



CHRISTIAN SCIENCE Sentinel

What I say unto you I say unto all, watch. — Jesus

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An answer to lawlessness

Tony Lobl

An armed police officer was threatening my friend, demanding a bribe in a country known for its corruption. Scenarios of this sort face individuals all around the world. Maybe they're not all this extreme—a government bureaucrat says he has lost someone's paperwork and demands fines they don't owe. Or someone is defrauding the government by claiming benefits not due them.

What can we do? My friend chose to pray instead of conceding to the lawless demands. As a student of Christian Science, he knew that there is a spiritual law we can turn to, no matter what we are facing. In fact, each of us, standing on spiritual ground, can refuse consent to the very concept that lawlessness can exist or that we can be subject to it.

Why? Because spiritual law is the law of God. This law is forever established, always operating, all-authoritative, and wholly beneficial to one and all. As a psalm puts it, "The law of the Lord is perfect and preserves one's life" (Psalm 19:7, New English Translation).

In the Christian Science textbook, *Science and Health with Key to the Scriptures* by the Discoverer of Christian Science, Mary Baker Eddy, one way God's law is described is as "the rule of perpetual harmony" (p. 381). As we come to understand that harmony is a rule rather than happenstance, it becomes clear that the harmony of spiritual law and the discord of lawlessness cannot coexist. And since divine law is as ever-present as its source, God, lawlessness must truly be absent.

Even in situations such as the one faced by my friend, we can recognize this and demonstrate that God's law alone is present. We don't have to take at face value what seems to be going on. We can listen for Christ, the true idea of God, assuring each of us of God's ever-active authority and our wholly spiritual existence as the loved child of God, divine Spirit. Like Jesus, who exemplified Christ in his life, we can feel the power of God in our lives and see evidence of divine law

operating right where we are. In my friend's case, he was allowed to move on without paying a bribe.

His answer to lawlessness was not to fight it with more lawlessness. It was to understand, accept, and practice the higher law of Love, God. This law opens our eyes to divine Science, the truth of God's infinite goodness, the reality of which outlaws all that isn't good. In a powerful statement based on her own experience of being a target of injustice, Mrs. Eddy wrote, "No evidence before the material senses can close my eyes to the scientific proof that God, good, is supreme. Though clouds are round about Him, the divine justice and judgment are enthroned. Love is especially near in times of hate, and never so near as when one can be just amid lawlessness, and render good for evil" (*Miscellaneous Writings 1883-1896*, p. 277).

Wherever we are in the world, we can daily respond to the lie that divine law is absent or powerless. We can prove that the divine law of good is the only law in dealing with health issues, relationship difficulties—indeed, any part of our lives in which we need to see progress. Whether facing sickness or disease ourselves or praying for others, we can follow Jesus' example of recognizing and demonstrating that health is an expression of God's law. If a relationship has soured, we can stand for the truth that "the rule of perpetual harmony" is with us to foster restoration and renewal of broken bonds. Even stubborn character traits can ultimately be seen as a suppositional absence of the governing law of good, and we can see those traits dissolve, replaced by patience, wisdom, and love.

Whatever element of good seems absent from our experience, including the rule of law itself, we can look to Life, God, to lift us higher—to the apprehension of the omniactive law of good. And we can confront the opposite claim of lawlessness head-on and challenge its reality based on the same truth of God's allness by which Jesus so successfully overcame all that was unlike God, good.

Every demonstration of the truth that God's law is ever operative is significant. And if it's true for us, it's true for others, too. Everyone has the right to consent to the reality of God's governance, the governance that Christ

is revealing to each of us. To the degree that we stand for our own receptivity to Christ, we are glimpsing what's true for all. Doing so is a powerful way of caring for ourselves and our neighbors, near and far.

Tony Lobl, Deputy Editor

Praying with confidence for your community

Everyone has the ability to feel God's presence and respond to God's leading.

Anne Melville

Have you ever thought that you would love to pray about a community issue, or even a world issue, but felt you didn't know how? Or maybe you felt that your prayer couldn't make a difference anyway. Well, I used to think that way, too, but then I had a lovely healing experience years ago that taught me how effective prayer in Christian Science can be.

When my son was at intermediate school, his jacket was stolen. Right off, I was determined that I was not going to just resign myself to this theft. Because it wasn't in accord with God's law of good, I knew I didn't need to accept the notion that loss was inevitable. I knew that this misperception could be corrected.

