



CHRISTIAN SCIENCE Sentinel

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

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In support of Sunday School

Larissa Snorek

I remember well the day I graduated from Christian Science Sunday School. I'd had such good classes and teachers that I didn't want to leave. I was hoping we could form some sort of new, twenty-something class, just to continue the discussions we'd been having.

Yet only a short time later, after joining a branch Church of Christ, Scientist, in a city I'd recently moved to, I found myself right back in Sunday School—this time as a teacher. I looked forward to it, but was also a little nervous. I asked for, and received, lots of advice. The most memorable was that teaching is about listening—teacher and students listening to God and letting the Christ, Truth, bring divine inspiration to lead and direct the conversation.

A New Testament writer urged, “Let us not love with words or speech but with actions and in truth” (1 John 3:18, New International Version), encouraging a living faith instead of relying on words. And the Discoverer of Christian Science, Mary Baker Eddy, counseled, “Sincerity is more successful than genius or talent” (*Message to The Mother Church for 1900*, p. 9). So when we see students and teachers in Sunday School as all having one Mind—the infinite and only Mind, God—it's natural to expect each individual in the class to hear directly what they need from this Mind.

Teaching supports this spiritual fact by grounding the learning in the Bible and the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mrs. Eddy. Both student and teacher can turn to these books for answers and discuss how to put the ideas they provide into practice outside of church. Then students can prove for themselves whether what they've been learning is true.

Also, in class discussions, sincerity, love, and humility communicate even more than polished explanations. Sunday School teaching is less about imparting knowledge and more about sharing ideas about how

students can live Christianity, listen for God's guidance, and discover spiritual truths for themselves.

We are all God's children, sitting at the feet of Christ, listening and learning, now and for all eternity.

Mrs. Eddy outlined the uniqueness of Christian Science in its challenge to the claim that matter has any intelligence or power—even reality—whatsoever. And this is wrought out in our life practice day by day through a desire to live according to Spirit, God, rather than material sense. Living Christianity through spiritually scientific practice in this way is never rote but is to “let our lives attest” the “sincerity” of our prayers (*Science and Health*, p. 15).

Sunday School lessons deepen our understanding of the practical and concrete path that the Science of Christianity offers the world for following the life of spirituality that Jesus exemplified. It's not eloquence that enables us to follow in his footsteps and prove the freedom and satisfaction that Christian healing brings out in us and others. But as we understand and demonstrate infinite Love, God, even in a small degree, healing is the natural effect. Each student in Sunday School—including the teacher—has an opportunity to discover and strengthen their own individual and close relationship to God.

As both student and teacher delve into how we can each follow Christ in life, we learn together about being lifelong students of the Science of Christ. In an address to members of The Church of Christ, Scientist, in which she is speaking to a congregation made up of all ages, Mrs. Eddy addressed them as “Beloved children,” reflecting Jesus' love of children and insistence that everyone needs to express childlike qualities. She concludes by saying, “What grander ambition is there than to maintain in yourselves what Jesus loved, and to know that your example, more than words, makes morals for mankind!” (*Miscellaneous Writings 1883–1896*, p. 110).

Because we are God's children, the expression of divine Mind and Life, reluctance or unwillingness to either teach or attend Sunday School is not natural to us. Our most natural attraction is to a daily life lived in Spirit—with its accompanying joy, willingness, humility,

and love—and this characterizes what it means to understand ourselves as the children of God and the practicality of that for our day-to-day experience. Anyone who sees themselves as the spiritual, dynamic expression of Mind naturally opens their thought to accept fresh ideas and to follow divine inspiration. Love for God and man underlies the best learning and the most effective teaching.

Praying for Sunday School with the directives Mrs. Eddy gives in the section “Subject for Lessons” (p. 62) under the *Church Manual’s* By-Law for Sunday School, teachers can naturally encourage students to wrestle with ideas, ask heartfelt questions, and discover how to find their own answers in *Science and Health* and the Bible.

We are all God’s children, sitting at the feet of Christ, listening and learning, now and for all eternity. Sunday School teaching is not about filling up empty vessels or being an “expert” who imparts wisdom and knowledge. It’s about revealing the kingdom of heaven already within each pupil. And what a glorious revelation it is!

