



# CHRISTIAN SCIENCE Sentinel

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

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# Realizing God's kingdom on earth

Tony Lobl

**When we love something**, we want to share it, enjoy it with others, and see them benefit from it. When we love our faith, it's natural to want to share that, too, and for the same reason.

In fact, the Bible's book of Acts illustrates that sharing the gospel, the good news Jesus came to deliver, is a central aspect of being Christian. And while history tells us that sometimes groups acting in the name of Christianity have sought to grasp the levers of power and rule over others, the acts of the apostles were not geared toward gaining political leverage. Even when the politics of the day seemed to trample those trying to live and share the good news of Christ, the motivation of the early disciples didn't change. They retained their heartfelt desire for others to so know God's nature as to experience the liberty of life lived in conformity with Christ—the spiritual idea of God, revealing what is timelessly true.

Jesus himself is the model for the way to spread this truth. He relied solely on the “levers” of *spiritual* power: prayer, love, healing, humility, and, as he pointedly said, rendering “to Cæsar the things that are Cæsar's, and to God the things that are God's” (Mark 12:17). His life and the changed lives of those he healed showed us that we see evidence of God's kingdom on earth by understanding the all-spiritual creation that God, Spirit, forever sees. This proves that God's kingdom is what is truly present, even where earthly discords seem to be. We increasingly experience this heavenly kingdom as we follow Jesus' example of living Love by demonstrating the reality of God as both Love and the Life of all. Still today, we can obey the guidance Jesus gave his followers when he sent them out to share the good news. The message was brief, infinitely sweet, and entirely spiritual: “As ye go, preach, saying, The kingdom of heaven is at hand” (Matthew 10:7).

In the practice of Christian Science, the nature of the kingdom of heaven is clarified in *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Using several

synonyms for God, *Science and Health* defines *Kingdom of Heaven* as “the reign of harmony in divine Science; the realm of unerring, eternal, and omnipotent Mind; the atmosphere of Spirit, where Soul is supreme” (p. 590). This forever here-and-now kingdom is our true, God-reflecting consciousness—the spirituality that knows God as All-in-all.

To awaken even a smidgen to God's allness and experience His ever-active love for all that this awakening brings to light is to recognize as heavenly truth the fact that God creates and allows only harmony within the kingdom of heaven. And that's why our task is to do all we can to realize the presence of the kingdom or government of God in every aspect of our lives.

This heavenly kingdom isn't an abstraction. We are seeing tangible evidence of it every time we feel genuine love for another, feel alive with a spiritual joy, feel the Christly sense of Truth's supremacy over a lie, or feel the presence of sheer goodness in a quiet moment alone. As we recognize that this kingdom is indeed what we're experiencing in such moments and seek to experience it more consistently, the question arises, “How do we help others do the same?” The Christian manner in which to do so is summarized in timeless counsel from Mrs. Eddy to her students: “Let us serve instead of rule, knock instead of push at the door of human hearts, and allow to each and every one the same rights and privileges that we claim for ourselves” (*Miscellaneous Writings 1883–1896*, p. 303).

The ultimate way to “serve instead of rule” as Jesus did is to emulate the example he gave us of loving our neighbor by more consistently demonstrating the healing Christ. A special touch of heaven comes to light on earth when the demonstration of Christ's power brings healing—whether that's victory over physical ailments or over some base human instinct. Each healing serves as evidence to humanity that Love's heavenly harmony is our reality. And Jesus illustrated the universal scope of such service in the all-inclusive reach of the victory over mortality represented by his resurrection. According to *Science and Health*, “Jesus' deed was for the enlightenment of men and for the salvation of the whole world from sin, sickness, and death” (p. 45).

As we think about our lives, our church, or our nation, we can ask ourselves, “Am I willing to serve the whole world in this way? Am I seeing the mission of Christ in the all-embracing way the Bible reveals it, as the God-sent means for all humanity to be saved?”

Having early refused the temptation to trade his calling to serve Love for the trappings of earthly power, Jesus remained immune to being distracted from his healing mission of awakening others to God’s love for all. He knew the all-harmonious realm of the real better than anyone, and his healing ministry proved the eternal existence of that realm. This is the example he left for all time of how we can best share Christianity, the good news that the kingdom of heaven is all that is truly here on earth today.