At that time, my family had to be very careful with money, but that wasn't what concerned me. It was the disillusionment that I was tempted to feel about our community. Could I not trust my community? Did I have to be on the alert so that I wouldn't be cheated?

I didn't want to live like that. I wanted to love my community, so I decided to take some steps to respond to the incident. I spoke to the headmaster at the school and suggested some measures he could take to stop the theft that was going on at the school, but he wasn't interested. I visited my son's teacher, but she was feeling helpless. I even went to the police. I was told,

"You live in a terrible community; police are leaving the force because of it. There is nothing we can do for you."

This illustrates how human thought, even though well-intentioned, looks at problems from a limited perspective, which can be discouraging.

By now, I was close to tears, but as I left the police station, a most beautiful thought came to me: "I will not be made to hate my community." I think everyone I passed on the street that day smiled at me. Those tears of helplessness—of turning away from seeking a human solution—brought to light God's presence with me, and in the light of that divine presence, the love my community had was revealed to me. This prepared me to take active steps in the demonstration of God's power.

Two or three weeks later, I realized I needed to turn to God wholeheartedly to find total peace about this issue. The Apostle Paul says that "(the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ" (II Corinthians 10:4, 5).

I decided to study more deeply citations from the Scriptures and from *Science and Health with Key to the Scriptures* by Mary Baker Eddy in that week's Bible Lesson from the *Christian Science Quarterly*. I looked for spiritual ideas to help me find peace. At the end of this study, I had one question: "How can this child"—as I presumed—"who had taken the jacket be touched by my prayer?"

It wasn't that I thought they were unworthy of God's love; far from it. I wanted them to feel the blessing of His love through my prayer. But I thought that they might not even believe in God and very likely didn't know anything about Christian Science. So the question behind my question was, "How can I pray effectively for my community?"

Well, God answered that prayer of unselfed love.

The Bible Lesson had included references to the four rivers described in Genesis 2, as well as comments about them in *Science and Health* that give a spiritual sense of their meaning. That prompted me to think about the shingly riverbeds of the braided rivers in the south of my country, New Zealand. These rivers flow from the Southern Alps across the Canterbury plains to the Pacific Ocean. During floods, water covers the whole of the riverbed, but normally the water flows in channels.

I pictured a river channel dried by the summer heat filling with rain or mountain snowmelt. As I pictured the water flowing down the dry channel, it wet every rock and pebble in its path—every one of them. To me, that was like the light of Christ in our consciousness touching and enlightening everyone on whom our thoughts rest, including those in our community. With that realization, I felt totally at peace.

This happened at midday, and I didn't think about that stolen jacket all afternoon. I simply had my peace. When the children got home from school, I heard my son running through the house, yelling, "Mum, I've got my jacket back! I've got my jacket back!" A friend had found it rolled up and tucked into a nook in the restroom at the end of the lunch break—within an hour of my realization that Christ touches everyone that we are reaching out to bless. I love the immediacy of that healing!

At the time of this experience, I had been looking for work, and within a month, I found employment with our local council. The pay was good, but what I loved most was that I was working for my community. I spent twenty happy years working there.

We don't have to just put up with troubling community issues. When we are disturbed about something, we can pray about it—not just ignore it or wish or hope that it will go away. We can turn to God and the truths in the Bible and *Science and Health* until we feel revelation and inspiration. Then we can reason with that inspiration, until the light of Christ, Truth, dispels the darkness of limited mortal concepts. As Mrs. Eddy writes: "Good thoughts are an impervious armor; clad therewith you are completely shielded from the attacks of error of every sort. And not only yourselves

are safe, but all whom your thoughts rest upon are thereby benefited" (*The First Church of Christ, Scientist, and Miscellany*, p. 210).

Everyone has spiritual sense—our ability to feel God's presence, respond to God's leading, and help our communities find redemption and healing.

Weekly updates: April 27, 2026

Updates to ChristianScience.com: Designed to respond to the newcomer's questions about Christian Science

Helping the public gain a clear and accurate understanding of what Christian Science is (and isn't) is a task close to many of our hearts. For those of us who have experienced how this precious Science brings healing into our lives, it's natural to hope others see and feel such healing, too. Christianscience.com was recently updated to better respond to the questions a newcomer might have about Christian Science—and then guide them to resources that will help them learn more.

