



CHRISTIAN SCIENCE Sentinel

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

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Ask AI . . . or God?

Jenny Sawyer

On the train, a woman wearing a local university's sweatshirt asked ChatGPT about an economics concept she was trying to understand. Next to her, a college-age guy was consulting AI about why his girlfriend was mad at him—and what to do about it.

It might sound funny, but it made me think of the magazine you're currently reading and its weekly testimonials by people who've gotten answers to problems ranging from difficult academic concepts to relationship issues, and everything in between—because while it seems like AI has ushered in an era of unlimited access to information, something broke the knowledge barrier long before that. Thousands of years ago, the man named Christ Jesus proved that the real source of intelligence is the all-knowing Being named God. And a century and a half ago, a woman named Mary Baker Eddy followed up by writing a book that shows us how we, like Jesus, can rely on that divine intelligence for answers. It all begins with trusting God enough to ask.

Juxtaposing Christ Jesus and AI might seem like an odd pairing, but Jesus' life proved that we always have immediate access to whatever we need to know—no technology required. Here are a few things Jesus knew that he couldn't have figured out on his own. The Bible says he knew people's thoughts. He knew, again and again, what the people he encountered needed for healing. He even knew specific things about people before meeting them—like Nathanael, whom he knew had “no guile,” before they'd had a single interaction (see John 1:47).

How did he do it? Jesus explained it when he said, “I and my Father are one” (John 10:30). Here, *one* doesn't mean “the same thing,” but inseparable and having the same essence. Eddy sheds further light on this concept in that groundbreaking book about the Science of all that Jesus taught and demonstrated: *Science and Health with Key to the Scriptures*. In it, she elaborates, “He claimed no intelligence, action, nor life separate from God” (p. 136).

Most of us probably wouldn't claim the same for ourselves. It sure seems like we each have a mind of our own with limited intelligence and access only to the facts we've already learned. But Christian Science, which shows us the way things really are, contradicts that. It explains and proves that there is only one source of intelligence—God, divine Mind. It reveals that we are that intelligence expressed. Not as mortals, but as God's spiritual expression, we are Mind made manifest in the world!

At times when we don't know the answer, we may become aware of our need to rely on God for help and then pray for direction. But whether we know it or not, we are, in fact, always dependent on God, never on a mind of our own. That's because, as the textbook on Christian Science puts it, “All is infinite Mind and its infinite manifestation, for God is All-in-all” (*Science and Health*, p. 468).

One Mind, God, and His manifestation—us in our true spiritual being. It's a simple idea, but how do we see it expressed more fully in our lives? By accepting it. Trusting it. Claiming it just as Jesus did. This means starting from the standpoint that the answers we're looking for aren't beyond our grasp but are already within us as the expression of Mind.

Lately, I've been making it a practice to turn to God instead of my phone when there's something I don't know, because I want to be sure I'm really getting the right answer. Rather than slipping into that mental process of trying to figure things out, I open my thoughts, feel that spirit of expectancy, and sort of “make room” for the right idea to reveal itself. I trust that the answer is there because Mind is my Mind, always revealing what's needed.

It's definitely a work in progress to live from that place of oneness. But each time an idea dawns on me with that spiritual “click” that confirms it's the answer, it gives me more confidence. And there's been a surprise, too. There have even been moments when the right idea has been there before I've asked for it—like once when the solution for a complicated project came to me even before I'd started trying to piece it together. The answer was perfect, but nothing I ever could have imagined.

In spite of AI's known biases and inaccuracies, humanity is coming to trust artificial intelligence, and it is helping us break some barriers. But imagine what kind of world-changing progress could take place if we put our trust in the infinite, genuinely all-knowing Mind—intelligence itself. Each of us can contribute to a movement toward that possibility by embracing, and proving, our oneness with Mind. The answers—all of them—are there for us. All we have to do is ask.

**Jenny Sawyer, Managing Editor,
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“Do you speak French?”

The practice of Christian Science involves an active process of translation—from a material sense of things to a spiritual one.

Jon Kibbe

I began studying Christian Science in earnest on the day I realized I might not graduate from college. I was in my final semester when an academic advisor called with unexpected news. I had not fulfilled the foreign language requirement. The advisor apologized for the late notice but told me that fulfilling the requirement was my responsibility. Without proof that I knew a second language, I would not receive my degree.

It was unsettling to realize that I had somehow not been aware of this requirement for nearly four years. There was no time to complete a language course. My only option was to pass a proficiency exam in a language I barely remembered. I had taken French in high school, but whatever remained of the knowledge I'd once had was fragmentary at best. The prospect of passing a college-level exam in a matter of weeks seemed remote.

I gathered several French textbooks and headed to the language laboratory with a simple plan: Study intensively and hope for the best. On the way, I passed a Christian Science Reading Room. I had not attended a branch Church of Christ, Scientist, regularly, but at

that moment, shaken by the call from my advisor and looking for clarity, I decided to spend a few minutes praying and listening for some kind of encouragement, comfort, or spiritual guidance. I told myself it would be a brief pause.