Larissa Snorek, Associate Editor

Hid with Christ in God

As you mature in your discipleship, you grow out of any sense of self separate from God.

Bobby Lewis

In the mountains where we live, wildland firefighters carry a portable emergency fire shelter that they can get under and hide in if they are about to be overrun by fire. I was reflecting on this recently in relation to the assurance in the Bible that we are “hid with Christ in God” (Colossians 3:3). It’s a phrase that Christians often use to reassure one another, but it has larger implications for everyone—every child of God. What does it mean?

Christ, as defined in *Science and Health with Key to the Scriptures* by Mary Baker Eddy, is “the divine manifestation of God, which comes to the flesh to destroy incarnate error” (p. 583). Christ heals, sweeping away mistaken notions of who we are. And Christ isn’t confined to the time period in which Jesus lived, although Jesus fully embodied Christ.

So when the Apostle Paul wrote to the Christians in Colossae about being “hid” with Christ, I feel he was teaching them that when you have made the commitment to study and follow the teachings of Christ Jesus, as you mature in your discipleship, you grow out of any sense of self separate from God, Spirit. You begin to see that your real spiritual identity as Spirit’s own image and likeness (see Genesis 1:26, 27) is safe, sheltered, truly “hid with Christ in God,” even when feeling engulfed by the toughest of circumstances.

The nature of God, Love, is to shelter and protect.

Elsewhere in his writings, Paul seems to be referring to the humility needed to remove any sense of self separate from our God-created spiritual identity, writing, “When I am weak, then am I strong” (II Corinthians 12:10). And it was proven time and time again in Paul’s life that when we prayerfully shed personal sense and a mistaken reliance on the physical senses to report what is true and real, we can be confident that God shelters us as we find our way to freedom from whatever is troubling us. For example, he, along with the crew and other passengers, survived a shipwreck, and then was able to shake off without harm a poisonous viper that had bitten his hand and continue unaffected in his ministry.

Science and Health describes being safe from harm as being “clad in the panoply of Love” (p. 571). A panoply is a suit of armor or some other form of protective covering. The nature of God, Love, is to shelter and protect our divinely created, spiritual identity. This doesn’t happen because we’ve requested or received a special dispensation, but because it is the nature of God to maintain His own expression in each of us. Our role in prayer is to be receptive to this divine law of Love, yield to it, and embody it. Any man-made shelter, such as armor or a fire blanket, has limitations, of course, and

external conditions can exceed their design capacity, but the thing about the sheltering of divine Love is that no condition can ever exceed its unfailing ability and willingness to shelter us from harm.

I've also found that it's important to recognize that there is no personal invulnerability—that safety is in and of Spirit. It can feel as if we are “earning” safety by being a good person but then could lose that protection because of mistakes and shortcomings. But no. Our true, spiritual identity and wholeness are always sheltered by divine Love and unconditionally established through God's grace. The concept of being hid with Christ in God is speaking to the truth that our spiritual identity, wholeness, and well-being are not earned and cannot be lost, but rather, through God's grace, become apparent to us freely, continually, and completely. Safety is based on the law of what divine Love is and is doing.

Safety is based on the law of what divine Love is and is doing.

I experienced the sheltering action of the Christ recently while chaperoning a group of travelers. At one point, a complex situation arose that I found very troubling, and I was initially quite wrapped up in the various challenges and personalities involved. That evening, I also became very ill. While I was praying for myself that night, the inspiration that came was that I had unintentionally “opened the door” of my thoughts and let in a disturbed, personal sense of things, and then discordant physical symptoms had shown up and made a real wreck of the place! But neither the disturbed sense nor the physical symptoms had substance or could reveal the truth of my form and function as the pure and innocent expression of Spirit, God.

Once that clarity came, I then sought prayerfully to quiet the feeling of being disturbed. My prayer had to do with the truth that my spiritual identity was known to God and knowable by me—that I was hid with Christ in God. My health and well-being were fully intact and sheltered—completely hidden from any vulnerability to harm. When I was clear about both my identity and my health being spiritual and not personal or physical, the discordant symptoms left, and I was able to joyfully

return to my work with the travelers, and things moved forward harmoniously on the trip.