The updates speak specifically to the needs of today's online audiences with clarity, warmth, and relevance, better supporting "the understanding and demonstration of divine Truth, Life, and Love" (Mary Baker Eddy, *Manual of The Mother Church*, p. 19).

Here's what you'll find:

Easy to share: The site is designed as a resource you can confidently share with friends, family, neighbors—anyone who has questions about Christian Science.

A first step in their journey: Christianscience.com can better serve as an inviting introduction, online, for those seeking to learn more about Christian Science and its teachings.

Friendly, updated language: Content has been updated to talk about Christian Science in a way that is approachable and responsive to the questions people are asking today.

Tested with newcomers: The new site was user-tested with individuals who are not Christian Scientists, ensuring it is helpful to those exploring Christian Science for the first time.

Clearer navigation: The updated website offers a contemporary look and feel with simpler navigation to easily guide users to the resources they are seeking.

Member resources: All resources previously available to members remain accessible—just organized more intuitively.

Redirects for connecting links:

Please note that some website and YouTube links have recently changed as part of this update and a YouTube channel update. We kindly ask all branches, Christian Science Reading Rooms, Christian Science practitioners, and Christian Science teachers to:

Review and update any links on your website(s) that point to christianscience.com

Review and update any links on your website(s) that direct to Church-owned YouTube content

As a movement, Christian Scientists are uniquely positioned around the world and in their communities to share Christian Science. We trust the updates to christianscience.com will both support your work and reach newcomers searching for accurate information about Christian Science online.

Can you pass this road test?

Staying on the course that Truth and Love—God—has set for each of us can only bless.

Fenna Corry

Those who wish to obtain a driver's license in the United States, and likely many other countries, must pass three tests: a written test, a road test, and a vision test. While driving in heavy traffic recently, I wondered how in the world some drivers were able to get a license! There were several instances of reckless and dangerous driving.

Later, it occurred to me that I needed to examine my own thoughts and behavior. Though I consider myself to be a good driver, I wondered how well I would do on a different kind of road test: what I would call a "spiritual road test"—one that examines the way we navigate life and interact with others, on and off the road. The questions on the test might include:

Do you stay in your own lane? Am I minding my own business and paying attention to what I'm thinking and doing? Or am I preoccupied with the thoughts and actions of others? This would be equivalent to veering into another's lane and trespassing in their space.

Mary Baker Eddy, the Discoverer of Christian Science, notes the importance of staying in our own lane in life. She writes: "Cherish humility, 'watch,' and 'pray without ceasing,' or you will miss the way of Truth and Love. Humility is no busybody: it has no moments for trafficking in other people's business, no place for envy, no time for idle words, vain amusements, and all the *et cetera* of the ways and means of personal sense" (*Miscellaneous Writings 1883-1896*, pp. 356-357).

Whether driving or engaged in other daily activities, I want to make sure I don't stray out of my own path and "miss the way of Truth and Love." Staying on the course that Truth and Love—God—has set for each of us, expressing humility, patience, and love, can only bless me, and others as well.

Do you come to a full stop at stop signs and pay attention to your surroundings? Am I stopping and waiting on God or rushing ahead with my own plans? The psalmist wrote, “On thee do I wait all the day” (Psalms 25:5). Our willingness to wait for God to give us the go-ahead is a test of our fidelity to Truth. If we are being attentive to and heeding the signposts of God, divine Mind, we can be confident of moving forward safely.

Do you yield to pedestrians and other cars when necessary? Am I yielding to divine inspiration? To Mind, God? The Bible reminds us to “yield yourselves unto the Lord, and enter into his sanctuary, which he hath sanctified for ever: and serve the Lord your God” (II Chronicles 30:8).

I will never forget the story a man related at a testimony meeting at church. He had been living overseas for many years, and when he returned to the US and started driving, he saw a “yield” traffic sign for the first time (this was 1950, when the first yield signs appeared on US roads). It not only alerted him to give way to oncoming traffic but, most importantly, reminded him to allow Mind’s infinite intelligence to lead the way in his daily life. He was so moved by the reminder to trust God more that he pulled off the road to thank God. After that, I never again looked at a yield sign in the same way.

Do you obey the speed limit and all the rules of the road? Can I honestly say to God, “O how love I thy law” (Psalms 119:97)? Am I fully obedient to God’s commandments, or do I sometimes ignore and speed past them? Ignoring His commandments will not get me where I need to be, and certainly not *when* I need to be there. It doesn’t matter what others are doing or not doing. What matters is whether I am obeying the laws of God, including what Jesus said were the two greatest laws—to love God, Spirit, *supremely* and to love my neighbor as myself. The Apostle Paul assures us that “the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law” (Galatians 5:22, 23).