Inside the Reading Room, I immediately noticed a display of Christian Science literature in French, including *Science and Health with Key to the Scriptures* by Mary Baker Eddy (*Science et Santé avec la Clef des Ecritures*), and the French edition of the magazine *The Herald of Christian Science* (*Le Héraut de la Science Chrétienne*).

At that time, this edition of the *Herald* featured French text with a parallel English translation on facing pages. I began reading, comparing the two languages, and gradually worked through several articles, studying vocabulary, language style, and grammar. I also began reading *Science and Health* in French, guided by the parallel English text, also on facing pages.

After an hour of calm and focused reading, I reconsidered my approach to exam study. I decided to spend any available study time in the Reading Room—not only learning French but also seeking a deeper understanding of Christian Science and my purpose beyond college.

The bilingual articles and passages from *Science and Health* provided practical preparation for the French proficiency exam, which emphasized accurate translation between the two languages. But even more important, I began to see that the daily practice of Christian Science also involves an active process of translation—not from one language to another but from one standpoint to another: from a material sense of things to a spiritual one.

As I continued studying, I gained a clearer sense of my relationship to God—one grounded in divine constancy and care rather than uncertainty. This required a shift from viewing my life as material and limited to recognizing it as spiritual and complete, since I reflect God as His expression. This shift demanded spiritual growth, translating my thinking from the illusion of life in matter, marked by disappointments as well as missed opportunities and deadlines, to a truer understanding

of our spiritual nature—harmonious, eternal, and blessed with abundance rather than limitation.

Science and Health explains that this spiritual transformation comes about “by the translation of man and the universe back into Spirit” (p. 209). (The full statement reads, “The compounded minerals or aggregated substances composing the earth, the relations which constituent masses hold to each other, the magnitudes, distances, and revolutions of the celestial bodies, are of no real importance, when we remember that they all must give place to the spiritual fact by the translation of man and the universe back into Spirit.”)

After several weeks of going to the Reading Room for this study, I realized that I was not only worried about the exam but also anxious about what would happen once I graduated. I had no clear career path or immediate job opportunities, and my liberal arts education seemed to have limited practical value. How could I turn what I knew into something of value in the world? I prayed to address this fear and the dim view of my prospects by shifting my thinking—by translating a false, material concept of man and the universe back into Spirit and then praying from an improved understanding of God’s ever-present love and provision for all. How could any belief of personal inadequacy or lack persist in this new view?

When the time for the French exam came, I calmly applied everything I had learned in the Reading Room—both the French grammar and vocabulary and a growing spiritual capacity to understand God. I was so grateful to pass the exam and graduate on schedule the following month!

Ten days after graduation, I applied for a position with an international development agency implementing water and irrigation solutions in developing regions around the world. I was invited to interview for the job, and the interviewer told me there was an opening in northwestern Haiti. However, he had one reservation: “Do you speak French?”

I said that yes, indeed, I knew some French—and soon afterward, I was working in Haiti. That first employment experience, like my time in the Reading

Room, provided a strong foundation for not only sustained professional development but also continued growth in Christian Science.

The process of translating “man and the universe back into Spirit” makes spiritual understanding available to all of us, and this understanding can be applied to all aspects of our lives and shared with others. *Science and Health* also states: “Spiritual sense is a conscious, constant capacity to understand God. It shows the superiority of faith by works over faith in words. Its ideas are expressed only in ‘new tongues,’ and these are interpreted by the translation of the spiritual original into the language which human thought can comprehend” (pp. 209–210).

I’ve learned in my study and practice of Christian Science that we are never separated from God. We can weigh whatever problem we are facing against what we know of Spirit—against what has always been true—and we can rely on God, Truth, to speak to us in our daily lives in practical terms that we can understand.

Day of Pentecost

Following Christ Jesus’ ascension, his most faithful followers “went forth, and preached every where, . . . confirming the word with signs following” (Mark 16:20). A remarkable example of their work takes place during a Jewish festival known in Greek as *pentēkostē*—Pentecost (see Acts 2:1–41).

Jews from all over the known world have traveled to Jerusalem for this annual celebration. While a group of believers is gathered, “a sound from heaven as of a rushing mighty wind” suddenly fills the place. Everyone present is “filled with the Holy Ghost” and starts speaking in one another’s languages. Hearing about this phenomenon, a huge crowd arrives, understandably perplexed.

Speaking with great authority, Peter identifies the event as the fulfillment of Hebrew prophecy in which God says, “I will pour out my spirit upon all flesh” (Joel 2:28). Then, as proof of Jesus’ status as the Son of God, Peter summarizes Jesus’ ministry and resurrection. Deeply moved, about three thousand of his listeners are baptized.

Before his ascension, Jesus had assured his disciples, “Ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me . . . unto the uttermost part of the earth” (Acts 1:8). Mary Baker Eddy describes the disciples’ spiritual growth: “After gaining the true idea of their glorified Master, they became better healers, leaning no longer on matter, but on the divine Principle of their work. The influx of light was sudden. It was sometimes an overwhelming power as on the Day of Pentecost” (*Science and Health with Key to the Scriptures*, p. 47).