**Tony Lobl, Deputy Editor**

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## “His arm encircles me, and mine, and all”

*The reach of divine Love knows no boundaries.*

*Jeff Patzlaff*

**Several years ago**, my wife and I had the opportunity to visit Normandy, France, and explore the five D-Day beaches where the Allied forces landed on June 6, 1944. Our excursion included visits to three war cemeteries. What struck me at the British Bayeux War Cemetery was that each headstone bore a personal inscription chosen by the soldier’s family, many of them simple messages of love and remembrance.

Standing among the 4,648 headstones there and having seen the graves of more than 35,000 soldiers across the three cemeteries, I suddenly felt a deep wave of grief. The sheer magnitude of all those deaths overwhelmed my thoughts, and a heavy, dark feeling took hold of me.

Through my study of Christian Science, I have learned that our thoughts control our experience. Mary Baker

Eddy, the Discoverer of Christian Science, writes in her book *Unity of Good*: “Everything is as real as you make it, and no more so. What you see, hear, feel, is a mode of consciousness, and can have no other reality than the sense you entertain of it” (p. 8).

As I stood in that cemetery, I turned to God for spiritual clarity to help me see things as they truly are, not just as they appear. I prayed for a firmer grasp of the spiritual fact that the human picture before me of lives cut short by the misery of war was not the true story. This was the human, not the spiritual, narrative. I reasoned that the consciousness of God’s love is light that frees us from the darkness of sin, fear, disease, lack, death, and more, and that these individuals were not defined by a beginning and a tragic end. Life in and of God is eternal, and I prayed to see more clearly that their true identity as children of God remained untouched, undiminished, and ever-unfolding.

Then my wife called me over to read an inscription on one of the headstones: “‘His arm encircles me, and mine, and all.’—Mary Baker Eddy.” This is a line from a beloved poem by Mrs. Eddy, “Mother’s Evening Prayer” (*Poems*, p. 4), which has several hymn settings in the *Christian Science Hymnal*. There, among thousands of headstones, was an answer to my prayer. These words have brought light to countless prayers, lifting thoughts out of gloom and despair and turning hearts—including mine—from a material perspective to the true, spiritual reality of life and being.

I was deeply moved to reflect on whoever had chosen that line for the headstone of their loved one. They, too, had likely been praying or singing for comfort and inspiration, affirming that divine Love had not abandoned their family member but was tenderly embracing him—and all.

I thought of a statement often attributed to St. Francis of Assisi: “All the darkness in the world cannot extinguish the light of a single candle.” In that moment, I felt an overwhelming sense of God’s embracing love. The understanding that “God is love” (I John 4:16) was breaking through the illusion of darkness, destruction, and death. It was the presence of God illuminating my thought, just as it must have done for the family

that chose that inscription. It assured me that if God was present for me, then divine Principle, Mind, Soul, Spirit, Life, Truth, and Love—Bible-based synonyms for God—were equally present for that soldier, for his loved ones, and for all. No one is outside the embrace of our Father-Mother God, eternal Life, whose light is constant, all-encompassing, and forever undefeated by darkness.

Even now, I can feel the quiet power of that moment. It wasn't just a comforting sentiment; it was an illumination of spiritual fact. God's love was actively encircling me, and this same divine presence is available to anyone, anywhere, at any time. When darkness seems to surround us, the light of divine Love is not just symbolic but the very substance of our refuge and healing.

The full stanza containing the line quoted reads:

Love is our refuge; only with mine eye  
Can I behold the snare, the pit, the fall:  
His habitation high is here, and nigh,  
His arm encircles me, and mine, and all.

This isn't just poetry but a promise—and a spiritual road map for those yearning to move from fear, grief, or confusion into the light of God's peace and love. Those we love, those we may worry about, those who have passed on, are safely held in God's love. No one is excluded from His embrace. Not the stranger. Not the enemy. Not anyone. The reach of divine Love knows no boundaries.

To read that line on a soldier's headstone was to perceive something deeper than a memorial. It was a message of eternal belonging. It was the still, small voice of divine Truth whispering: "You are not forgotten. You are not lost. You are not a victim. You are not vulnerable. You are not outside of My love." This message is true for each of us, in every trial.