Do you see everything clearly? Am I seeing others as God sees them, the way Christ Jesus did? Or am

I seeing imperfect, perhaps careless, inconsiderate, or abusive individuals? The Christian Science textbook says, “Jesus beheld in Science the perfect man, who appeared to him where sinning mortal man appears to mortals. In this perfect man the Saviour saw God’s own likeness, and this correct view of man healed the sick” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, pp. 476–477). If we are to lift ourselves or others out of questionable behavior, we have to first see in everyone that “perfect man”—the spiritual man and woman made in God’s image and likeness. We can pray to have our eyes opened to behold this true identity of those we encounter, wherever we are.

I can’t say that I get a perfect score on this spiritual road test, but I’m sincerely working at it. You may feel the same. With some self-examination, I’m sure we can all see ways to improve and gain a more spiritual perspective. What’s important is that we’re striving to do this, on and off the road.

One with You

Andrew D. Brewis

No mortal sense can still be heard,
When Truth begins to speak—
A quiet voice, a healing word,
So tender, strong, and meek.

Love whispers gently in the soul,
And fear is swept away;
Its promise makes the broken whole,
And lights the darkest day.

O voice of God, so pure, so near,
You calm the storm inside;
No sound of earth can draw me far
From where Your truths abide.

You speak in quiet, not in noise,
In stillness deep and true,
And every longing heart is healed,

Knowing we're one with You.

No fleeting thought, no rush of time,
Can hush that sacred tone;
It sings above the world's unrest,
"You're Mine, and not alone."

Not heard by ear, yet crystal clear,
Not seen, yet ever real,
This Love divine is always here,
To bless, to guide, to heal.

You speak in silence and in words,
In love that gently fills,¹
And all creation leans to hear
The song Love whispers still.

¹"The depth, breadth, height, might, majesty, and glory of infinite Love fill all space" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 520).

What a little birdie taught me

The same power that had parted the Red Sea and underpinned Jesus' healing works was right where my little friend was.

Helen Stevermer

Last spring, as I walked down a neighborhood street, a whirling puff of down landed in the middle of the street. A tiny dove, not yet fledged, had toppled out of its nest. I scooped it up and placed it on a nearby curb, hoping that the mother would appear, but was horrified when, instead, an adult blue jay landed next to the dove and violently pecked at it. After rushing over and shooing the jay away, I was sickened at the sight—the little bird had been mangled so badly that I wasn't sure it was still alive.

After carefully gathering up the bird in my palm, I was dismayed at its apparent prospects for recovery and

was met with a neighbor's solemn advice to "let nature take its course."

I knew that she was suggesting acceptance of the imminent death of the bird, and it was a wake-up call for me to adopt the opposite thought. I could insist that this little one's God-given, spiritual nature would be manifested in healing.

Having no training in avian care, I decided that the bird should be taken to a wildlife center, although I feared they would give no hope for the little one in its current state. I learned that the center had closed for the day, so I would have charge of the bird overnight.

Though treating ailments with prayer has been my go-to during my adult life, I'd had no experience with anything that looked as dire as this. The injuries seemed so severe that I had to acknowledge that it wasn't within *my* power to heal and restore anything. I mentally reached out to God, divine Love, relying entirely on the truth that the bird was cared for as a spiritual idea held in divine Mind. Doing so released me from the self-imposed burden of falsely believing that I had to pray this little one back to health. Instead, I acknowledged the bird's divine nature as Love's perfect little one nestled securely in the kingdom of heaven.

In retrospect, I can see that my complete release from feeling personally responsible for the outcome allowed me to put the bird utterly in God's hands. My job was to cherish its divine nature and mentally insist that nothing could separate this perfect idea from its creator, God.

Gently placing my little friend in a shoebox, I audibly affirmed that his Father-Mother God was right there, and I knew wholeheartedly that God's ever-present love controlled everything concerning the bird. I silenced all deliberations about possible outcomes of how and when healing would come.

As I spent the evening firmly acknowledging that divine presence and care, I was reminded of a favorite hymn of my mother's in the *Christian Science Hymnal*. She would remind us,

Everlasting arms of Love

Are beneath, around, above;
God it is who bears us on,
His the arm we lean upon.

