparts
beauty

SECTION 5

The Bible

15 | [Isaiah 40:5 the \(to :\)](#)

⁵ the glory of the Lord shall be revealed, and all flesh shall see it together:

16 | [Jeremiah 31:1, 12](#)

¹ At the same time, saith the Lord, will I be the God of all the families of Israel, and they shall be my people.

¹² Therefore they shall come and sing in the height of Zion, and shall flow together to the goodness of the Lord, for wheat, and for wine, and for oil, and for the young of the flock and of the herd: and their soul shall be as a watered garden; and they shall not sorrow any more at all.

17 | [Jeremiah 32:41](#)

⁴¹ Yea, I will rejoice over them to do them good, and I will plant them in this land assuredly with my whole heart and with my whole soul.

18 | [Mark 6:34–42, 56](#)

³⁴ And Jesus, when he came out, saw much people, and was moved with compassion toward them, because they were as sheep not having a shepherd: and he began to teach them many things. ³⁵ And when the day was now far spent, his disciples came unto him, and said, This is a desert place, and now the time is far passed: ³⁶ Send them away, that they may go into the country round about, and into the villages, and buy themselves bread: for they have nothing to eat. ³⁷ He answered and said unto them, Give ye them to eat. And they say unto him, Shall we go and buy two hundred pennyworth of bread, and give them to eat? ³⁸ He

saith unto them, How many loaves have ye? go and see. And when they knew, they say, Five, and two fishes. ³⁹ And he commanded them to make all sit down by companies upon the green grass. ⁴⁰ And they sat down in ranks, by hundreds, and by fifties. ⁴¹ And when he had taken the five loaves and the two fishes, he looked up to heaven, and blessed, and brake the loaves, and gave them to his disciples to set before them; and the two fishes divided he among them all. ⁴² And they did all eat, and were filled.

⁵⁶ And whithersoever he entered, into villages, or cities, or country, they laid the sick in the streets, and besought him that they might touch if it were but the border of his garment: and as many as touched him were made whole.

Science and Health

19 | [325:7](#)

Jesus gave the true idea of being, which results in infinite blessings to mortals.

20 | [25:31](#)

The divinity of the Christ was made manifest in the humanity of Jesus.

21 | [210:11–16](#)

Knowing that Soul and its attributes were forever manifested through man, the Master healed the sick, gave sight to the blind, hearing to the deaf, feet to the

lame, thus bringing to light the scientific action of the divine Mind on human minds and bodies and giving a better understanding of Soul and salvation.

22 | [442:19–25](#) *When*

When Christ changes a belief of sin or of sickness into a better belief, then belief melts into spiritual understanding, and sin, disease, and death disappear. Christ, Truth, gives mortals temporary food and clothing until the material, transformed with the ideal, disappears, and man is clothed and fed spiritually.

Christ
the great
physician

23 | [60:29–31](#)

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.

24 | [518:15–19](#)

The rich in spirit help the poor in one grand brotherhood, all having the same Principle, or Father; and blessed is that man who seeth his brother's need and supplieth it, seeking his own in another's good.

Assistance in
brotherhood

SECTION 6

The Bible

19 | [Psalms 62:5](#)

⁵ My soul, wait thou only upon God; for my expectation is from him.

20 | [Acts 3:2, 3, 6–9, 11–13 \(to ;\)](#)

² And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms of them that entered into the temple; ³ Who seeing Peter and John about to go into the temple asked an alms.

⁶ Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk. ⁷ And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength. ⁸ And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God. ⁹ And all the people saw him walking and praising God:

¹¹ And as the lame man which was healed held Peter and John, all the people ran together unto them in the porch that is called Solomon's, greatly wondering. ¹² And when Peter saw it, he answered unto the people, Ye men of Israel, why marvel ye at this? or why look ye so

earnestly on us, as though by our own power or holiness we had made this man to walk? ¹³ The God of Abraham, and of Isaac, and of Jacob, the God of our fathers, hath glorified his Son Jesus;

21 | [Acts 12:1, 5–7](#)

¹ Now about that time Herod the king stretched forth his hands to vex certain of the church.

⁵ Peter therefore was kept in prison: but prayer was made without ceasing of the church unto God for him. ⁶ And when Herod would have brought him forth, the same night Peter was sleeping between two soldiers, bound with two chains: and the keepers before the door kept the prison. ⁷ And, behold, the angel of the Lord came upon him, and a light shined in the prison: and he smote Peter on the side, and raised him up, saying, Arise up quickly. And his chains fell off from his hands.

Science and Health

25 | [223:3](#)

Sooner or later we shall learn that the fetters of man's finite capacity are forged by the illusion that he lives in body instead of in Soul, in matter instead of in Spirit.

26 | [302:1 \(only\)](#)

Soul is not compassed by finiteness.

27 | [258:9–16](#)

Man is more than a material form with a mind inside, which must escape from its environments in order to be immortal. Man reflects infinity, and this reflection is the true idea of God.

Infinity's
reflection

God expresses in man the infinite idea forever developing itself, broadening and rising higher and higher from a boundless basis. Mind manifests all that exists in the infinitude of Truth.

28 | [208:25–2](#)

Mind, not matter, is causation. A material body only expresses a material and mortal mind. A mortal man possesses this body, and he makes it harmonious or discordant according to the images of thought impressed upon it. You embrace your body in your thought, and you should delineate upon it thoughts of health, not of sickness. You should banish all thoughts of disease and sin and of other beliefs included in matter. Man, being immortal, has a perfect indestructible life.

Sickness as
only thought

29 | [226:18](#)

Human codes, scholastic theology, material medicine and hygiene, fetter faith and spiritual understanding. Divine Science rends asunder these fetters, and man's birthright of sole allegiance to his Maker asserts itself.

30 | [390:32](#)

Rise in the conscious strength of the spirit of Truth to overthrow the plea of mortal mind, *alias* matter, arrayed against the supremacy of Spirit. 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!"

SECTION 7

The Bible

22 | [Job 11:17](#) *thou*

¹⁷ thou shalt shine forth, thou shalt be as the morning.

23 | [Psalms 103:1](#)

¹ Bless the Lord, O my soul: and all that is within me, bless his holy name.

*Science and Health*31 | [76:22–26](#)

The sinless joy, — the perfect harmony and immortality of Life, possessing unlimited divine beauty and goodness without a single bodily pleasure or pain, — constitutes the only veritable, indestructible man, whose being is spiritual.

Immaterial
pleasure

32 | [249:31](#) (only)

Man is the reflection of Soul.

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