Christian Science teaches that our Father-Mother's love is infinite, impartial, and ever present. We are all children of God, and He loves us infinitely—not because of anything we have done or not done, not because of who we are humanly, but because of who

we are spiritually. This belovedness is the changeless truth of man's being as God's offspring. His love cannot be withdrawn, diminished, or broken. It surrounds you and me, upholds and defines us all, now and forever. Isn't it wonderful to know that even in our darkest hours, the strong, comforting arm of divine Love is still encircling you and yours and all, now and always!

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## No more ruminating

*I had learned a lesson in spiritual grace, in understanding and accepting the love of God, and this washed away all worry.*

*Pamela Savage*

**I try to begin** each day with prayer and study, usually culminating in asking God, "What would You have me do today? Thy will be done." Then I listen, expecting an answer and knowing that when we strive to be receptive to the angel thoughts that God is always sending us, we can hear them.

In *Science and Health with Key to the Scriptures*, Mary Baker Eddy defines *angels* as "God's thoughts passing to man; spiritual intuitions, pure and perfect; the inspiration of goodness, purity, and immortality, counteracting all evil, sensuality, and mortality" (p. 581).

I love communing with God anytime, but especially first thing in the morning. So I was distressed when I recently found myself often unable to sleep through the night, waking in the early hours and worrying over my own finances and health as well as the well-being of my children and grandchildren. It was a kaleidoscope of negative "what if" scenarios playing out in my mind. I was shocked by this unexpected intrusion on my thought and the fear of bad outcomes that these thoughts included.

Mrs. Eddy describes the need to deal with such intrusions: "The weeds of mortal mind are not always destroyed by the first uprooting; they reappear, like devastating witch-grass, to choke the coming clover.

O stupid gardener! watch their reappearing, and tear them away from their native soil, until no seedling be left to propagate—and rot” (*Miscellaneous Writings 1883–1896*, p. 343).

I focused my prayer on my relationship to God, affirming my true, spiritual identity as God’s beloved child, fully cared for and always abundantly supplied with all that I need. I couldn’t be mesmerized into accepting the suggestion that sickness, vulnerability, or other inharmony is real or personal—for me or anyone else. I could not be made to doubt God’s omnipresent and omnipotent love.

Each morning, I would sit at my kitchen table, studying the Bible, Mrs. Eddy’s writings, and other Christian Science literature and praying to gain a clearer sense of God’s love. A hymn from the *Christian Science Hymnal* expresses my efforts perfectly:

The present hour allots thy task,  
For present strength and patience ask;  
And trust His love whose sure supply  
Meets all thy need abundantly.

(William H. Burleigh, No. 6, adapt. © CSBD)

God, infinite Truth, has infinite ideas that supply perfectly what we need in just the way we need it. All that is required of us is to trust God’s love and listen for and act on His guidance. *Science and Health* explains, “The rays of infinite Truth, when gathered into the focus of ideas, bring light instantaneously, whereas a thousand years of human doctrines, hypotheses, and vague conjectures emit no such effulgence” (p. 504).

After about a week, I was feeling clearer about my oneness with God, and at one point, as I was being mentally still while listening for direction, I heard this angel message: “Be patient and watch it unfold.” That got my attention. I snapped out of the fog of negative thoughts that I had been accepting for several weeks. I felt that God, divine Love, was speaking directly to me and tenderly asking me to yield to His ever-presence. I realized that the remedy for every problem was already at hand! I had learned a lesson in spiritual grace, in

understanding and accepting the love of God, and this washed away all worry.

Mrs. Eddy writes, “Remember, thou canst be brought into no condition, be it ever so severe, where Love has not been before thee and where its tender lesson is not awaiting thee” (*The First Church of Christ, Scientist, and Miscellany*, pp. 149–150).

I realized that I had witnessed the unfoldment of God’s goodness all my life—it was not going to desert me now. Through my own and my family’s experiences with the practice of Christian Science, I had learned to always turn to God first—for everything. Even as a child, I had turned to God, instinctively feeling safe in His care. The Bible says, so eloquently, “Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness” (Isaiah 41:10). Certain that my prayers would be answered this time, too, but not outlining how, I felt absolutely sure of His ceaseless care for my family and me. And I returned to sleeping peacefully through the night.

My love for and trust in God continue to grow. It feels so natural to expect God to be a very present help in my life. I am learning more every day about my relation to God, but overcoming that experience of worry and sleeplessness was a big step in my progress. Now, before I go to bed each night, I say this little prayer: “I shall lay me down to sleep, a sweet and peaceful sleep.”