Your God-created spiritual identity is protected and perfected by divine Love. You can trust today that you are indeed hid with Christ in God—safe.

The blackboard of thought

Robert Tokheim

My blackboard of thought records
everything I think each day—
whatever I think of in a good or bad way.
But wait! Who or what determines
which thoughts stay there?
Is it my state of watching,
allowing either truthful thoughts that show care
or mistaken thoughts that lead nowhere?
Indeed, with Christ, Truth, as my guide,
I accept only the good that God provides.
And what about unwanted thoughts that have no place?
On my blackboard of thought, all I have to do is to erase!

Robert Tokheim

Supporting young people's growing interest in the Bible

It's normal and natural for young people to yearn for and glimpse their direct relation to the Divine.

Shelly Richardson

Last year, *Newsweek* magazine reported a growing trend among young people: a surprising interest in

and intentional engagement with the Scriptures (see Melissa Fleur Afshar, “Are Gen Zers Becoming More Religious?” April 18, 2025). Recently, I met a young college student who had considered herself an atheist but was now studying the Bible. We talked a bit about Jesus and his healings. She responded, “How can we expect to heal? Jesus healed because he is God. We are not God.”

A fair question, based on the widespread theological belief to that effect. Yet Jesus identified himself as the Son of God, not God, and clearly showed his followers that a right understanding of God was practical for their daily lives. It would enable them to heal through spiritual means alone. In sending his disciples out on their own, for example, he said: “As ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give” (Matthew 10:7, 8). He also said, “He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father” (John 14:12). After Jesus’ ascension, his disciples continued to heal others.

New generations are looking for a Christianity that has substance and is practical.

Reviewing my young friend’s question, I believe new generations are looking for a Christianity like that seen in the works of Jesus and his early followers, one that has substance and is practical.

A little over eighteen hundred years after Jesus’ ministry, Mary Baker Eddy, a New England woman, learned the value, power, and verity of Jesus’ world-changing message from God to all of us. A devoted student of the Bible, she was quickly healed of severe internal injuries when she reread one of Jesus’ healings in the Bible and gained an inspired insight into both God’s nature as pure Spirit and Life as wholly spiritual. Her healing threw clear, affirmative light on a question she had long been asking: Is spiritual healing as in Jesus’ time reproducible now?

Through further study of the Bible, prayer, and putting what she was learning into practice, she discovered the Science behind Jesus’ healings and eventually named her discovery Christian Science. She started healing

others and teaching interested individuals how to heal by turning to and understanding Jesus’ teachings. To share this Science with the world, she wrote *Science and Health with Key to the Scriptures* as a textbook on Christian healing. Tens of thousands of verified testimonies of healing attest to the substance and practicality of the Christianity contained in the Bible and explained by this textbook. Here, members of every generation, including Gen Zers, can find their own ability to mirror, to some degree, the works of Christ Jesus.

I saw that for myself in my twenties when I went rock climbing in Colorado with a friend. We had planned to start before the sun was too high in the sky, but we were delayed. I was concerned because at that time I seemed to be easily affected by heat. By the time we were on the rocks, fifty feet up, I was experiencing symptoms of heat stroke. My friend stood about 15 feet above me on the belay. The sun was beating down. I was tied to the rocks but seemed to be losing consciousness. There was no turning around.

I had studied the Bible and the Christian Science textbook my whole life, but never thought I could heal. Then, there on the rocks, I thought, “Hey, I can pray.” I had learned that Love is another name for God, and Mrs. Eddy wrote, “Divine Love always has met and always will meet every human need” (*Science and Health*, p. 494). Well, I had a human need. I reasoned that God, Love, was right there with me on those rocks. I didn’t need to be afraid. I was confident that my small spiritual understanding of God’s goodness would be enough to heal me in this situation. And as I trusted that God was present right then and there, the symptoms faded, and I safely went on with my climb.