For more on this topic, see “The transforming radiance of Pentecost” by Abigail Mathieson Warrick.

I didn’t need to prove my worth

I began to see why a simple to-do list could feel so heavy. It seemed like my value was tied to the tasks and my performance of them.

Grace Ott Anderson

One morning, After writing my to-do list for the day, I sighed and thought, “I’m going to need a nap today.” Then I had to laugh. I’d slept well the night before, so why did I think I wouldn’t have the energy to get everything done?

As a practicing Christian Scientist, I decided to think more deeply about this question. I’ve found it helpful to

examine my thoughts each day and ask myself if they align with what I know about God.

The starting point in my prayers is always this: “God is love” (1 John 4:16). God, divine Love, doesn’t measure our worth by what we accomplish, because Love gives us our worth. It is a constant. I realized I had been wearing myself down with the belief that I had to earn God’s favor, as though divine Love operates like anxious human thinking—dwelling on pressure, merit, and conditional approval. But since Love is infinite, how could I possibly make Love love me more?

I began to see why a simple to-do list could feel so heavy. The pressure wasn’t just about the tasks themselves. Beneath them was a harsher assumption: that the state of those tasks revealed something about my worth. If my office was messy, then I was messy. If I was behind schedule, then I must be lazy or undisciplined. It seemed like my value was tied to the tasks and my performance of them. With so much at stake, no wonder I felt tired before I even began.

But God, who is Spirit, doesn’t define our spiritual identity based on appearances, clutter, or delay. Some disorder in our lives may need attention, but it doesn’t have anything to do with our worth as God’s children.

Jesus made this clear when he shared the parable of the prodigal son (see Luke 15:11–32). After the son wastes his father’s gift and ends up poor and hungry, he decides to go home and ask for forgiveness. But his father doesn’t wait for his son to prove that he is deserving. He runs to meet his son and welcomes him home with extravagant love. To me, this parable is a reminder that our place in Love doesn’t need to be earned and that it can’t be improved or diminished by our human performance. In reality, we are and can only be as God made us, His beloved children. His love for us as we truly are is already secure.

As I thought about this more deeply, I didn’t feel fatigued anymore. My fearful self-monitoring had no leg to stand on. As the father tells his older son in the parable, “Son, thou art ever with me, and all that I have is thine.” That promise of having everything we need is for us, too.

God's love is not something we gain through outward accomplishment. It is the ever-present reality of our relation to God. And the activity of Love is to cause us to see ourselves as God sees us: the individual and perfect expression of His qualities, which are always good.

The whole tone of my day changed. I didn't have to work for love. Instead of worrying, "What will people think if I don't get this done?" I was glad to contribute to those around me—not out of obligation, but out of love. The second great commandment cited by Jesus, "Thou shalt love thy neighbour as thyself" (Matthew 22:39), reminds us that loving others begins with loving ourselves, seeing both ourselves and others as God sees us. As I thought about this, my tasks no longer felt like accusations, but opportunities to express care for myself and those around me.

As I remembered that we don't have to strive for God's approval, I felt joyful again. I didn't need to prove my worth. I looked forward to the day ahead as an opportunity to express Love and better understand my spiritual worth.

Letting Love shape how we see ourselves allows God's love to be expressed in our lives, to flow outward to everyone and to everything we do. So let's see ourselves the way Love does—not because we've earned it, but because God already and always loves us, exactly as He made us.

Weekly updates: July 20 & 27, 2026

New Pamphlets for teens

Three collections of Christian Science articles written for and by teens are now available in Christian Science Reading Rooms and at shop.christianscience.com.

Each pamphlet focuses on relevant and relatable topics, including relationships, school, and physical healings.

IN CASE YOU MISSED IT

Student Edition of the Bible and *Science and Health*

Earlier this year, the Christian Science Board of Directors announced the publication of the Sterling Student Edition of the King James Bible to go with the 2025 release of *Science and Health with Key to the Scriptures* by Mary Baker Eddy in the same edition. This beautiful, clothbound, hardcover edition is intended to support all who are studying and practicing the Science of the Christ, particularly Sunday School students. Make them your companions in a lifelong study of God and Christian Science healing. They are available—along with markers—in Christian Science Reading Rooms and in the Online Shop at christianscience.com/sterlingstudentedition.

New video—How to Mark the Bible Lesson in your books

Reading the *Christian Science Quarterly* Bible Lessons from the Bible and *Science and Health* deepens our study and strengthens our spiritual understanding. A new step-by-step video cheerfully walks you through how to mark the Lesson in your books. The video is a great resource for students in Sunday Schools and at camp—in fact, for church members at all levels of experience. It shows how to use markers and chalk and provides examples of different marking techniques, so you can read the Lesson—offline and free of digital distractions—directly from the Christian Science pastor. Check out the video at biblelesson.com/markings.

