



NOVEMBER 18–24, 2024

# Soul and Body

## GOLDEN TEXT

**Mark 4:11** *Unto you (to 1<sup>st</sup> :)*

... Unto you it is given to know the mystery of the kingdom of God:

## RESPONSIVE READING

**Matthew 6:22, 23, 25** *Take, 26, 28, 29 even, 31–33; I Thessalonians 5:23 and I pray*

**Matt. 6:22** The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

**23** But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

**25** ... Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

**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. Are ye not much better than they?

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

**29** ... even Solomon in all his glory was not arrayed like one of these.

**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.

**I Thess. 5:23** ... and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

## SECTION 1

### The Bible

**1** | **Psalms 25:1, 5 (to :), 20 (to :)**

**1** Unto thee, O Lord, do I lift up my soul.

**5** Lead me in thy truth, and teach me:

**20** O keep my soul, and deliver me:

2 | **Psalms 19:7, 8**

7 The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple.

8 The statutes of the Lord are right, rejoicing the heart: the commandment of the Lord is pure, enlightening the eyes.

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

1 | **335:16–18 (to 1<sup>st</sup>.), 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 | **114:23–27**

Christian Science explains all cause and effect as mental, not physical. It lifts the veil of mystery from Soul and body. It shows the scientific relation of man to God, disentangles the interlaced ambiguities of being, and sets free the imprisoned thought.

Causation  
mental

3 | **311:22**

When humanity does understand this Science, it will become the law of Life to man, — even the higher law of Soul, which prevails over material sense through harmony and immortality.

## SECTION 2

**The Bible**3 | **Psalms 84:11**

11 For the Lord God is a sun and shield: the Lord will give grace and glory: no good thing will he withhold from them that walk uprightly.

4 | **Jeremiah 32:17, 19 (to 2<sup>nd</sup>.), 26, 38 they, 40 (to ;), 41**

17 Ah Lord God! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee:

19 Great in counsel, and mighty in work: for thine eyes are open upon all the ways of the sons of men:

26 Then came the word of the Lord unto Jeremiah, saying,

38 they shall be my people, and I will be their God:

40 And I will make an everlasting covenant with them, that I will not turn away from them, to do them good;

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.

***Science and Health***4 | **70:15 (only)**

What is Soul?

5 | [120:4](#)

Soul, or Spirit, is God, unchangeable and eternal; and man coexists with and reflects Soul, God, for man is God's image.

6 | [310:12–18](#)

The sun is not affected by the revolution of the earth. So Science reveals Soul as God, untouched by sin and death, — as the central Life and intelligence around which circle harmoniously all things in the systems of Mind.

The central intelligence

Soul changeth not.

7 | [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.

8 | [482:3](#)

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 def-  
 icient meaning is required. In other cases, use the word *sense*, and you will have the scientific signification. As used in Christian Science, Soul is properly the synonym of Spirit, or God; but out of Sci-

Soul defined

ence, soul is identical with sense, with material sensation.

## SECTION 3

## The Bible

5 | [Matthew 12:18 \(to :\)](#)

<sup>18</sup> Behold my servant, whom I have chosen; my beloved, in whom my soul is well pleased:

6 | [Matthew 4:23](#)

<sup>23</sup> And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

7 | [Matthew 9:2–8, 10–13](#)

<sup>2</sup> And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee. <sup>3</sup> And, behold, certain of the scribes said within themselves, This man blasphemeth. <sup>4</sup> And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts? <sup>5</sup> For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk? <sup>6</sup> But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house. <sup>7</sup> And he arose, and departed to

his house. <sup>8</sup> But when the multitudes saw it, they marvelled, and glorified God, which had given such power unto men.

<sup>10</sup> And it came to pass, as Jesus sat at meat in the house, behold, many publicans and sinners came and sat down with him and his disciples. <sup>11</sup> And when the Pharisees saw it, they said unto his disciples, Why eateth your Master with publicans and sinners? <sup>12</sup> But when Jesus heard that, he said unto them, They that be whole need not a physician, but they that are sick. <sup>13</sup> But go ye and learn what that meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance.