It’s recorded in John’s Gospel that Jesus said, “I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life” (8:12). We can pray to support our young people in their efforts to find the practical, healing power of God, which is available to them anytime, anywhere. Because each member of every generation is the child of God, created wholly spiritual by Spirit, God, it’s normal and natural for young people to yearn for and glimpse their true, spiritual existence, their direct relation to the Divine. As these glimmers lead to spiritual revelation, a

new generation of healers will find themselves humbly following Jesus in proving the power of his teachings.

“What I have is all I need”

Divine Love has all that we need and shows us this in the many—sometimes unexpected—ways God loves and cares for us.

Isaac Otieno

During my early childhood in an Anglican Sunday School, we frequently recited these words spoken by Jesus that are found in Matthew’s Gospel: “Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” (11:28–30). This passage was translated into my mother tongue, but once it became very familiar to me, I generally regarded it as of no importance in my life. I did not know that these words would eventually turn my life around.

A few years ago, I became overwhelmed by fear and sadness because my small business was earning me almost nothing, while I owed my landlord and supplier money that they were aggressively ordering me to pay. I woke up every morning restless and afraid, so I took to praying almost every moment, seeking divine mercy.

One day, as I was starting to pray, I opened my Bible to read some verses, as usual, and I came across the passage from Matthew quoted earlier about Christ giving us rest, which I had not read for years. But this time, it sounded to me as if a voice was directing me toward the help I needed.

At that time, I was participating in an online workshop offered by a Christian Science nursing facility in the United States, and I was learning that a nurse should be “cheerful, orderly, punctual, patient, full of faith,—receptive to Truth and Love” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 395). I was now

becoming more full of faith and more receptive to Truth and Love—names for God—so I was also better understanding that the power that can save us and solve problems is not personal, but spiritual. In other words, I had to lean on God, Spirit, as Jesus did. I became full of faith, hope, and expectation and more receptive to God.

The following morning, my cousin came to visit me in Nairobi with her little daughter. She had informed me in advance that she would stay with me for some time, as she was going to follow up on a few financial issues. Shortly, she succeeded in her endeavors and gladly gave me enough money to clear my rent arrears and pay the supplier, which I gratefully received. A few days later, I found a temporary job.

My trust in God grew stronger as I discerned that this turnaround was an expression of divine Love, God. And I was now able to keep up with the bills and rent. As I was pondering what had happened to me from a spiritual perspective, I realized that God does bless all His children and that every one of us is made to be a blessing and dependable.

I became full of faith, hope, and expectation and more receptive to God.

What inspired me even more was this idea that came to me: “What I have is all I need.” To me, this is explained in the words of Mary Baker Eddy, who founded The Church of Christ, Scientist, on Christ Jesus’ teachings. She wrote, “When we are willing to help and to be helped, divine aid is near” (*The First Church of Christ, Scientist, and Miscellany*, p. 166). Divine Love has all that we need and shows us this in the many—sometimes unexpected—ways God loves and cares for us. It has become evident to me that I should never think, “If I only had this or that, my life could be wonderful, or I would be a blessing to others.” What I need in order to be blessed and to be a blessing to my fellow man is to be receptive to divine Love.

The Scriptures support this. For instance, when Moses was afraid that the Israelites would not listen to him, God asked Moses, “What is that in thine hand?” Moses replied, “A rod” (Exodus 4:2). He seemed to feel he lacked the skills he needed; he had for decades worked as a humble shepherd. But he didn’t need more than

he had, because in truth, he was spiritual, the limitless child of God, Spirit. And one way that God showed Moses the illusory nature and powerlessness of evil was when his shepherd's rod was transformed into a snake and then back into a rod.

To me, the rod symbolizes the understanding of God that is always at hand, through which Moses trusted God to give him and his people all they needed at every moment as he led them to the Promised Land. Moses used that rod in significant experiences such as parting the Red Sea and getting water from a rock (see Exodus 14:16–21 and 17:5–6).