New "Sports and prayer" Digital Collection

This year's World Cup prompted us to pull together a collection of articles on JSH-Online.com related to sports. The "Sports and Prayer" digital collection shows how Christian Science can be applied to all aspects of

athletics—such as performance, talent, sportsmanship, and competition—and also includes a host of inspiring healings of sports injuries. Explore and study the collection at jsh.christianscience.com/collections. And share them with your friends and teammates!

What I've learned about hooking up

Name Withheld

I was intrigued by the concept of “hooking up” because it was what all my friends were doing. At the time, it seemed to me that hooking up took a level of confidence and vulnerability that I admired, and I wanted to experience that. So I started having a casual sexual relationship with a friend. He seemed “safe,” since I had no romantic feelings for him, and we were clear from the outset that it was casual.

At first, I felt confident and thought the experience was empowering. It was exciting to receive attention and appreciation in this way, and I felt in control of the situation. Still, I had a feeling deep down that substantial or lasting good wasn't going to come from casual physical intimacy.

Part of what made me feel in control was that I didn't feel a deep level of care for this friend. But I hadn't considered how this relationship might be affecting him. He told me he didn't like the way our interactions made him feel because it didn't seem like I had the level of interest in and care for him that he wanted. I wanted to be kind, so I responded by showing more care for him and taking more interest in him.

But then I developed feelings for him. I realized that what I enjoyed most from our interactions was the connection and care, and that I could nurture both without physical intimacy. This made me reconsider

our relationship. I explained this to him, and he understood, so we decided to stop hooking up.

After a few months, my feelings for him hadn't gone away, and they made me feel down and very out of control. I developed intense anxiety and had anxiety attacks whenever I saw or interacted with him, which I had to do regularly at school. I recognized that my response was extreme, and I was angry with myself for not handling the relationship better.

My friends couldn't really help me, and I was concerned about sharing the situation with my parents because I thought they would be disappointed in my behavior. Unsure of how to move forward, I began turning to God in heartfelt prayer.

I knew from studying Christian Science that I could think of God as a friend. I knew I could lean on God for support and listen to God for ideas that would result in spiritual growth and healing. I started doing this sincerely. In my prayers, I worked to silence my own thoughts and just listen to God, trying to feel God's loving presence, where I lost any sense of being condemned and felt assured of my innate goodness as His child.

I realized that rather than thinking of my personal history as defining me, I could trust God to tell me what my identity was as His likeness. The truth is that goodness is mine because God created me, which means I express God's goodness constantly and perfectly. This was an important step in my ability to forgive others and judge less, as I understood practically what it means that all of us have a spiritually perfect identity, regardless of personal history.

I started to feel God's presence like that of a friend's. When I began to spiral from anxiety, I could say no to those thoughts with confidence because of what I was learning about my spiritual identity as God's, Spirit's, expression—completely spiritual and only good. I understood that when I felt out of control, the truth was that God made me to be calm, confident, and unafraid. And I knew that as perfect Love, God never punishes anyone. God's love never wavers, and we can always turn back to it, even when we feel we haven't made good decisions. Soon, the anxiety lessened, and the attacks

became less frequent. As my relationship with God was strengthened, I realized that my true desire was to love people in a caring way, which wouldn't include casual hookups. After that, the anxiety left completely, and I understood that I have dominion over any thoughts that are ungodlike.

In retrospect, developing a deeper relationship with God was central to this healing and to my progress in general. I experienced a new sense of joy that permeated my days, even when doing small things like homework, cleaning, and crafting. I found a greater sense of worth, and that allowed me to interact with others more lovingly and be less affected by criticism and less concerned about how my body looked. I even grew closer to my parents because I decided to share what I'd been learning with them and was so grateful for the spiritual clarity and comfort they responded with.

In addition to experiencing God as a source of support, my deepening relationship with God helped me safeguard my thoughts and make decisions that were more God-led. I found this promise from *Science and Health with Key to the Scriptures* by Mary Baker Eddy very resonant: "Working and praying with true motives, your Father will open the way" (p. 326).

I've found that what is truly satisfying in relationships is feeling sincere closeness to someone and being courageous in expressing care for others. Now I seek relationships where my spiritual individuality is appreciated and in which others can see and trust my goodness and spiritual value—and I can do the same for them.

These realizations made me think about the discussion of animal courage versus moral courage in *Science and Health*. Animal courage is the kind of impulse that initially made hooking up sound appealing to me because I was trying something that I thought might make me uncomfortable. Animal courage is about instinct and ego; moral courage involves understanding how to love humanity better and making decisions in line with better motives, including sacrificing self-interest.

Mrs. Eddy wrote in *Science and Health* that Jesus rebuked "resentment or animal courage" (p. 48). I learned that

moral courage grows out of an awareness of God's love and a desire to express that love, which is reformatory and elevating to everyone who experiences it. The love that flows from God includes the natural desire to understand others, express care and commitment toward them, and see them as God's expression, too. True vulnerability is in the meekness that expresses love without needing it to be accepted or reciprocated.