(John R. Macduff, No. 53, adapt. © CSBD)

I then realized that I had a choice to make. I told myself, “You are either going to know that God can care for this bird, or not. You can fretfully tiptoe into the kitchen and check on him during the night, or you can leave him to God’s care.”

I was bolstered by a sentence from the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy: “A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive” (p. 463).

This inspired me to negate everything about the attack that I had witnessed—the aggressor, the victim, and the resulting injuries. But how could I do that? I knew that mere wishful thinking couldn’t heal the bird.

Another statement from *Science and Health* was key: “God is everywhere, and nothing apart from Him is present or has power” (p. 473). The same power of ever-present God, good, that had parted the Red Sea and underpinned all of Jesus’ healing works was right where my little friend was.

I thought of how lovely and lovable the little bird was when I had first held him, and I imagined how much love our all-powerful divine Mother must have for him! And if that love is the only thing that is present or has power, then how could the bird be anything other than a perfect, unassailable idea of God? Just as important, because God is Spirit and the bird’s true nature has to conform to his creator, he had to be totally spiritual, and spiritual things can’t be attacked or injured.

Upon looking into the shoebox the next morning, I was delighted to be greeted with a “cheep.” I didn’t examine the bird but continued to cherish his perfection as I drove him directly to the wildlife center. The attendant, who was well experienced in caring for all types of critters, lifted the bird and turned him over on his back, revealing a perfectly healed neck and chest area.

“Must have been an old wound,” she said as she gently flicked a scab away, although she seemed shocked that such a young bird could have experienced an injury and healing of that nature. She assured me that the bird was out of danger and that they would feed him until he was old enough to be fledged.

As I left my little friend in the capable care of the attendant, I jubilantly praised God for the healing. I also rejoiced in the increased confidence I had gained that in every situation, to paraphrase an assurance from the Bible’s book of Second Chronicles, “the battle is not yours, but God’s” (20:15).

Garden of Eden

In the creation allegory in Genesis 2 and 3, the garden of Eden is the site of man’s supposed fall from divine grace. Contrary to the description of God’s all-good creative activity in Genesis 1, the garden represents a mixture of good and evil, of material pleasure and temptation. It is home to the crafty serpent, the mouthpiece of mortality.

Though Eden is significant purely as a metaphor, attempts have been made to identify its location based on scriptural references to four rivers (see 2:10–14). And in some later biblical texts, it symbolizes abundance and fertility (see examples in Isaiah 51:3 and Ezekiel 36:35). But Eden is inextricably tied to the sad—and fictitious—story of Adam and Eve.

Two trees in the garden figure in the tale. One, the tree of the knowledge of good and evil, is the focus of several subsequent verses in Genesis. Yet this tree is not mentioned again in Scripture. It is the tree of life that reappears in the Bible—in Proverbs, especially as a metaphor for wisdom (see 3:18, for instance), and in Revelation, as the source of divine nourishment and healing (see 2:7; 22:2, 14).

Mary Baker Eddy, the Discoverer of Christian Science, offers a spiritual perspective on Eden: “In this text [Genesis 2:15] Eden stands for the mortal, material body. God could not put Mind into matter nor infinite Spirit into finite form to dress it and keep it—to make it beautiful or to cause it to live and grow. Man is God’s reflection, needing no cultivation, but ever beautiful and complete” (*Science and Health with Key to the Scriptures*, pp. 526–527).

For more on this topic, see “The source, the center, and the circumference” by Sue A. Spotts.

Angry at a friend? Love is here to help.

Grace Ott Anderson

I was mad at my friend Maya. She didn’t come to my party, and I felt snubbed and embarrassed.

All weekend, I kept replaying the incident in my mind—feeding the fire of grievance and reminding myself that I had every right to be mad.

I was acting like Jonah in the Bible. Jonah was furious with God for showing mercy to the Ninevites—a group of people that he didn’t believe deserved God’s forgiveness. He plunked himself down in the hot sun to pout (see Jonah 4:1–11). He basically said to God, “I’d rather die than forgive!” God grew a leafy tree to shade Jonah where he was sulking in the heat. I love this example of God’s unfailing love, and the humorous way it unfolded.

Anyway, in a Jonah move, I skipped church that Sunday and rode my bike to a music festival alone. When I arrived, the main acts hadn’t yet started. But six Tibetan monks were chanting in deep, low voices.