#### 8 | Deuteronomy 18:13

<sup>13</sup> Thou shalt be perfect with the Lord thy God.

### *Science and Health*

#### 9 | 210:11

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. Jesus healed sickness and sin by one and the same metaphysical process.

#### 10 | 38:25–26, 30

He unveiled the Christ, the spiritual idea of divine Love.

He taught that the material senses shut out Truth and its healing power.

#### 11 | 395:6–11

Like the great Exemplar, the healer should speak to disease as one having authority over it, leaving Soul to master the false evidences of the corporeal senses and to assert its claims over mortality and disease. The same Principle cures both sin and sickness.

Divine  
authority

#### 12 | 302:19

The Science of being reveals man as perfect, even as the Father is perfect, because the Soul, or Mind, of the spiritual man is God, the divine Principle of all being, and because this real man is governed by Soul instead of sense, by the law of Spirit, not by the so-called laws of matter.

#### 13 | 311:7–9, 19–22

Soul is immortal because it is Spirit, which has no element of self-destruction. Is man lost spiritually? No, he can only lose a sense material.

So long as we believe that soul can sin or that immortal Soul is in mortal body, we can never understand the Science of being.

## 14 | 58:12 (only)

There is moral freedom in Soul.

## SECTION 4

## The Bible

## 9 | Luke 10:25–28

25 And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life?

26 He said unto him, What is written in the law? how readest thou? 27 And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

28 And he said unto him, Thou hast answered right: this do, and thou shalt live.

## Science and Health

## 15 | 467:1–23

*Question.* — What are the demands of the Science of Soul?

*Answer.* — The first demand of this Science is, “Thou shalt have no other gods before me.” This *me* is Spirit. Therefore the command means this: Thou shalt have no intelligence, no life, no substance, no truth, no love, but that which is spiritual. The second is like unto it, “Thou shalt love thy neighbor as thyself.” It should be thoroughly understood that all men have one Mind, one

Two chief commands

God and Father, one Life, Truth, and Love. Mankind will become perfect in proportion as this fact becomes apparent, war will cease and the true brotherhood of man will be established. Having no other gods, turning to no other but the one perfect Mind to guide him, man is the likeness of God, pure and eternal, having that Mind which was also in Christ.

Science reveals Spirit, Soul, as not in the body, and God as not in man but as reflected by man. The greater cannot be in the lesser. The belief that the greater can be in the lesser is an error that works ill. This is a leading point in the Science of Soul, that Principle is not in its idea. Spirit, Soul, is not confined in man, and is never in matter.

Soul not confined in body

## 16 | 9:17

Dost thou “love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind”? This command includes much, even the surrender of all merely material sensation, affection, and worship. This is the El Dorado of Christianity. It involves the Science of Life, and recognizes only the divine control of Spirit, in which Soul is our master, and material sense and human will have no place.

Practical religion

## SECTION 5

### The Bible

10 | [Luke 4:14](#)

14 And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

11 | [Luke 12:22, 23](#)

22 And he said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on. 23 The life is more than meat, and the body is more than raiment.

### Science and Health

17 | [62:13–16](#)

Taking less “thought for your life, what ye shall eat, or what ye shall drink”; less thought “for your body what ye shall put on,” will do much more for the health of the rising generation than you dream.

18 | [228:20](#)

If we follow the command of our Master, “Take no thought for your life,” we shall never depend on bodily conditions, structure, or economy, but we shall be masters of the body, dictate its terms, and form and control it with Truth.

19 | [280:25–30](#)

Rightly understood, Sensationless  
body  
instead of possessing a sentient material form, man has a sensationless body; and God, the Soul of man and of all existence, being perpetual in His own individuality, harmony, and immortality, imparts and perpetuates these qualities in man, — through Mind, not matter.