The immense good that has come out of turning to God in this experience has allowed me to see problems as opportunities to know God and myself better. And I've witnessed how spiritual growth is both transformative and completely satisfying.

What my first track season taught me about listening to God

Kelenna Onukwugha

Sports have always been part of my life. I've played volleyball since I was eight or nine. But it wasn't until the spring of this past year that I tried track for the first time.

At first, I had a lot of doubts. I wondered, "Should I even be here? Is it helpful to the team that I'm here?" It was hard to be in an environment where everyone was more advanced than I was.

I also put a lot of pressure on myself when it came to my races. I'm a sprinter, and I started out running the 100-meter dash. During my second 100-meter race, I really wanted to PR (get a new personal record). And my coach told me that if I shaved about a second off my time, he'd put me in more events. So I was putting a lot of pressure on myself to go faster.

The day of the event, I was on the starting line, waiting for the gun to go off, but I was so anxious to start that I

took off before the gun and was disqualified. It was my only event of the day, so I was crushed.

I realized I needed to change the way I was approaching things. As a Christian Scientist, I grew up reading the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy, and there are ideas in both books that helped me a lot with anxiety.

In the Bible, there's a story that mentions "a still small voice" (1 Kings 19:12), which I understand to refer to God. That made me more aware that any thoughts of anxiety, pressure, or personal responsibility couldn't be coming from God. God is the source of that feeling of love that comes to you when you put your fears aside and listen for the first calming thought.

I started to understand that God is always speaking to us. His thoughts of peace, calm, and goodness are always there. Psalm 139 in the Bible says: "How precious also are thy thoughts unto me, O God! how great is the sum of them! If I should count them, they are more in number than the sand" (verses 17, 18).

I realized that the only thing that could stand in the way of my hearing all those good thoughts was being focused on myself or my fears about not doing well. And I wanted to hear what God was saying, because God's thoughts always give us the steady guidance we need to do our best.

In *Science and Health*, Mrs. Eddy says that understanding that God is good is the basis of our practice of Christian Science. I've been discovering that good is such a helpful name for God because it's like a dividing line between the thoughts that don't come from God and the ones that do. God is only good. So I like to think of God's thoughts as the "good news." Ideas from God are anything that lifts your thought up from where it has been. In Psalms it says, "Lead me to the rock that is higher than I" (61:2). That became a way I recognized which thoughts I should listen to before and during my race: only the ones that took me higher.

This proved very practical in the 4x1 relay I was part of. I was the second leg of the relay, and I'd had a tendency to leave too early for my teammate running behind me to catch up. One time, I even left the exchange zone

without the baton and had to run back, which added time to our race. I was really disappointed in myself. I felt like I didn't know how to succeed.

But I kept praying and learning how to rely on God for what to do. By the last 4x1 of the season, I was able to wait just as long as I needed to in order to get the baton, and it was a very smooth handoff. Though our team didn't medal in that event, I was very grateful to have learned that I could listen to God even in the middle of a race and learn how to be calm under pressure. I discovered that I could always just ask God, "What should I focus on right now?" His answers always come with such simplicity.

I found that I did have a place on the team and a reason for being there. But it wasn't because of what I was doing or what times I was getting; it was because of *how* I was doing it. One of my favorite hymns begins, "Shepherd, show me how to go" (Mary Baker Eddy, *Poems*, p. 14). It reminds me that as God is guiding our actions, He is also showing us how to do them. For me, this meant praying for myself and my teammates and finding things to be grateful for at each meet. I enjoyed cheering on and supporting my teammates when they won races or broke their personal records.

Track has taught me that an important question to ask is, "How should I do whatever I'm doing in the right way?" I know now that if God has led you somewhere, it doesn't stop there. He's going to keep leading you and showing you how to be in that place. And what that ends up looking like might not be what you thought. But it's going to be the biggest blessing to you and everyone around you, just like it was for me on the track team.

Open arms of thought

Kit Cornell Kurtz

Our prayers
are not fragile fingers
reaching out

to turn on God's tap of blessing
and fill our
daily cup
from what we think might be
our Father's faucet
of measured good.

God's love is not measured,
not a spigot for miserly drops
and sprinkled sprays,
open if we pray,
closed if not.

Love—infinite and All—
gives its blessings
in waterfalls
of peace, joy, and harmony,
in flowing rivers of serenity
found
in wilderness moments,
on the mountaintops
of Truth's clarity.

Our prayers
are open arms of thought
simply accepting God's ever-good
infinity—
our steady grasp
on a cup that overflows
with Life's gift of harmony.

Healed during college choir practice

Krista Klava

It was another busy day in college. I'd already been to three classes, and I still had a night class that would end after 10 p.m. Choir was before dinner. And I had to work my job. As the day went on, I felt more and more

overwhelmed by all the things I had to do and started to feel a headache coming on.