No more ruminating.

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## Accepting our perfection

*Carol Dismore*

The biggest number we could ever say is always finite. We cannot attain infinity by counting, anyway. Is that a goal that we can never gain?

Perfection ever seems elusive, too.  
We often ask for it in humble prayer,  
but, looking at it from the Father's view,  
we realize that we're already there.

The tares will never mingle with the wheat,  
the finite never reach infinity.  
Abandon thoughts of being incomplete.  
We're living now in God's eternity.  
Awaken from the dream of finity.  
Accept that we're created perfectly!

**Carol Dismore**

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## Freedom from past experiences

*I realized that my divine Parent was my only parent.*

*Trevor Yates*

**We can all attest** that life can seem difficult at times, with challenges that may seem to be a permanent part of our being. These things are not easy, and my experience has included many. Yet, a deeper understanding of the nature of God has helped me rise above difficulties and approach each day and each new challenge with more spiritual poise.

I grew up with a parent who had a severe drinking problem, and I wasn't introduced to Christian Science until I became an adult. Growing up with an alcoholic in the home and without Christian Science was hard, and even after I left home, I struggled with the persistent belief that the scars of this type of experience always remain with the "survivors." However, the Bible shares an account of three Hebrew men named Shadrach, Meshach, and Abednego, who were thrown into a fiery furnace and came through the experience without harm or even the smell of fire clinging to them (see Daniel 3). Through prayer, I have found that it is possible to pass

through life's challenges free of the commonly expected effects.

In my study of Christian Science, I've gained a greater understanding of God as Spirit and Life and have come to realize that my life is not pegged to a point in time or a particular human experience. In reality, I am the spiritual image and likeness of God, the continuous reflection or expression of Life, with no consciousness of prior material events.

I was helped by the biblical reminder that God created everything "very good" (Genesis 1:31). This enabled me to see circumstances from a new vantage point. I came to see that right where there seems to be a situation that causes heartache, it is only God's goodness that is truly present.

Mary Baker Eddy, the Discoverer and Founder of Christian Science, says, "God is infinite omnipresent Spirit" (*Science and Health with Key to the Scriptures*, p. 223); therefore, His goodness is continuous. The men who were cast into the furnace were saved by their conviction of God's continuous presence and protecting power. And we can know that He not only saves us from even the most difficult situations but redeems us from lingering memories of them as well.

Another thing that helped me break free from the belief that I survived a bad childhood was gaining a clearer sense of my true, spiritual identity. As I identified myself less as the child of an alcoholic and more as a child of God, I came to better understand what Mrs. Eddy means when she writes, "We learn in the Scriptures, as in divine Science, that God made all; that He is the universal Father and Mother of man . . ." (*Miscellaneous Writings 1883-1896*, p. 186).

Acknowledging God as my true Father and Mother gave me a better perspective on the times when my parents weren't the greatest parents they could be. I recognized that my divine Parent had always been caring for me, in the hard times as well as the happy ones. And because my mom and dad are both children of God, too, our divine Parent had been caring for them as well. That care was evidenced in the sobriety my parent found in my teenage years, the renewal of our relationship,

and my enjoyment of watching more than 35 additional years of my parents' happy marriage.

As I looked to see more of God's love in operation, the drama of my earlier experience faded, leaving me with a deeper understanding of the continuity of Love, God. *Science and Health* says, "The wintry blasts of earth may uproot the flowers of affection, and scatter them to the winds; but this severance of fleshly ties serves to unite thought more closely to God, for Love supports the struggling heart until it ceases to sigh over the world and begins to unfold its wings for heaven" (p. 57).

Experiencing the struggles of a heart wrestling with an unsettled past is a bit like riding in a motorboat. As we look back over the stern of the boat, it's easy to see all the swirling, churning waters behind us. This can be likened to the drama of the human experience. And if we stare long enough at what is behind us, it can be hypnotic. But even if we are fixated on the wake of our lives, the boat is still moving forward. We are always moving forward because God is compelling us forward.