Jesus also proved that we have all we need at all times. He preached to a crowd of thousands in the desert and healed many. Later in the day, some of his disciples requested that he send the people away so they could buy food for themselves. Instead, the Master asked the disciples to give food to the people. The disciples told him that they had only five loaves of bread and two fish. But Jesus knew that because of God's infinite provision, they weren't actually lacking anything.

He took the food, blessed it, and gave it back to his disciples to share with the people. They started distributing the bread and fish, and it appears that the more they distributed, the more they had to distribute. And after everyone had been fed, they had 12 baskets of food left over (see Luke 9:10–17).

We can rest assured, knowing that as God's children, we cannot lack or miss out on His provision. He supplies infinitely and continuously, so we're not victims but victors in His kingdom.

A message from an iris

We all have times when we get a spiritual sense of life—the true, divine Life, which is outside of mortality.

Sylvia Messner

One morning, stopping on my walk to enjoy a beautiful iris along the path, I realized that though I was perceiving the physical characteristics of the iris with my material senses, the true beauty of the flower was apparent to me through what Christian Science calls spiritual sense. I grasped more clearly than ever before the reality of God's creation as spiritual, not material.

Christian Science reveals that God is infinite Spirit and Mind and that all that He creates is spiritual and eternal. But from the limited perspective of the material, or mortal, senses, everything seems to exist as matter. Mary Baker Eddy describes this material sense as an illusion, a “waking dream” with no more substance than the sleeping one.

In *Science and Health with Key to the Scriptures*, she writes: “A mortal may be weary or pained, enjoy or suffer, according to the dream he entertains in sleep. When that dream vanishes, the mortal finds himself experiencing none of these dream-sensations.” Then she asks, “. . . Is there any more reality in the waking dream of mortal existence than in the sleeping dream?” (p. 250).

We all have times when we get a spiritual sense of life—the true, divine Life, which is outside of mortality—as I did with that iris. These moments show us the goodness and eternality of God and His ideas and help us see the unreality of whatever God did not make—matter, sin, disease, and death. As *Science and Health* states, “Nothing we can say or believe regarding matter is immortal, for matter is temporal and is therefore a mortal phenomenon, a human concept, sometimes beautiful, always erroneous” (p. 277).

I got a clearer glimpse of the unreality of the mortal sense of existence when a very dear friend passed away. Initially, I felt the pain of separation. Through prayer, however, I gained such a deep awareness of the spiritual substance of our relationship and of our true identities

as ideas of God that grief quickly dissolved in a joyful understanding of our oneness with eternal Life, God. Like two drops of water in an infinite ocean, we exist in divine Love forever, so we could never be separated from each other. Just as the beauty of the iris hinted at the spiritual reality beyond the material appearance, this relationship with my friend pointed to what is presently and always true about God and each of His beloved children.

As Mrs. Eddy writes, “In our immature sense of spiritual things, let us say of the beauties of the sensuous universe: ‘I love your promise; and shall know, some time, the spiritual reality and substance of form, light, and color, of what I now through you discern dimly; and knowing this, I shall be satisfied’” (*Miscellaneous Writings 1883–1896*, p. 87).

Weekly updates: September 7, 2026

Get ready for the school year with the August 17, 2026, issue of *The Christian Science Monitor Weekly*

Explore how AI is reshaping education, parents are mobilizing to get screens out of the classroom, and kids are finding new ways to get the most out of their school experience. From Sal Khan’s (Khan Academy) predictions about the future of education to the wild and wacky world of class pets, this special issue of the *Monitor*’s weekly print magazine features insights for everyone getting ready for the classroom—kids and grown-ups alike.

To purchase an individual copy of this special issue, please visit csmonitor.com/shopbacktoschool.

To place a bulk order, please fill out the online order form at csmonitor.com/RRorders. If you have questions about ordering, please email opendoors@csps.com.

Australia Summit 2026

Forget self in laboring for mankind; then will you woo the weary wanderer to your door, win the pilgrim and stranger to your church, and find access to the heart of humanity.

—Mary Baker Eddy, *Miscellaneous Writings 1883–1896*, p. 155

All are invited to join us at the Christian Science Summit in Brisbane, Australia, November 13–14, 2026. All ages are welcome.

