



Christian Science Quarterly Bible Lessons

JANUARY 5–11, 2026

Sacrament

GOLDEN TEXT

Psalms 51:10, 12 (to :)

Create in me a clean heart, O God; and renew a right spirit within me. . . . Restore unto me the joy of thy salvation;

RESPONSIVE READING

Mark 1:4–8; John 3:27 A, 28 / said, 31, 34–36 (to :)

Mark 1:4 John did baptize in the wilderness, and preach the baptism of repentance for the remission of sins.

5 And there went out unto him all the land of Judæa, and they of Jerusalem, and were all baptized of him in the river of Jordan, confessing their sins.

6 And John was clothed with camel's hair, and with a girdle of a skin about his loins; and he did eat locusts and wild honey;

7 And preached, saying, There cometh one mightier than I after me, the latchet of whose shoes I am not worthy to stoop down and unloose.

8 I indeed have baptized you with water: but he shall baptize you with the Holy Ghost.

John 3:27 . . . A man can receive nothing, except it be given him from heaven.

28 . . . I said, I am not the Christ, but that I am sent before him.

31 He that cometh from above is above all: he that is of the earth is earthly, and speaketh of the earth: he that cometh from heaven is above all.

34 For he whom God hath sent speaketh the words of God: for God giveth not the Spirit by measure unto him.

35 The Father loveth the Son, and hath given all things into his hand.

36 He that believeth on the Son hath everlasting life:

SECTION 1

The Bible

1 | Mark 1:9–11, 14 Jesus, 15, 23–27

9 And it came to pass in those days, that Jesus came from Nazareth of Galilee, and was baptized of John in Jordan.

10 And straightway coming up out of the water, he saw the heavens opened, and the Spirit like a dove descending upon him: 11 And there came a voice from heaven, saying, Thou art my beloved Son, in whom I am well pleased.

¹⁴ Jesus came into Galilee, preaching the gospel of the kingdom of God, ¹⁵ And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel.

²³ And there was in their synagogue a man with an unclean spirit; and he cried out, ²⁴ Saying, Let us alone; what have we to do with thee, thou Jesus of Nazareth? art thou come to destroy us? I know thee who thou art, the Holy One of God. ²⁵ And Jesus rebuked him, saying, Hold thy peace, and come out of him. ²⁶ And when the unclean spirit had torn him, and cried with a loud voice, he came out of him. ²⁷ And they were all amazed, insomuch that they questioned among themselves, saying, What thing is this? what new doctrine is this? for with authority commandeth he even the unclean spirits, and they do obey him.

2 | Galatians 3:27 as

²⁷ as many of you as have been baptized into Christ have put on Christ.

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

1 | 56:1

When our great Teacher came to him for baptism, John was astounded. Reading his thoughts, Jesus added: "Suffer it to be so now: for thus it becometh us to fulfil all righteousness." Jesus' concessions

(in certain cases) to material methods were for the advancement of spiritual good.

2 | 20:8

Jesus' history made a new calendar, which we call the Christian era; but he established no ritualistic worship. He knew that men can be baptized, partake of the Eucharist, support the clergy, observe the Sabbath, make long prayers, and yet be sensual and sinful.

3 | 31:12–22 (to .)

First in the list of Christian duties, he taught his followers the healing power of Truth and Love. He attached no importance to dead ceremonies. It is the living Christ, the practical Truth, which makes Jesus "the resurrection and the life" to all who follow him in deed. Obeying his precious precepts, — following his demonstration so far as we apprehend it, — we drink of his cup, partake of his bread, are baptized with his purity; and at last we shall rest, sit down with him, in a full understanding of the divine Principle which triumphs over death.

Healing primary

SECTION 2

The Bible

3 | *Psalms 19:8 the commandment*

8 the commandment of the Lord is pure, enlightening the eyes.

4 | *I Corinthians 10:1–4 brethren*

1 brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea; 2 And were all baptized unto Moses in the cloud and in the sea; 3 And did all eat the same spiritual meat; 4 And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ.

5 | *Hebrews 13:8*

8 Jesus Christ the same yesterday, and to-day, and for ever.

6 | *Matthew 4:17 Jesus, 23*

17 Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

23 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 5:1, 2, 8*

1 And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him: 2 And he opened his mouth, and taught them, saying,

8 Blessed are the pure in heart: for they shall see God.

Science and Health

4 | *333:19–26, 30*

Throughout all generations both before and after the Christian era, the Christ, as the spiritual idea, — the reflection of God, — has come with some measure of power and grace to all prepared to receive Christ, Truth. Abraham, Jacob, Moses, and the prophets caught glorious glimpses of the Messiah, or Christ, which baptized these seers in the divine nature, the essence of Love.

The divine Principle and idea

The one Spirit includes all identities.

5 | *241:23–3*

One's aim, a point beyond faith, should be to find the footsteps of Truth, the way to health and holiness. We should strive to reach the Horeb height where God is revealed; and the corner-stone of all spiritual building is purity. The baptism of Spirit, washing the body of all the impurities of flesh, signifies that the pure in heart see God and are approaching spiritual Life and its demonstration.