“Perfect,” I thought. “Strangers chanting in a language I don’t understand—I can nurse my grudge in peace!”

I lay down on a sunny patch of grass, closed my eyes, and thought some things about my friend that weren’t the nicest—thoughts of self-righteousness and feelings of being wronged. But this kind of thinking keeps us focused on our grievances, among other things, and, as a Christian Scientist, I really did know better than to indulge in these unloving thoughts.

Suddenly, a shadow crossed my face. I opened my eyes, and there stood my friend!

It was Maya, shading my eyes from the bright sun. With her blonde hair illuminated and her brown eyes smiling, she looked like a tilting, friendly sunflower.

Suddenly, my anger lifted. I realized I didn’t have to keep building my case against her. I felt the anger and resistance detach from me and wash away. It wasn’t me doing it; it was the action of divine Love. I felt like I was seeing reality—who I was as God’s expression and who she really was as God’s, Love’s, expression, too. Free from my commentary and projections.

Without a word, I stood and hugged her. My whole grievance had simply evaporated. No mental argument. No heroic effort. Just the warmth of Love, God, melting my defensive anger.

I’d done everything to resist this healing. But I knew better; I cherished an article published in Mary Baker Eddy’s book *Miscellaneous Writings 1883–1896* titled “Love” (pp. 249–250), which emphasizes the power of divine Love to heal and transform, even in the face of hatred and discord.

I knew that, as the Discoverer of Christian Science, Mrs. Eddy had faced many periods of persecution, betrayal, and misrepresentation. That’s why her teachings, like that article on Love, aren’t theories; they’re field-tested instructions for meeting injustice and hurt without violence, revenge, or retaliation.

So I understood what had happened that day. Even while I was stewing in resentment, God’s love remained active—quietly, steadily moving me. That spiritual

action dissolved my grievance and let me see Maya as God does: radiant, whole, and impossible not to love.

God's grace, flowing from Love's love for us, doesn't wait for us to be ready. It breaks through self-justification, fear, and stubbornness. It reaches every heart with no exceptions. The same Love that cared for Jonah and melted my resistance that afternoon is here for all of us: always active, unstoppable, and irresistibly healing.

God has many names! How many can you find?

Johan

My name is Johan. I'm eight years old, and I'm in third grade. I'm also a student in a Christian Science Sunday School.

I like to think about names for God. Sometimes names for God are capitalized. This means that they start with a big letter like everyone's name does. I have found over 115 names for God that I have written on pieces of paper and put in a plastic jar that we keep on our Sunday School table. I've found them in the Holy Bible, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, the *Christian Science Hymnal*, the *Sentinel*, and a research book called a thesaurus or synonym finder, which we found in the Christian Science Reading Room.

Our class has been looking for God's names for more than a year, and that's why we have so many. When we find a new name, it tells us something more about what God is. All of the names are good because God is good.

A few of the names I have found are Mind, Father-Mother, Great God, and Lord God Almighty. I also write where I find each name for God on the back of my pieces of paper. It was fun to see our jar fill up with so many names for God!

One day, in Sunday School, my tummy hurt. I thought about a name for God that could help me. It was "the All-loving." Since God is Love, I know that He is also all-loving and that He loves me. Soon, my tummy didn't hurt anymore.

I have a favorite name that my Sunday School teacher and I found in the Old Testament of the Bible. It's a Hebrew word in Hosea 2:16 and has four letters. Can you find my favorite name for God? It describes our close relationship to God.

Maybe you would like to look for names for God, too. If you do, you will find that your pile of God's names will keep growing. How many names for God can you find?

Appealing to the 7th Commandment

Name Withheld

At one point in my professional career, a coworker of the opposite sex, eager to make friends with me, shared how he met his wife—and then added that he wasn't sure if the marriage would work out in the long term. I shared with him my sense of the importance of honoring marriage and keeping one's commitments.

Gradually, I started to pick up on an inappropriate attraction the individual harbored toward me. I wondered if he had shared his willingness to step out of his marriage to see what my reaction would be. Beyond appreciating his professional kindness as a coworker, I had not encouraged this type of attention—and did not desire it.

As I began to pray about this, I turned to the Ten Commandments, which help reveal the truth of God's creation, including man, as upright, moral, and acting with integrity. I focused especially on the Seventh Commandment—"Thou shalt not commit adultery" (Exodus 20:14)—and leaned on the purity it

demands. Mentally, I repeatedly claimed the truth of this purity as innate to all of God's children. I prayed this way before and after work—on my commute, during meetings, and any time that I felt unwelcome attention.