I've found freedom in knowing that, just as Shadrach, Meshach, and Abednego were protected from harm in the furnace and had no aftereffects, past experiences can't touch or stick to my spiritual identity. Referring to Mind as a synonym for God, Mrs. Eddy writes, "Adhesion, cohesion, and attraction are properties of Mind" (*Science and Health*, p. 124). Divine Mind assures me that experiences unlike God, good, can't touch or adhere to me, or to anyone. The good in each one of us—and there is only good, since we are Mind's spiritual idea—is cohesive with the good that is Life. Understanding this goodness helps me stay free from attraction to anything unlike good, such as unhealthy relationships or unwise choices. In recognizing my inseparability from my divine Parent, I've found joy and the freedom to express Life unencumbered by past experiences.

The Bible tells us that when the prophet Elijah was discouraged because of a difficult and threatening experience, God showed him that He was not in the wind, in an earthquake, or in a fire (see I Kings 19:1–12). And God is also not in our difficulties—past or present. He is in the still, small voice that whispers that God,

good, is greater than any bad memory or hard situation. We are not alone or forsaken. The good of today and tomorrow is assured because God is always moving us forward.

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## Jesus feeds two crowds

**Of the well over** thirty scriptural records of Christ Jesus' healings, his feeding of a crowd of five thousand is the sole "miracle" story (apart from the resurrection) that appears in all four Gospels. All of the Gospels agree on the quantities involved: five thousand men, five loaves, two fish, and 12 baskets of leftover food. (Matthew also indicates an unknown number of women and children, increasing the company fed substantially; see 14:14–21.)

A second account, of feeding more than four thousand (see 15:32–38), is so similar that the two have sometimes been considered versions of the same event. In Mark 8:19–21, however, the Master refers to the records as separate. And the two stories differ in such small details as the number of loaves and baskets—as well as in the major distinction between their settings. While the first takes place in Jewish territory, the second happens in the Gentile area of the Decapolis (see 7:31). Some sources believe the second narrative—including the Eucharistic breaking and sharing of bread—to represent Jesus' Gentile outreach.

Whatever the details and setting, Jesus decisively illustrates divine abundance, available to supply even the most acute human need. God's nurturing nature is described this way by Mary Baker Eddy, the Founder of The Church of Christ, Scientist: "Spirit duly feeds and clothes every object, as it appears in the line of spiritual creation, thus tenderly expressing the fatherhood and motherhood of God" (*Science and Health with Key to the Scriptures*, p. 507).

For more on this topic, see “Food for man’s use” by John J. Selover.

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## How can I stop scrolling?

*Molly Richardson Jerry*

A **major news event** was unfolding in the United States, where I live. Unsure about how to think about it, I decided to log on to social media to see what other people were saying. The people I followed on this app often look at the world the way I do; I thought that seeing their takes on this issue would help me understand it better.

Huh. That was a startling thought. Rely on social media to tell me what to think? Actually, I had been spending more time than I wanted to on my phone—not just reading people’s perspectives on the news but also mindlessly scrolling during work breaks or at the end of a long day.

This was the opposite of one of my favorite things I’d learned in Christian Science Sunday School, which was to think deeply about the concepts I was learning. Teachers encouraged my Sunday School classmates and me to ask questions and discuss anything we were wondering about or struggling with. And I’d also learned that the ideas I needed didn’t come just from my conversations with others but also from praying and seeking answers from God.

Reading the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy had taught me that we are made by God, so our thoughts, too, actually originate in God. Because God is good, these thoughts lead us in good and productive ways and provide healing answers when we need them. I realized that if I started relying on social media for my opinions, I was, in essence, ignoring my God-given ability to reason through and pray about issues in a way that brings constructive solutions.

Of course, it’s not wrong to hear other people’s perspectives on a topic. But I realized that regularly reading online posts left me frustrated rather than better informed. This reminded me of a Bible verse I love, which reads, in part, “Whatsoever things are lovely, whatsoever things are of good report; . . . think on these things” (Philippians 4:8). It was true that when I focused on lovely and good things, I felt happier and better, because they led me to solutions rather than keeping me in a loop of anger and helplessness. It was also true that a lot of what I read on social media was pretty unlovely. But it was still tough for me to stop the scrolling.

As I prayed to God to help me break the social media habit, a surprising image came to mind. I pictured a sunset, rich in many colors, covering the western sky. A person standing under the sunset fixated on a speck of dirt on the ground, rather than looking up at the glory all around. I realized that this was like me as I scrolled. By engaging with whatever human drama was making people angry or afraid in that moment, I was missing the beauty of God’s kingdom all around me. I realized I didn’t need to keep trying to stop a bad habit. Instead, as I better understood and paid attention to how beautiful, vibrant, and good life is when seen from God’s perspective, I would stop gravitating toward things that pointed in the opposite direction.