It is “easier for a camel to go through the eye of a needle,” than for sinful beliefs to enter the kingdom of heaven, eternal harmony. Through repentance, spiritual baptism, and regeneration, mortals put off their material beliefs and false individuality.

6 | [222:31–2](#)

We must destroy the false belief that life and intelligence are in matter, and plant ourselves upon what is pure and perfect.

Life only in Spirit

7 | [324:4–5](#)

The purification of sense and self is a proof of progress.

SECTION 3

The Bible

8 | [Mark 10:35–40, 43 whosoever, 44](#)

35 And James and John, the sons of Zebedee, come unto him, saying, Master, we would that thou shouldest do for us whatsoever we shall desire. 36 And he said unto them, What would ye that I should do for you? 37 They said unto him, Grant unto us that we may sit, one on thy right hand, and the other on thy left hand, in thy glory. 38 But Jesus said unto them, Ye know not what ye ask: can ye drink of the cup that I drink of? and be baptized with the baptism that I am baptized with? 39 And they said unto him, We

can. And Jesus said unto them, Ye shall indeed drink of the cup that I drink of; and with the baptism that I am baptized withal shall ye be baptized: 40 But to sit on my right hand and on my left hand is not mine to give; but it shall be given to them for whom it is prepared.

43 whosoever will be great among you, shall be your minister: 44 And whosoever of you will be the chiefest, shall be servant of all.

9 | [Romans 8:13 if ye through](#)

13 if ye through the Spirit do mortify the deeds of the body, ye shall live.

10 | [Philippians 3:20, 21](#)

20 For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ: 21 Who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself.

11 | [II Corinthians 5:6, 8](#)

6 Therefore we are always confident, knowing that, whilst we are at home in the body, we are absent from the Lord:

8 We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord.

12 | [I John 3:3](#)

3 And every man that hath this hope in him purifieth himself, even as he is pure.

Science and Health

8 | 581:23–26 (to))

BAPTISM. Purification by Spirit; submersion in Spirit.

We are “willing rather to be absent from the body, and to be present with the Lord.” (II Corinthians v. 8.)

9 | 192:23–24 (to 1st), 27–29

The good you do and embody gives you the only power obtainable.

We walk in the footsteps of Truth and Love by following the example of our Master in the understanding of divine metaphysics.

10 | 383:3

We need a clean body and A clean mind and body a clean mind, — a body rendered pure by Mind as well as washed by water. One says: “I take good care of my body.” To do this, the pure and exalting influence of the divine Mind on the body is requisite, and the Christian Scientist takes the best care of his body when he leaves it most out of his thought, and, like the Apostle Paul, is “willing rather to be absent from the body, and to be present with the Lord.”

11 | 36:1–4

They, who know not purity and affection by experience, can never find bliss in the blessed company of Final purpose

Truth and Love simply through translation into another sphere.

12 | 162:4–5

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

13 | 14:6–22, 25–28

To be “present with the Lord” is to have, not mere emotional ecstasy or faith, but the actual demonstration and understanding of Life as revealed in Christian Science. To be “with the Lord” is to be in obedience to the law of God, to be absolutely governed by divine Love, — by Spirit, not by matter.

Become conscious for a single moment that Life and intelligence are purely spiritual, — neither in nor of matter, — and the body will then utter no complaints. If suffering from a belief in sickness, you will find yourself suddenly well. Sorrow is turned into joy when the body is controlled by spiritual Life, Truth, and Love. Hence the hope of the promise Jesus bestows: “He that believeth on me, the works that I do shall he do also; . . . because I go unto my Father,” — [because the Ego is absent from the body, and present with Truth and Love.]

Spiritualized consciousness

Entirely separate from the belief and dream of material living, is the Life divine, revealing spiritual understanding and the consciousness of man’s dominion over the whole earth.

unto them, This is my blood of the new testament, which is shed for many.

SECTION 4

The Bible

13 | *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.

14 | *Mark 10:32–34 And he*

32 And he took again the twelve, and began to tell them what things should happen unto him, 33 Saying, Behold, we go up to Jerusalem; and the Son of man shall be delivered unto the chief priests, and unto the scribes; and they shall condemn him to death, and shall deliver him to the Gentiles: 34 And they shall mock him, and shall scourge him, and shall spit upon him, and shall kill him: and the third day he shall rise again.

15 | *Mark 14:1 (to :), 17, 22–24*

1 After two days was the feast of the passover, and of unleavened bread:

17 And in the evening he cometh with the twelve.

22 And as they did eat, Jesus took bread, and blessed, and brake it, and gave to them, and said, Take, eat: this is my body. 23 And he took the cup, and when he had given thanks, he gave it to them: and they all drank of it. 24 And he said

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14 | *32:6–8, 15–2*

Among the Jews it was an ancient custom for the master of a feast to pass each guest a cup of wine.