Growing up, I'd struggled with bad headaches that at times could be incapacitating. My mom had had me checked out by a doctor, and I'd had scans done. But they couldn't find anything wrong, and I was simply advised to slow down and try to reduce stress.

My dad had found Christian Science in the 1990s, and he'd shared some of what he was learning with our family. While I knew about Christian Science and had some involvement with it, I hadn't given much thought to practicing it on my own or what that could mean for my life in terms of healing. A turning point came when I attended a camp for Christian Scientists, where I connected with other people my age who were practicing Christian Science.

My camp experience encouraged me to attend a college for Christian Scientists. Back home in Latvia, it had been just my family and a really small community of Christian Scientists made up mostly of older adults. But in this supportive college environment, where I could talk about Christian Science with my peers, the ideas about God that I'd heard growing up had really started clicking for me. In the few years I'd been away at college, I'd grown a lot spiritually and had many changes in perspective that had brought healing.

One thing I'd been learning was that even when things seemed overwhelming, it wasn't all up to me. It wasn't all on my shoulders. I understood that I can lean on God, because God is our source. We don't exist separately from God but are God's expression and include Godlike qualities such as strength, harmony, and intelligence.

Still, that day before choir practice, when the headache was about to become incapacitating, it felt a little hard to pray and accept these ideas. All I wanted to do was sleep, and the thought of going to choir and having people singing all around me made the headache seem even worse.

But I had this intuition that I should still go. It wasn't just me feeling responsible for going because I was a music major; I felt that the impulse had come from God. So I followed it and went.

The most interesting part of this specific rehearsal was that our warm-up involved singing hymns from the *Christian Science Hymnal*. As we sang, I found that I wasn't just warming up but was really listening to the messages of those hymns and taking in the meaning of the words.

As we were singing, I felt so much harmony. I became so focused on the messages about God and His care for us, and on taking in the truths that I knew were the foundation of my life, that I lost any awareness of the pain.

The healing happened in a matter of minutes. It was as if there had been a storm, and then the sunshine had come through, and the clouds were just gone. It was so quick. I could participate in the rehearsal with complete freedom and joy, and even attend my night class, as though there had never been a problem.

This healing was another step on my journey to not having that overwhelmed feeling take over. I've gotten a clearer understanding of my spiritual identity and where my intelligence and capacities come from—that they're all sourced in God. I've also started feeling a sense of God's grace that I've been able to carry into my post-college life.

Krista Klava

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A trip of many firsts

Miguel Campos

Originally published in Portuguese

On my first trip to Europe, I was visiting universities and cities where I thought it would be interesting to study and live. My mom and I were really enjoying traveling and had incredible experiences in each city.

One day, we spent hours traveling by train, carrying heavy suitcases and backpacks everywhere. The next

day, I woke up with severe back pain. I couldn't get up and, even when I tried just sitting, it hurt even more. I did some exercises to see if the pain would stop, but they didn't help. So I went back to bed, and my mom, who is a Christian Scientist and had been praying right from the start, asked if we could read that week's Bible Lesson from the *Christian Science Quarterly* together so I could feel more of God's presence and power.

I have always had great faith in God; many relatives on my mom's side of the family are Christian Scientists, and I have attended the Christian Science Sunday School since I was a child. But, at eighteen, I had still never experienced a physical healing.

While praying and reading the weekly Bible Lesson, I was able to think more deeply about God and better understand that all of His creation is His reflection. That was my prayer—recognizing the truth about myself and being grateful that as a child of God, I reflect God. I thought about the fact that there is no pain in the kingdom of heaven, and so nothing can prevent me from expressing joy, strength, and mobility. The reason I know this is because the kingdom of heaven is God's creation, which is where we all live right now, and, according to the book of Genesis in the Bible, "God saw every thing that he had made, and, behold, it was very good" (1:31). This means that bad things, such as pain, do not actually exist.

A passage from the book *Science and Health with Key to the Scriptures* by Mary Baker Eddy helped clarify these ideas. It says: "In the order of Science, in which the Principle is above what it reflects, all is one grand concord. Change this statement, suppose Mind to be governed by matter or Soul in body, and you lose the keynote of being, and there is continual discord. Mind is perpetual motion" (p. 240). This passage was extremely meaningful to me because I was having difficulty with motion due to the back pain, and the last sentence really moved me.

Also, the first part of the passage, saying how we all are one with God, helped me recognize that there is nothing that can break the harmony between God and me. Reading that made me feel more sure that I was spiritually perfect and moved in harmony with and because of Him.

Supported by my mom's prayers, I was healed. I was able to get out of bed and do everything I needed to do, reflecting the divine qualities of God.

We enjoyed that day very much, as well as the rest of our trip, and I am very grateful to have had my first—but definitely not my last—physical healing through Christian Science.