These realizations helped me cut way down on the time I spent scrolling. While I still sometimes feel pulled to pick up my phone more than I need to, I have never again been tempted to rely on social media for what to think.

In fact, even when a troubling series of events occurred in my community, I was able to focus on praying rather than scrolling. A question came to me very clearly during this time: Does power belong to people or to God? During a crisis, especially, it can feel like flawed humans have the power. Yet the Bible makes clear that God is the source of all real power. The Lord’s Prayer tells us that God has the power and the glory—forever! Through my prayers, I could see that God’s all-power had to be made manifest in my community.

These ideas helped me feel peaceful about the situation, which was soon resolved. Focusing on prayer rather than on social media also led me to take concrete steps to help those in need in my community.

I'm grateful to be seeing more clearly how beautiful, good, and meaningful life in God is—outside of my phone.

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## Weekly updates: May 18, 2026

### Rotation on the Board of Trustees

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We are announcing a change on the Board of Trustees of The Christian Science Publishing Society. On May 15, 2026, Arcadia Nones, CSB, rotated off the Board of Trustees. The new Trustee, Kevin Ness, CSB, will join Jennifer McLaughlin, CSB, and Scott Preller, CSB, effective May 18, 2026.

We are deeply grateful for Cadi's faithful and dedicated service during her years as a Trustee. She has brought a consistently prayerful approach to all aspects of her work. Her great love for Christian Science and for Mary Baker Eddy's Publishing Society has been felt by all, and we can't thank her enough for her generous service and consecration.

Kevin has served The Mother Church in multiple capacities, including as Manager of Committees on Publication and as General Counsel. Like Cadi, Kevin brings to this work a deep love for Christian Science and is delighted at the opportunity to further support our Church and Publishing Society.

Please join the Trustees in thanking Cadi and welcoming Kevin.

## Annual Meeting 2026

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The Annual Meeting of The Mother Church, The First Church of Christ, Scientist, in Boston, is coming up on Monday, June 8. This family gathering serves as a wonderful opportunity for members of The Mother Church to come together to hear reports from Church officers and inspiring reports from the Field. "These assemblies shall be for listening to the reports of Treasurer, Clerk, and Committees, and general reports from the Field" (Mary Baker Eddy, *Manual of The Mother Church*, p. 56).

Annual Meeting will be held at 1:00 p.m. EDT (Boston time) in The Mother Church extension. Whether you are planning to attend in person or online, there will be simultaneous interpretation in French, German, Portuguese, and Spanish. Language-specific earbuds will be available at the Hospitality Center in the portico. Those joining online will find the links for specific languages on the Annual Meeting web page ([christianscience.com/annual-meeting](http://christianscience.com/annual-meeting)). The initial rebroadcast of the meeting will be in English, with other languages coming later.

Sunday church services will be held at 10:00 a.m. in The Mother Church extension and online, and again at 5:00 p.m. in the Original Mother Church edifice. Sunday School will be at 10:00 a.m. Also, at 2:00 p.m. Sunday, there will be a hymn sing in The Mother Church extension, which will be available online as well for those unable to attend in person.

For more information, visit [christianscience.com/annualmeeting](http://christianscience.com/annualmeeting). We look forward to gathering with you in June.

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## God's supply proven

*Sherilyn Deibert*

**In the Bible we read,** "My God shall supply all your need according to his riches in glory by Christ

Jesus” (Philippians 4:19). I learned the reliability of this divine law of supply when my husband was laid off from his job. We had purchased our first home, but now his unemployment compensation plus my income would not cover our family’s expenses, and credit card debt that we couldn’t pay off quickly mounted up.

From my study of Christian Science, I trusted that I could rely on God to help me know how to pay the bills. As I studied the weekly Bible Lesson in the *Christian Science Quarterly* each morning, I prayed with ideas that seemed written just for me. I was gleaning spiritual nuggets that supported my understanding of God as infinite good, constantly supplying us with the ideas that express good in our lives.

One is this idea from the textbook of Christian Science: “In order to apprehend more, we must put into practice what we already know. We must recollect that Truth is demonstrable when understood, and that good is not understood until demonstrated” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 323).