“As they were eating, Jesus took bread, and blessed it and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them saying, Drink ye all of it.”

The true sense is spiritually lost, if the sacrament is confined to the use of bread and wine. The disciples had eaten, yet Jesus prayed and gave them bread. This would have been foolish in a literal sense; but in its spiritual signification, it was natural and beautiful. Jesus prayed; he withdrew from the material senses to refresh his heart with brighter, with spiritual views.

The Passover, which Jesus ate with his disciples in the month Nisan on the night before his crucifixion, was a mournful occasion, a sad supper taken at the close of day, in the twilight of a glorious career with shadows fast falling around; and this supper closed forever Jesus’ ritualism or concessions to matter.

Sacred sacrament

Spiritual refreshment

Jesus’ sad repast

15 | 34:10

If all who ever partook of the sacrament had really commemorated the sufferings of Jesus and drunk of his cup, they would have revolutionized the world. If all who seek his commemoration through material symbols will take up the cross, heal the sick, cast out evils, and preach Christ, or Truth, to the poor, — the receptive thought, — they will bring in the millennium.

Millennial
glory

9 As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread.

12 Jesus saith unto them, Come and dine. And none of the disciples durst ask him, Who art thou? knowing that it was the Lord.

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16 | 34:29–2

What a contrast between our Lord's last supper and his last spiritual breakfast with his disciples in the bright morning hours at the joyful meeting on the shore of the Galilean Sea! His gloom had passed into glory, and his disciples' grief into repentance, — hearts chastened and pride rebuked.

The last
breakfast

17 | 35:19 (only), 25

Our baptism is a purification from all error.

Our Eucharist is spiritual communion with the one God. Our bread, "which cometh down from heaven," is Truth. Our cup is the cross. Our wine the inspiration of Love, the draught our Master drank and commended to his followers.

SECTION 5

The Bible

16 | I Corinthians 15:20 now

20 now is Christ risen from the dead, and become the firstfruits of them that slept.

17 | John 21:1 Jesus (to ;), 4–6 when, 9, 12

1 Jesus shewed himself again to the disciples at the sea of Tiberias; 4 when the morning was now come, Jesus stood on the shore: but the disciples knew not that it was Jesus. 5 Then Jesus saith unto them, Children, have ye any meat? They answered him, No. 6 And he said unto them, Cast the net on the right side of the ship, and ye shall find. They cast therefore, and now they were not able to draw it for the multitude of fishes.

SECTION 6

The Bible

18 | [Acts 13:52](#)

52 And the disciples were filled with joy, and with the Holy Ghost.

19 | [Acts 18:24–28](#)

24 And a certain Jew named Apollos, born at Alexandria, an eloquent man, and mighty in the scriptures, came to Ephesus. 25 This man was instructed in the way of the Lord; and being fervent in the spirit, he spake and taught diligently the things of the Lord, knowing only the baptism of John. 26 And he began to speak boldly in the synagogue: whom when Aquila and Priscilla had heard, they took him unto them, and expounded unto him the way of God more perfectly. 27 And when he was disposed to pass into Achaea, the brethren wrote, exhorting the disciples to receive him: who, when he was come, helped them much which had believed through grace: 28 For he mightily convinced the Jews, and that publicly, shewing by the scriptures that Jesus was Christ.

20 | [Acts 19:1–6 \(to ;\)](#)

1 And it came to pass, that, while Apollos was at Corinth, Paul having passed through the upper coasts came to Eph-

esus: and finding certain disciples, 2 He said unto them, Have ye received the Holy Ghost since ye believed? And they said unto him, We have not so much as heard whether there be any Holy Ghost. 3 And he said unto them, Unto what then were ye baptized? And they said, Unto John's baptism. 4 Then said Paul, John verily baptized with the baptism of repentance, saying unto the people, that they should believe on him which should come after him, that is, on Christ Jesus. 5 When they heard this, they were baptized in the name of the Lord Jesus. 6 And when Paul had laid his hands upon them, the Holy Ghost came on them;

21 | [II Corinthians 13:14](#)

14 The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Ghost, be with you all. Amen.

Science and Health

18 | [561:32–3](#)

John the Baptist prophesied the coming of the immaculate Jesus, and John saw in those days the spiritual idea as the Messiah, who would baptize with the Holy Ghost, — divine Science.

19 | [332:19](#)

Jesus demonstrated Christ; he proved that Christ is the divine idea of God — the Holy

Holy Ghost
or Comforter

Ghost, or Comforter, revealing the divine Principle, Love, and leading into all truth.

20 | [37:22–25](#)

It is possible, — yea, it is the duty and privilege of every child, man, and woman, — to follow in some degree the example of the Master by the demonstration of Truth and Life, of health and holiness.

21 | [496:15](#)

Hold perpetually this thought, — that it is the spiritual idea, the Holy Ghost and Christ, which enables you to demonstrate, with scientific certainty, the rule of healing, based upon its divine Principle, Love, underlying, overlying, and encompassing all true being.

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