Miguel Campos

Groningen, The Netherlands

Deeper understanding brings healing

Amanda Kamau

I was sitting on the living room floor, hanging out with friends, talking, and eating snacks. As I was enjoying my favorite sweet and salty popcorn, a piece rolled off my lap onto the floor. Without missing a beat, I picked it up and put it in my mouth. I thought nothing of it, because it had barely touched the ground. But later, when I started having some strange symptoms and didn't feel well, I wondered if there'd been some germs on the popcorn when I'd eaten it.

This was a strange thought for me, because I'd grown up in a family of Christian Scientists, and I had also attended Christian Science Sunday School. From these experiences, I'd really internalized the idea that God is All and all good. And this meant that something like germs or sickness couldn't have power or even exist, since a God who is good couldn't create anything bad or harmful. It had felt so natural to accept that when I was a kid, and I'd never given it much more thought.

That night, I kept going back to the spiritual fact that health and goodness are real, so germs can't be, and thinking about how simple it had been to understand that as a child. I didn't understand why I seemed to

be experiencing the effects of germs now, if I'd already accepted the truth of their unreality.

Despite my prayers, nothing seemed to change, and I kept feeling severe discomfort in my throat. So the next day, I called a Christian Science practitioner to pray for me. When I shared my questions with her, she told me that there are some things we learn and understand as children, but if we face them again as adults, it's just an opportunity to gain a deeper understanding.

With this in mind, I began to study and read the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy. As I did, this statement stuck with me: "When this mental contagion is understood, we shall be more careful of our mental conditions, and we shall avoid loquacious tattling about disease, as we would avoid advocating crime" (p. 153).

That phrase "mental conditions" stood out to me, and I began to think about the thoughts, or mental atmosphere, that surrounded me. I realized that since moving to the city where I was living, I had been taking more seasoned city-dwellers' advice about certain hygiene measures that had seemed wise at the time. Things such as using hand sanitizer after riding public transportation, avoiding touching handles in public spaces, and generally thinking of the city as dirty enough to result in some sort of illness.

These hygiene "rules" had all seemed like fairly normal and sound things to abide by. But as this deeper understanding of what I had been believing—and the effects of that belief—came to light, it became clear that abiding by these commonly accepted "rules" was subtly influencing me to believe in a power—sickness—that could do something bad to me. I realized that instead of giving in to these fears, I could accept the spiritual—and only—reality that good is all that exists. After I had this realization, the symptoms of a sore throat left almost immediately.

This healing has had a big impact on me, beyond just my throat feeling better. Since then, I've felt so much freer while out and about, and I've realized that I'm going about my life with a lot less fear. I no longer think about how long or often I touch the handles on public doors, or feel gross enough to race for hand sanitizer as soon

as it becomes available. Instead, I'm much more focused on knowing I live in God's universe, where God is truly the only power.

I'm very grateful for this deeper understanding of the nothingness of germs and disease and the allness of good, God. While I always respect other people's choices about what makes them feel safe, I've realized that the kindest and most healing thing for me to do in any situation is to make sure I'm bringing trust in God, rather than fear, into the mental atmosphere.

Amanda Kamau

Cambridge, Massachusetts, US

Leaning on God leads to healing

Anna Matthys-Pearce

As a civil engineering major, I was required to take a very intense three-week class. I learned how to do surveying, which includes measuring angles, elevation, and distance around a plot of land in many different ways. The class went from 7:30 in the morning to 6:00 in the evening, requiring me to be outside in the field all day.

On the second day of class, I woke up with a terrible sore throat and felt just awful. One of my first thoughts was that there was no way I could miss a single day because of the intensity of this class. But I also thought, "I can't do this on my own." I didn't feel strong enough to get through the day, let alone mentally clear enough to do all the math problems I was facing.

At that moment, I was so grateful for what I knew about God from attending Christian Science Sunday School. I think of God as a fathering, mothering presence. God's power is infinite, all-intelligent, and all-good, and that envelops everything, everywhere, including me.

I realized that I had two choices: skip my class and risk failing, or lean on God as I never had before. At this delicate moment, I felt myself let go of self-will—the feeling of having to do everything on my own and trying to power through. From that moment on, I felt God as the infinite source of peace, energy, and intelligence lifting me out of the gloom. It was a power not my own, completely pure and good, propelling me toward a good day.

I felt so cared for, like a baby bird under its mother's wing. And even though the sore throat wasn't gone immediately, it had no effect on me at all.

I went to school with so much energy and joy that I hadn't had the day before. I worked through a snowy and cold ten-hour day and still had all the energy and joy I started the day with. When my classmates were struggling with their parts of the projects we had to complete, I stepped in to help. I had to do a lot of thinking, including math, and mental stretching, and through it all, I felt so supported by God, my infinite source.

That was the first part of my healing. A few days later, there was a second part.

The sore throat was totally gone, but after a couple of days, I got a cough—which I ignored until it got to a point where it felt like I couldn't take a breath without coughing. I was alone in my house, and I started getting scared that I was going to stop breathing in my sleep.