To me, this meant that I am to express the good I understand of God in everything I do. My prayers included recognizing that God is ever-present Life, so we could never be outside of God’s goodness; that God is Soul, giving us purpose; that God is Mind, guiding every thought in the right direction; that God is infinite Love, sustaining and maintaining all creation; and that God is Spirit, supplying all that we truly need when we need it. I trusted in and felt sustained by these truths.

This prayer was answered in many different ways. As a bookkeeper, I had usually worked from a budget, but during this time, it came to me that I was to rely on God’s guidance and not my work experience or training. As I prayed about how to pay the mortgage each month, different sources would present themselves. When our son wanted to play soccer, the funds were available for his uniform and equipment.

The Bible story in the book of Ruth reminded me of the importance of gratitude. Naomi’s husband and two grown sons had died while they were all living in Moab during a famine in their home country, Judah. When Naomi wanted to return to Judah, her daughter-in-law

Ruth, although a native of Moab, insisted on going with her.

When they arrived, they had nothing, but Ruth was willing to glean whatever grain was left behind as the workers harvested the fields. This would have been hard work. Because of the way she was caring for Naomi, she was recognized by the landowner, Boaz, who arranged extra grain to be left for her and provided food, water, and protection while she worked. The blessings that followed gave Ruth and Naomi a new family and home.

The story gave me a sense of the gratitude Naomi must have felt for being so lovingly cared for, that Ruth must have felt for being welcomed as a stranger in a foreign land, and that Boaz must have felt for Ruth’s kindness that led to his marrying her. All were blessed. I saw that blessings originate in God’s love, and that no one is ever left out of God’s love!

Another passage that meant a lot to me is from *Science and Health*: “Divine Love always has met and always will meet every human need. It is not well to imagine that Jesus demonstrated the divine power to heal only for a select number or for a limited period of time, since to all mankind and in every hour, divine Love supplies all good” (p. 494). All our needs were indeed met.

During the nine months my husband was unemployed and searching for work, he began doing more at home, such as cooking, helping our son with homework, and coaching our son’s soccer team, which my husband had never had time for before. I was filled with gratitude each day as I saw my husband less fearful about not having a job and happier with life. One day, he met a previous coworker, who asked how he was doing. My husband told him that he didn’t have a job, but that now he had a life! He had always identified himself by his job, but now he realized that his job was not the whole of his life. Within two weeks of this realization and shift in thought, he had two offers of full-time employment in his field.

In less than a year, our credit card debt was completely paid off, and we were able to build a new home and sell the old one. Needless to say, I’m grateful for God’s love and care for us—and all of His family—every day. Each

one is beloved and cared for. God truly supplies all our needs!

**Sherilyn Deibert**

*Cedar Park, Texas, US*

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## Migraine healed

*David Martin*

**While on vacation**, my wife and I planned to attend a Wednesday evening testimony meeting at a branch Church of Christ, Scientist.

I had struggled all day with a migraine, praying to gain peace and freedom. However, after arriving at the church parking lot, I found it difficult to open my eyes, and it seemed that I would have to stay in the car while my wife attended the service.

As I sat quietly praying, a verse from a hymn in the *Christian Science Hymnal* came to mind:

I look to Thee in every need,  
And never look in vain;  
I feel Thy touch, eternal Love,  
And all is well again:  
The thought of Thee is mightier far  
Than sin and pain and sorrow are.

(Samuel Longfellow, No. 134)

What stood out to me were the words “Thy touch” and “mightier far.” I reasoned that the greatest and closest touch that I could feel was God’s, whose every touch is so much mightier than the lie of pain. From my study of Christian Science, I knew God to be omnipresent, the only power, and I knew that God is Love. And because God created me, I could always feel His loving touch.

I remembered years before experiencing the same pain and talking with a Christian Science practitioner. He said, “Remove the fear.” I told him that I wasn’t

afraid. He’d repeated this two more times, and I finally followed his third request: Be not afraid! I relinquished the fear by understanding God, Love, more fully, and immediately the pain disappeared. In awe, I’d gotten up and headed to work. I’d chuckled when I got to work and found that I’d been assigned to lead a work-study student group in how to use a compressor and jackhammer for planting street trees. I was completely free to run a jackhammer and experience the mighty touch that my divine Father had shown me.

