



CHRISTIAN SCIENCE Sentinel

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

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The three great commandments?

Ethel A. Baker

Years ago, while I was first studying what Christ Jesus cited as the two great commandments, it struck me that the math might be off (see Matthew 22:35–40). Didn't the master Christian give *three* commandments—love God, love your neighbor, and love yourself?

The first two many readily agree with and even strive to practice. But love yourself? Isn't that egotism? Self-centeredness? How can that be a requirement for a truly good life?

Jesus' categorical call to love God, love one another, and love ourselves may seem as unrealistic to a self-deprecating mentality as it is to self-absorbed thought. And yet these three highest calls to action are not only mutually binding but mutually fulfilling. For if we strive to love God heart, soul, and mind, we must come to know God. And to know God is to love Him, urging on the desire to discover our own God-given identity and nature as His child. From this unfolds our native ability to love our fellow beings.

Jesus taught that love is not a reward distributed by God on the basis of worthiness. God's love is so pure, so opulent, so present—it's about God being Love itself and about His "free gift" (Romans 5:15) of love to all He has caused to be. But this love needs to be recognized, accepted, and realized in our lives for us to truly love ourselves and others.

So, we might ask, if Christ Jesus is humanity's Savior and Way-shower, how did he love himself?

Interestingly, Jesus didn't speak of loving himself except in teaching about God or in meeting the needs of others. The healings he accomplished in his Father's name made the people listen to what he had to say—and want to know how and why such seemingly miraculous things could happen. His first recorded reference to

himself came when he was a boy of twelve: "Wist ye not that I must be about my Father's business?" (Luke 2:49). And later, after he was christened by John the Baptist, the heavens parted, and God said of Jesus, "This is my beloved Son, in whom I am well pleased" (Matthew 3:17).

At that point, Jesus didn't yet have the record we now know of healings, moral redemptions, multitudes fed, or resurrections. Yet in front of many witnesses—most of whom had come to John the Baptist to be cleansed of their sins—God said unmistakably that Jesus was His Son and that he was loved and approved. But did God love only Jesus? In fact, Jesus was the supreme evidence of God's love for all. And we could say that God is "well pleased" with every individual in their true identity, then, now, and always.

Later, toward the end of Jesus' ministry, nearly the same words from God were heard by Peter, James, and John when their teacher was transfigured before them on a mountain: "This is my beloved Son: hear him" (Luke 9:35). One Bible version translates *hear* in this verse as *obey*. Soon the receivers of this heavenly message about Jesus were each impelled, as never before, not just to agree with such a benediction for their Master but to accept their own status as God's child—and to obey Christ, the spiritual idea of God, divine Love, in doing the compassionate healing works that Jesus had done.

The love of God does not beget self-centeredness but awakens us to recognize our true, God-given identity in the light of infinite Love, which excludes no one. Acceptance of our status as God's loved sons and daughters would be impossible were we, in truth, just human. But the one man who was wrong about nothing promised all who followed his way—in knowing and demonstrating this reality of loving God, neighbor, and true self—that they could do the works he did.

Growing up a twin in a small town, I often saw myself as half of a whole. Even though my sister and I attended different colleges, I felt nearly invisible and became withdrawn and self-critical. A turning point came when I read the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, cover to cover. As the book's sublime truths, founded on

the teachings of Jesus, took root in my thought, it occurred to me that God not only made me but knew and loved me. And that this was true for everyone. Having discovered God's love for me (and all), I grew in confidence and academic success and was even able to help friends and others through prayer on many occasions.

As I discovered, learning to love ourselves isn't selfish or exclusionary; understood spiritually, it is key to loving more expansively. We truly can't obey one of these commandments without obeying the others, since by its nature, the Love that is God, as well as the love from God, is as boundless as it is ever present. And our Father-Mother's allness assures us that every individual has their source in Love and, in truth, cannot help being lovable and loving.

Ethel A. Baker, Editor

DAILY PRACTICE

The "holy curiosity" that breaks through doubt

As spiritual beings, we are, by nature, drawn to spiritual buoyancy and a deeper understanding of God as Spirit.

Kim Crooks Korinek

Physicist Albert Einstein coined the term **holy curiosity** in a magazine interview late in his career. He said: "The important thing is not to stop questioning. . . . One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. . . . Never lose a holy curiosity" ("Old Man's Advice to Youth: 'Never Lose a Holy Curiosity,'" *Life* magazine, May 2, 1955).

Holy curiosity is a term that has taken on great significance for me, as I understand it to be key to breaking through doubt and fear and unlocking our potential for spiritual growth.

Doubt can be a buzzkill to the joy of discovering life as spiritual. Doubt may disguise itself as intellectual honesty or a facade of control. It might hide an element of discord that needs to be uncovered. Or it might replace our faith and lead us to seek comfort in hearing about and sympathizing with others' doubts.