This time, I messaged a Christian Science practitioner, who I knew would pray for me and see me spiritually, as I really am. She sent me an article from *The Christian Science Journal* titled "Translating substance into Mind" (Joanne Shriver Leedom, July 1983). The idea that stuck out to me was understanding what breathing really is from a spiritual basis. The article brought out that breathing symbolizes the flow of inspiration from God to us. With every breath I took, I could think of the flow of inspiration from God that it represented coming constantly, even when I'm not aware of it. Whenever I had a fearful thought about how I was feeling, I reminded myself of this idea. This was so comforting, and I went to bed confident that breathing, like every

other function, is really spiritual and governed by God, so it can't be stopped or blocked.

I slept perfectly that night and woke up breathing completely normally. Within a day or two, the cough was gone, and I was totally healed.

I'm so grateful for these healings, but the most important part for me has been what I've learned about leaning on God. Now I think about actively making the choice to let go of human will and lean on God in everyday moments. I'm so grateful that I can let go of a false sense of self and know that God's intelligence and activity are being expressed in all that I do—in academics, a new job, or whatever else I'm doing.

Anna Matthys-Pearce

Golden, Colorado, US

A perfect healing

Medara Udoekong

It was the last day of my study abroad trip in Finland. I'd really been looking forward to it because we had the day off, and it was our last opportunity to explore Helsinki. But when I woke up that morning, I felt really tired and like I might be getting sick. I went to breakfast, but after eating, I felt even worse.

Later that morning, after I took a nap, I went down to the basement to change my laundry. Suddenly, I felt nauseated and threw up. It was scary because I was alone in the basement, and I felt so ill.

My parents are Christian Scientists, so I grew up going to Christian Science Sunday School and helping out at church. But it wasn't until high school that I really made Christian Science my own. That was when I read the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, all the way through. I had healings through reading the book, and that really solidified my faith in Christian Science.

So in this scary moment, it was natural for me to turn to God. I started to pray by affirming that, as God's creation, I am perfect and that only harmony was present. Of all the things I've learned about God, one of my favorites is that God is All. I gravitate toward that sense of God's allness because it excludes everything else. Nothing bad or inharmonious can exist because God, good, fills all space.

I prayed this way for a bit, and then I was able to get up and go back to my room. But I was still feeling scared because the next day, I had an 18-hour travel day, and I had no idea how I'd be able to do it.

Later in the day, I was feeling strong enough to run a quick errand with a friend. But then I felt worse and threw up again, and all the fear came back. So I reached out to our trip leaders and also a friend who was on the abroad with me. This friend and I had been praying together about other issues during the trip, so it was natural to ask her to pray with me now.

She texted me some ideas that one of our trip leaders had shared with her when she'd been dealing with something during our travels. It was from the story of Daniel in the lions' den (see Daniel 6), and pointed out that when Daniel emerged after being in the den all night, he was unhurt. And Daniel told the king that God had shut the lions' mouths because of his innocence. Her message went on to remind me that I was innocent, too. In God's sight, I was perfect, whole, complete, and innocent, regardless of any accusation, including sickness, that would say otherwise.

I was really struck by the idea of innocence and the way God sees us—that we are already perfect. It relieved me of feeling responsible for the healing and helped me get out of the rut of feeling like I needed to fix this issue before the next day. After that, I felt it was in God's hands, and I knew I could trust God with my health.

I kept dwelling on this idea and praying with it until I fell asleep. When I woke up the next morning, I was able to eat with no bad effects.

But the blessing of these insights didn't stop there. Because of a change in my travel plans, I accidentally missed my flight. When I discovered the mistake, I felt

stupid. But quickly, the inspiration from my prayers came back to me, and I felt more peaceful and knew I could trust God with this, too, because I was innocent.

The airline was able to change my flight at no charge, and I ended up being able to fly back with my friends. During our trip of almost 24 hours, I didn't feel sick at all and had plenty of energy, even though I'd initially worried that I might feel depleted.

It was just a perfect healing. I'm so grateful.

Medara Udoekong

Ikpe Udok, Akwa Ibom State, Nigeria

the idea of the painless, sinless, harmonious, and joyous motherhood of divine Love.

Lois Ann Folliard, *Naples, Florida, US*

> **Mari G. de Milone, "God's protection demonstrated," May 25, 2026**

I am truly grateful to you for this article. I live in South Africa, and there are protests everywhere. After reading this article, I am relieved of my fears, and I understand that God's love is always ready to protect and comfort us right here. Thank you.

Jenipher Sanyamahwe, *Cape Town, Western Cape, South Africa*

Letters & Conversations

Andrew Cutts, Lois Ann Folliard, Jenipher Sanyamahwe

> **Michelle Douglas-Joffe, "God's affluence, already in place," June 22, 2026**

Thank you for this lovely article on supply!

Andrew Cutts, *United States*

> **Leide Lessa, "A World Cup welcome," June 8, 2026**

I loved this article and forwarded it to all the members of our church. It is so timely. Kudos to the church in Rio that afforded "proof of its utility" (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 583) and opened their hearts and doors to meet the needs of the day, including helping a policewoman with a problem that troubles so many young women. I love

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