The Australia Summit offers an opportunity to come together to explore how we can grow as a church in love and unity and continue to serve our communities through our individual and collective healing ministries. Learn more and register at christianscience.com/summits

Me? Good at math?

James Medley

In middle school, I wasn’t a very good student. Math was boring, and I couldn’t bring myself to answer questions on the math quizzes, so I just wrote answers that made no sense and played games instead. My teachers thought I was stupid when it came to simple math, and so did I.

The school administrators told my parents that I would never go on to higher education and that it would be wise to pull me out of school and send me to a trade school, since I was never going to be accepted into college. My parents agreed to withdraw me, but instead

of sending me to trade school, they enrolled me in a boarding school far away in Maine.

At first, there wasn't much progress at the new school, which concerned me. The school was costing my family a lot of money, and I wasn't improving. I was convinced that math just wasn't something I'd ever be good at.

One Saturday night before the big exams at the end of my first semester, I was sitting alone in my dorm room when a thought started repeating itself in my head. It was, "The Lord is my salvation." I knew these words were part of a Bible verse (Psalms 27:1), but they didn't really mean anything to me. Still, I couldn't get them out of my head.

I was convinced that math just wasn't something I'd ever be good at.

That night, there was a big snowstorm, which limited attendance at church the next morning. Even while away from home, I had been attending a Christian Science Sunday School. But because of the storm, I was the only person in Sunday School that Sunday other than the teacher. I told her about the thought that had been coming to me. She said we should look up the metaphysical definition of *salvation* in the Glossary of *Science and Health with Key to the Scriptures* by Mary Baker Eddy. It is, "Life, Truth, and Love understood and demonstrated as supreme over all; sin, sickness, and death destroyed" (p. 593).

It wasn't unusual for me to be reading something from *Science and Health* in Sunday School, yet this was somehow different. Something new jumped out at me. While I had long been familiar with the words *Life*, *Truth*, and *Love* as names for God, I now saw that *salvation* meant understanding and demonstrating these aspects of God's nature.

Wow! I knew this was something I needed to do and *could* do: Because God created me, it was natural for me to express Him in these ways. This was a call to action, and I saw that there was nothing I couldn't do if I was expressing God's qualities. Not even math! Mrs. Eddy would not have written it that way if it was not true for everyone, including someone like me.

I immediately relaxed. All my fear and anxiety over math was gone.

The following year, I had a class in geometry. My teacher would write a problem on the blackboard and ask me if he had solved it in the best way. I would usually show the class a better solution. He knew that I understood the principles.

I finished my high school education on the Dean's List—an academic honor for having good grades—and was accepted into an engineering college in Boston.

My last course in college math was calculus, and the final exam involved solving a problem that required about three pages of writing to complete. I had never seen that kind of problem before, but I knew what to do.

Thanks to that original spiritual insight, math came to me naturally from then on.

Later, as I was standing in line at the rehearsal for our graduation ceremony, my math professor came up to me and said I had done a better job solving the problem on the exam than any other student of his ever had.

Thanks to the original spiritual insight I had received, math came to me naturally from then on. My Sunday School experience during high school had completely changed things for me. It showed me that I naturally reflect all of God's qualities and that salvation is the outcome of expressing Him. All we have to do is listen for and respond to this call to action.

The pain vanished

Lynn Wood

I'm very grateful for a healing I had this year.

One Saturday, I was working in my vegetable garden when I stepped off a short wall and twisted my leg. At the time, I didn't feel anything out of the ordinary, but later in the day, my knee began to hurt until the pain

was excruciating. I couldn't find a way to rest my leg comfortably as I sat in a recliner. It got very scary, and I asked my husband to pray. He also began to read to me from *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

I knew that the pain could be healed, but I had trouble concentrating on the words I was hearing, as the pain kept getting my attention. I wanted support from the prayers of a Christian Science practitioner, so I called one. She assured me that I was living in Love (a Bible-based name for God) and that nothing could change God's loving support. She said she would get right to work praying for me.