So, back in that church parking lot, praying, I heard these thoughts: “Come as you are” and “Go as He is.” In other words, I was to “come” to the service as God had made me—perfect, whole, and free—and to “go” as an expression of God, too!

I sat down in church, and—similar to my previous experience—immediately, the pain was gone. I am so deeply grateful for the mighty healing touch of Love’s embrace.

**David Martin**

*North Fork, California, US*

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## Healing of a sprained leg

*Jackson Guterres dos Santos*

Originally published in Portuguese

**One day a few years ago**, I was riding my motorcycle and, because I was late for a meeting, took off very fast after a stop at a traffic light. I was traveling close to the cars parked along the curb of the avenue, when one of them pulled out and hit my bike.

I lost my balance and fell on the ground with my left leg under the motorcycle. I immediately affirmed divine Love’s protection and presence in action, governing everything harmoniously. There were no angry words exchanged, and there was little damage to either

vehicle. The driver, who wasn't hurt, apologized to me and explained that he hadn't seen me while pulling out.

I went on my way with my leg causing me discomfort. In compliance with a labor law that requires a medical certificate to justify an absence from work for health reasons, I saw a doctor, who said that my leg was sprained and put a splint on it. He recommended complete rest and said that my recovery could take several weeks. No medication was administered or prescribed.

In the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, we read: "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" (p. 424). By understanding that in the kingdom of God, our only true reality, no accidents exist, I was able to calm down. I was relying solely on God, divine Principle, for my recovery and complete healing.

Although there was some slight swelling, I felt no pain. The only discomfort I felt came from having to keep my leg immobilized, and I was getting upset about being confined. I asked a Christian Science practitioner to give me a treatment through prayer. I realized that I needed to overcome guilt and self-condemnation for taking off so fast and not wearing a helmet at the time. I found freedom from these feelings by praying, recognizing my inseparability from and sonship with God, Principle, and understanding my spiritual innocence as a reflection of Truth, Life, and Love.

I found Christly comfort and support by reading the Bible Lesson in the *Christian Science Quarterly*. In addition, I studied the Lord's Prayer with its spiritual interpretation in *Science and Health*, and the "Daily Prayer" (Mary Baker Eddy, *Church Manual*, p. 41). I also continued my regular attendance at the local Christian Science branch church. I found these to be wonderful supports for my recovery and complete healing. A church member came to visit and we had a happy conversation, which also made me feel comforted.

A few days later I no longer felt the need to wear the splint, and I removed it. In two weeks I was walking normally, without any aftereffects. When I had to have the medical certificate updated to return to work, the doctor told me that my recovery had been excellent, faster than expected. At work, my colleagues were surprised by the speed of my recovery.

I continue using the motorcycle every day to commute. Since the incident I have never taken off so fast when the traffic light changes, nor have I gone out without a helmet. As for the motorcycle, I later found the driver, and we reached an agreement regarding damage repairs.

Opening my mental window to the light and the love of Christ, and seeing all those involved in this experience as expressions of the only Mind, God, helped me to overcome each challenge that came up. I thank God every day for this healing.

**Jackson Guterres dos Santos**  
*Salvador, Bahia, Brazil*

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## Letters & Conversations

*Liesl Ehmke, Rodolfo Lacusong, Robin Clarke*

> **Andrew D. Brewis, "One with You,"**  
**April 27, 2026**

Thank you so much for this poem. I found it deeply moving and so gently expressive of the quiet, healing presence of divine Love. Several lines stayed with me, especially the description of Love, God, as speaking in stillness and the assurance that we are never separate from God. It was such a clear, comforting reminder of Truth. I'm very grateful for the inspiration it brought.

**Liesl Ehmke**, *Swampscott, Massachusetts, US*

## > Russ Gerber, “Is it more important to be right or to do right?” March 23, 2026

I love this article. It reminded me of an experience I had just recently where divine Love provided comfort and a harmonious resolution for a difficult problem. Thank you.

**Rodolfo Lacusong**, *Manchester, England*

## > Grace, Kayla, and Hailey, “What we’ve learned about listening to God,” February 16, 2026

Thank you for this wonderful article. It is refreshing to hear the children’s sweet voices. I will share this in my Sunday School class. Please give us more articles written by little children.

**Robin Clarke**, *Tecoma, Victoria, Australia*

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