I prayed to God for guidance on how to not react with either rudeness or avoidance, but to instead express the professional standard expected of me with joy, grace, and warmth, in order to maintain harmony in the workplace.

A Christian Science practitioner whom I called on for prayer to help me counter false attraction shared with me an article on JSH-Online.com titled "Scientific selection" (Bliss Knapp, *Sentinel*, September 23, 1916), which discusses God's law of attraction and quotes this statement by Christ Jesus: "All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out" (John 6:37). To me, Jesus is saying that only those sent or impelled by the Father could be drawn to him, according to God's law, which governs all.

We, too, can establish that this law of spiritually scientific selection is governing our lives, in our Christian Science healing practice, in the workplace when seeking clients or new employees, and even in friendships and dating.

In *Science and Health with Key to the Scriptures*, Mary Baker Eddy informs us, "There is but one real attraction, that of Spirit" (p. 102), and "Adhesion, cohesion, and attraction are properties of Mind" (p. 124). God, who is Spirit and the one infinite Mind, brings together what should be together—and keeps apart what doesn't belong together. The attraction to continue a friendship or to work at a certain location will continue when it is based on what is pure and true—on what is of God and directed by God.

Inappropriate attraction is not of God and therefore is never pure and true. When found out, challenged, and corrected, this false sense departs. It has no moral foundation to secure it.

The power of appealing only to God's law of attraction built an impenetrable wall in my thought that no

outside force could breach. The individual's false attraction toward me ended, and we worked together harmoniously on many projects. The purifying, uplifting effect of God's law enabled my professional relationship with this man to be characterized by integrity and grace.

Establishing the Seventh Commandment and God's law of attraction as always governing my thought, and therefore my experience, protected me from believing that I was subject to the thoughts of another person. God's law is ever present, providing perpetual care, guidance, and protection and enabling us to surmount every influence other than God, good. God's law reveals man's true nature as moral, pure, and upright—and brings our experience into alignment with spiritually scientific harmony, which excludes any inharmony.

Harmony claimed as our natural state

Alan Musere

Toward the end of last year, I took a long-awaited trip to my home country, Uganda. It was a time rich with laughter, shared meals, and heartfelt conversations as I reconnected with family and friends. It was such a blessing to feel surrounded by love and to witness God's goodness expressed through those around me.

As I traveled back to the United States, my heart was full of gratitude for the harmony and peace I had experienced during my visit. But on a layover in Dubai, I slipped and fell while being guided to my hotel room. I immediately felt that my ankle was sprained. After I got up, the staff member who had been helping me noticed that I was limping and offered to carry one of my suitcases.

As soon as I entered my room, I sat down and turned wholeheartedly to God in prayer. I reached for my copy of *Science and Health with Key to the Scriptures* by Mary

Baker Eddy, a book that has guided me numerous times in finding peace and healing. I was led to open the book to page 424, and my eyes fell on this statement: “Accidents are unknown to God, or immortal Mind, and we must leave the mortal basis of belief and unite with the one Mind, in order to change the notion of chance to the proper sense of God’s unerring direction and thus bring out harmony.”

I prayed with this truth, affirming that the creation of God, Spirit—including each one of us—is wholly spiritual and governed by divine law, never by chance or accident. I reasoned that because God, divine Mind, is all-knowing and all-guiding, there can be no mistakes or mishaps in His kingdom. I knew that I had never been outside of God’s care, even for a moment. I saw clearly that harmony is our natural state of being and that I could claim that harmony for myself right then.

As I diligently prayed, I immediately experienced peace replacing fear. The pain lessened, and I was able to rest comfortably through the night. By the next morning, the discomfort had subsided significantly. I was able to walk normally and continue my journey back to the US without any difficulty. The healing was complete within a week and has been permanent.

This experience reminded me once again that God’s love is constant and practical. I am so grateful for the understanding Christian Science gives us that we are never separated from divine Love, and that healing comes naturally as we recognize and trust in God’s ever-present care.

Alan Musere

Ewing, New Jersey, US

God’s permanent care

Teresa Stolarski de Arrigo

Originally published in Spanish

What peace we have from knowing that, regardless of circumstances, we are always safe in God’s omnipresence. His infinite love encircles each one of us, and His ineffable laws of Life, Truth, and Love govern all aspects of our lives.