20 | [208:25–26 A, 29–2](#)

A material body only expresses a material and mortal mind.

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.

## SECTION 6

### The Bible

12 | [Psalms 42:11](#)

11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

**13 | Luke 8:40 when**

40 when Jesus was returned, the people gladly received him: for they were all waiting for him.

**14 | Luke 14:1–4**

1 And it came to pass, as he went into the house of one of the chief Pharisees to eat bread on the sabbath day, that they watched him. 2 And, behold, there was a certain man before him which had the dropsy. 3 And Jesus answering spake unto the lawyers and Pharisees, saying, Is it lawful to heal on the sabbath day? 4 And they held their peace. And he took him, and healed him, and let him go;

**Science and Health****21 | 92:32–2**

Do you say the time has not yet come in which to recognize Soul as substantial and able to control the body?

**22 | 122:7**

The material senses' reversal of the Science of Soul was practically exposed nineteen hundred years ago by the demonstrations of Jesus; yet these so-called senses still make mortal mind tributary to mortal body, and ordain certain sections of matter, such as brain and nerves, as the seats of pain and pleasure, from which matter reports to this so-called mind its status of happiness or misery.

**23 | 370:18–20**

The moral and spiritual facts of health, whispered into thought, produce very direct and marked effects on the body.

**24 | 125:12–16**

As human thought changes from one stage to another of conscious pain and painlessness, sorrow and joy, — from fear to hope and from faith to understanding, — the visible manifestation will at last be man governed by Soul, not by material sense.

**25 | 420:17, 28–32**

The fact that Truth overcomes both disease and sin reassures depressed hope. It imparts a healthy stimulus to the body, and regulates the system. It increases or diminishes the action, as the case may require, better than any drug, alterative, or tonic.

If it becomes necessary to Awaken the patient startle mortal mind to break its dream of suffering, vehemently tell your patient that he must awake. Turn his gaze from the false evidence of the senses to the harmonious facts of Soul and immortal being.

**26 | 396:26**

Keep distinctly in thought that man is the offspring of God, not of man; that man is spiritual, not material; that Soul is Spirit, outside of matter, never in it, never giving the body life and sensation. It

breaks the dream of disease to understand that sickness is formed by the human mind, not by matter nor by the divine Mind.

27 | [456:19](#)

One must abide in the *morale* of truth or he cannot demonstrate the divine Principle. So long as matter is the basis of practice, illness cannot be efficaciously treated by the metaphysical process. Truth does the work, and you must both understand and abide by the divine Principle of your demonstration.

No dishonest  
concessions

28 | [547:6](#)

You can prove for yourself, dear reader, the Science of healing, and so ascertain if the author has given you the correct interpretation of Scripture.

## SECTION 7

### The Bible

15 | [Psalms 62:1](#)

<sup>1</sup> Truly my soul waiteth upon God: from him cometh my salvation.

16 | [Psalms 35:9](#)

<sup>9</sup> And my soul shall be joyful in the Lord: it shall rejoice in his salvation.

17 | [I Thessalonians 5:16, 23](#)

<sup>16</sup> Rejoice evermore.

<sup>23</sup> And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

### *Science and Health*

29 | [98:26](#)

Mystery does not enshroud Christ's teachings, and they are not theoretical and fragmentary, but practical and complete; and being practical and complete, they are not deprived of their essential vitality.

30 | [162:4–5, 16–19](#)

Christian Science brings to the body the sunlight of Truth, which invigorates and purifies.

Working out the rules of Science in practice, the author has restored health in cases of both acute and chronic disease in their severest forms.

31 | [x:15–17, 22–23](#)

By thousands of well-authenticated cases of healing, she and her students have proved the worth of her teachings.

The divine Principle of healing is proved in the personal experience of any sincere seeker of Truth.

32 | [390:9](#)

Truth will at length compel us all to exchange the pleasures and pains of sense for the joys of Soul.

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