I also turned my thought directly to God, declaring that, as His child, I am the expression of Love. My husband and I listened to solos on christianscience.com, including many that are musical settings of poems by Mrs. Eddy. The music took my attention off the pain, while the words reassured me that all was well. Within minutes, I was at last able to find a comfortable position and some peace.

One thought that came to me as I sat there was this statement from *Science and Health*: "All that really exists is the divine Mind and its idea, and in this Mind the entire being is found harmonious and eternal" (p. 151). It hit me that you can't have Mind without ideas. Since God is Mind, He reflects on His ideas, so I am His reflection. I cherished that insight.

It was tough for me to walk to my bed that night, but once there, I was able to get comfortable and sleep. The next morning was Sunday, and although I could walk with a crutch, I decided to stay home from church, grateful to be able to attend the service and take in the inspiring and healing ideas remotely via a Zoom link.

By that afternoon, I was completely healed. I could walk freely and normally without the crutch. There was absolutely no pain.

I was grateful that the healing had clearly come about through spiritual means alone. I'm so happy to be learning more and more how to be a practicing Christian Scientist! I'm grateful to God, to the

practitioner for her quick and effective prayer, and to my husband for his loving support.

Lynn Wood

North Richland Hills, Texas, US

Healing of wart has wider impact

Owen Thomas

Recently, I had occasion to appreciate the enduring power of Christian Science treatment and how divine Truth can displace any erroneous and afflictive thought and reestablish mental and physical harmony. The effects of applying divine Truth in our daily experience are far-reaching.

Two summers ago, I visited my sister's branch Church of Christ, Scientist, in a distant state via Zoom. It was to be her last Wednesday testimony meeting as First Reader. I testified about a quick healing I'd had years earlier of a wart on my finger—a very annoying wart that had constantly and painfully intruded on my thought throughout the day.

I shared that I'd been having treatment through prayer from a Christian Science practitioner about something else, and that one of our discussions had gone so well that the practitioner asked if anything else was bothering me. "Well, yes," I said. "This wart on my finger. It hurts every time I put my hand in my pocket."

He immediately replied with a quote from Second Corinthians: "God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work" (9:8). He repeated, "all sufficiency in all things," and explained, essentially, that a wart is a belief in a surfeit, a surplus, of matter, and that you cannot have a surfeit of anything, including a surfeit of matter.

His response jolted me a bit—this idea that a law of divine sufficiency could be applied to a wart. However, something in my thought had moved, because at some point before our next call days later, the wart had completely disappeared, with no residue or redness. I hadn't even noticed. It was as though it had never been.

I was very grateful for this healing, and the problem has never returned. But I soon realized that the healing had been even more far-reaching and significant. At the time, I was editing a section of a newspaper that relied heavily on freelance submissions, and I was perpetually concerned that I would not receive enough quality manuscripts to publish. Shortly after that healing, though, I found that this was no longer an issue—nor would it ever be again. I had all I needed, and I was calm and confident of my sufficiency. It was a dramatic shift in my perspective.

Decades later, still more blessings flowed from that healing of the wart. After I testified to that experience at my sister's church, she emailed me weeks later to tell me what had happened: At the following week's testimony meeting, someone stood up to say that he'd been instantaneously healed of a wart on his hand after hearing my testimony. A wart that had been troubling him had simply fallen off.

I saw this as a reminder not only of the timeless power of divine truth to heal but also of the "ripple effect" such healing can have in blessing others—and thus, of the importance of sharing testimonies. I am renewedly grateful to the practitioner who had helped me "go up higher." And I am in awe of the pervasive effectiveness of Christian Science at bringing out harmony in all things, at all times.

Owen Thomas

Ipswich, Massachusetts, US

Home and healing

Nancy Harrison

I was traveling in a country far from home when I awoke one morning with cold symptoms and an upset stomach. At that moment, I just wanted to be home. As I thought about why I had this strong yearning for home, I realized that I wanted to be in comfortable, known surroundings so I could manage this illness with more ease. I instantly recognized that this motive was based on a faulty premise: that this disease was real and that I needed to fix it.