This was demonstrated to me several years ago when I was trying to sell an apartment that I owned with a friend. One morning I had many tasks, including renewing the seller’s permit. On my way to work, I prayed with the concepts of God’s allness and His governance of our affairs.

The subject of the Christian Science Bible Lesson that week was “Mind.” I kept reminding myself that God is Mind, divine Principle, encompassing His entire universe of ideas without forgetting any of them, and that since I am a spiritual idea of God, I would have all I needed to fulfill the demands of the day.

After work, I went with my husband to pick up some documents. While exiting the building, I suddenly slipped and fell onto the concrete sidewalk. Right away, I affirmed the truth that God is All-in-all. My husband ran to me, and so did several people who saw the incident. They helped him lift me up and put me in our car. Some suggested my husband bring me to the hospital, but I asked him to take me home. I had absolute trust in Christian Science healing.

Despite swelling and bruising on my feet, I refused to accept the physical discomfort. I knew that thoughts of injury or whether something had been broken were not from God but from the so-called mortal mind opposed to God. I reflected on the following words from the Christian Science textbook, *Science and Health with Key to the Scriptures*, written by Mary Baker Eddy: “Under divine Providence there can be no accidents, since there is no room for imperfection in perfection” (p. 424).

When we got home, I lay down and was grateful there was no longer any pain. I continued praying with the truths in “the scientific statement of being,” which states: “There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all. Spirit is immortal Truth; matter is mortal error. Spirit is the real and eternal; matter is the unreal and temporal. Spirit is God,

and man is His image and likeness. Therefore man is not material; he is spiritual” (*Science and Health*, p. 468).

One of my sons, who is a student of Christian Science, was also praying for me. While he was reading to me from Psalms in the Bible and from *Science and Health*, I felt calmer, more clearheaded, and freer from the sensation of the impact. I knew that prayer would illuminate the irrefutable fact of my perfection and oneness with God as part of His creation.

It was surprising to open my Bible to Psalms 37:24: “Though he fall, he shall not be utterly cast down: for the Lord upholdeth him with his hand.” After reading this Bible passage, I was imbued with an understanding of the love and care of our Father in all circumstances. I also found much inspiration in this passage from *Science and Health*: “Never born and never dying, it were impossible for man, under the government of God in eternal Science, to fall from his high estate” (p. 258).

I understood clearly that I had never fallen out of God’s care. Embracing this fact, I continued to pray, affirming my oneness with and likeness to God. I felt motivated to complete the paperwork for the apartment’s sales permit. As the reflection of divine Mind, I was idea; as an expression of divine Spirit, I am spiritual; as an expression of divine Soul, I am God’s likeness; as an expression of divine Principle, I am strong. I understood that I am the effect of the great and only cause, Life, Truth, and Love, demonstrating my true nature as a daughter of God, perfect, harmonious, intelligent.

The day after the incident, when I woke up, I could put weight on my feet and walk with some assistance. I was able to show my apartment to someone who bought it that same day.

The following day I was able to attend church and walk without any support. A few days later my feet were fine and the bruising and swelling were gone.

I reflected deeply on this experience and felt amazed at and grateful for the answer to my prayer and how the healing occurred.

Teresa Stolarski de Arrigo

Buenos Aires, Argentina

Letters & Conversations

Tim Ball, Sarah Summons, Iris Roumiantsev

> Tony Lobl, “I can’t believe it!” April 6, 2026

Excellent editorial! It gave me so much inspiration and was a spiritual “pick-me-up.”

Tim Ball, *Prescott, Arizona, US*

> Michelle Carney, “Rising above the need to be ‘right,’ ” April 6, 2026

Thank you to Michelle for sharing the clear, step-by-step spiritualizing of her thoughts. I appreciated the fact that she referenced the Christian Science pastor—the Bible, together with *Science and Health with Key to the Scriptures* by Mary Baker Eddy—with each step taken.

Sarah Summons, *Princeton, New Jersey, US*

> Mark Swinney, “The global embrace of God’s healing action,” March 30, 2026

This wonderful article sweeps away doubts and puts current events in the right—fearless—light. This is especially true of the last sentence, which goes directly to the heart: “At this point in history, let’s make our

contribution be that of following in Jesus' footsteps, without reservation." Thank you so much.

Iris Roumiantsev, Lübeck, Schleswig-Holstein, Germany

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