I had learned through my study of Christian Science that all disease is unreal. Disease can't actually exist because God created everything good. So instead of trying to fix something that wasn't real in the first place, I decided to think about home as a spiritual idea rather than a faraway physical location. The words "Home is the consciousness of Love" came to me. This statement is based on a line from the spiritual interpretation of Psalm 23 in *Science and Health with Key to the Scriptures*: "... I will dwell in the house [the consciousness] of [love] for ever" (Mary Baker Eddy, p. 578). I also remembered that Mrs. Eddy relates home and heaven in this statement: "Pilgrim on earth, thy home is heaven; stranger, thou art the guest of God" and defines *heaven*, in part, as "harmony" and "bliss" (*Science and Health*, pp. 254, 587).

No wonder I longed for home—there is nothing harmonious or blissful about sickness! I knew that our consciousness of divine Love isn't dependent upon any physicality, people, or place. I reasoned that I had this consciousness right where I was, wherever I went. I felt a wonderful, calm sense of being at home then and there.

Because the symptoms of illness had been persistent, I shoved a handful of tissues in my pocket before leaving the hotel that day. Several days later, I discovered these unused tissues and wondered why they were in my pocket. Then I realized that I had been freed so quickly from the cold symptoms that the tissues had never been needed. The upset stomach had faded away too, and I had gone through the following days feeling perfectly well.

I'm so grateful to have been healed by the spiritual understanding of home. We truly do carry home with us everywhere we go. Its heavenly harmony and bliss are ever present in our consciousness of God, divine Love.

Nancy Harrison

Chattanooga, Tennessee, US

Elijah, man of God

Elijah is a towering figure in the Hebrew Bible. His remarkable prophetic work is introduced in I Kings 17 with three proofs of God's supremacy—supplying food for Elijah, multiplying flour and oil during a famine, and restoring the life of a widow's son.

Perhaps the most celebrated example of Elijah's commitment to the one God was his public challenge to 450 Israelite seers who worshiped the weather god, Baal (see 18:17–39). He called on them to petition Baal for fire on their sacrificial altar, but no fire appeared. Elijah then illustrated God's sovereignty by successfully praying to Him for fire. And the people replied, "The Lord, he is the God."

Despite this extraordinary evidence, however, the prophet fled in fear to Mount Horeb when pagan queen Jezebel threatened his life. There God showed Elijah that His power was not in wind, earthquake, or fire (elements attributed by some idolaters to Baal) but in "a still small voice" (see 19:1–12). Centuries after this, Elijah (Elias in Greek) appeared at Christ Jesus' transfiguration (see Mark 9:2–4).

The story of God's communication with Elijah stands as an assurance of divine care for all His children today. Mary Baker Eddy, author of *Science and Health with Key to the Scriptures*, offers this counsel about responding to the divine voice: "When error strives to be heard above Truth, let the 'still small voice' produce God's phenomena. Meet dispassionately the raging element of individual hate and counteract its most gigantic

falsities" (*The First Church of Christ, Scientist, and Miscellany*, p. 249).

For more on this topic, see "Listen your way through the storm" by Nate Talbot.

Letters & Conversations

> Jenny Sawyer, "Ask AI . . . or God?" July 20, 2026

I absolutely love this editorial! Although AI can be a useful tool, I find myself rebelling against the use of the words *artificial* and *intelligence* together. To me, intelligence can never be artificial! Mind, God, is intelligence. I applaud Ms. Sawyer for going to God with her questions and getting the answers, even getting them ahead of the questions at times. We are all equipped to think, and God does already have answers—we just need to ask. Very grateful for the ideas and sharing.

Linda Vara, *Las Vegas, Nevada, US*

> Name Withheld, "What I've learned about hooking up," July 20, 2026

Thank you for covering this topic. I appreciate the powerful depth of the article and the nonjudgmental way it is written. It may inspire new ways of thinking about this important topic that can help mankind awaken to the moral demand and to spiritual freedom, and not just rashly condemn.

Thank you to the author for sharing.

> Beth Schaefer, “ ‘Let freedom ring!’ ” June 29, 2026

What a great editorial. Thank you.

Benjamin Ferrell, Strongsville, Ohio, US

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