If not challenged, doubt appears to justify mediocrity, suggesting that we have gone as far as we can and need to go no further in or take no more responsibility for our spiritual growth. However, this impasse is broken by the holy curiosity that begins with the nudge to consider that there must be more here than just the repetitive trappings of material life.

Mary Baker Eddy, the founder of this magazine, was one such person impelled by a holy curiosity to know and experience the love of God. Brought up in a 19th-century mainstream Protestant denomination, she could not accept the way the orthodox religion of her childhood explained God. She wasn't content to just live with this doubt, although she did not act as if she thought herself superior by doubting her parents' religion.

What Eddy doubted, she questioned, and that led her to uncover whatever stood in the way of finding answers in the Bible, especially in Christ Jesus' words and works. This ultimately led to her discovery of the healing laws of God, divine Truth, which she named Christian Science and which are fully explained in her book *Science and Health with Key to the Scriptures*. There she wrote: "A mortal, corporeal, or finite conception of God cannot embrace the glories of limitless, incorporeal Life and Love. Hence the unsatisfied human craving for something better, higher, holier, than is afforded by a material belief in a physical God and man" (p. 258).

Christian Science teaches that God is Spirit, and that we are God's creation—spiritual, not material, and reflecting God's power and goodness. As spiritual beings, we are, by nature, drawn to spiritual buoyancy and a deeper understanding of God as Spirit, so each of us has an inherent holy curiosity.

At one time, I was overwhelmed with doubt and dread during a really challenging time. I started doubting myself, then feeling undeserving of God's love, and

finally, doubting God. Although I tried to put up a false front of peace and certainty, I felt I was swimming in self-doubt and dread of the future. In an effort to keep up appearances, I avoided the questions that challenged this state of thought. But I was going nowhere and felt drained.

As a distraction, I took up whitewater kayaking. Surprisingly, through the lessons I learned in this sport, I also learned profound spiritual lessons that helped me break out of the stagnation of doubt and claim my God-given dominion.

For instance, I learned that while on a river, before any upcoming rapids, I needed to look for eddies—the calm water behind big rocks—then pause and make sure I was ready to navigate downstream. But there were times during these pauses when self-doubt and fear about what lay ahead so overwhelmed me that I became what my kayaking group called an “eddy flower”: someone so scared of what was ahead that they were mesmerized and unable to move forward—like a “wallflower” at a dance. To break out of the mesmerism, I needed to definitively challenge those inner voices of doubt and fear and allow the anticipated joy of playing in the rapids to take me out and into the fullness and fun of the river.

And I saw that this was precisely what I needed to do in my life. I had to squarely face those doubts and fears and dismiss their line of reasoning, allowing myself to say yes to exploring the fullness and joy of God’s love for me. Step by step, through questioning, reasoning, and discovery, I was led out of doubt and dread into joy, an ongoing exploration, and a growing trust that I am a child of God, infinite Love.

My life did a total turnaround for the better. The discord dissolved, and harmony was restored. I came to realize the power of this counsel in *Science and Health*: “Let neither fear nor doubt overshadow your clear sense and calm trust, that the recognition of life harmonious—as Life eternally is—can destroy any painful sense of, or belief in, that which Life is not” (p. 495).

I learned that if we are going to grow into a practical, provable faith that is honest and spiritually authentic, we’re going to have to question our doubts and unleash

our holy curiosity. There is no shame in striving for one’s own spiritual growth. Planting our paddle in the currents of divine Life, God, we wrestle, work, and pray, until we feel our faith strengthen, and we yield to divine awe and an abiding conviction that all things are possible to God.

Embracing a vigorous, engaging faith and practice demands honest self-examination and a humble willingness to put aside human ego. It isn’t always easy, and many may balk at and reject Love’s demands. But doing so brings rich spiritual growth that leads to wisdom and understanding.

We don’t have to be an “eddy flower,” stuck in doubt and fear. Our honest questions embolden us to turn from the stagnation of doubt and engage in the vibrant currents of a resilient spirituality that deepens and enlarges our faith. We can “never lose a holy curiosity” that keeps our mental doors open to discovering what is real, fulfilling, and eternal.

LOVING THE SCRIPTURES

Elisha at Dothan

Prophet is defined by Mary Baker Eddy, in part, as “a spiritual seer” (*Science and Health with Key to the Scriptures*, p. 583). Hebrew prophet Elisha clearly displayed spiritual sight when facing an overwhelming enemy threat.

In the biblical account, the city of Dothan is surrounded—a circumstance fearfully reported by Elisha’s servant, Gehazi. Elisha responds, “Fear not: for they that be with us are more than they that be with them.” Then the prophet prays that Gehazi see beyond the physical danger to God’s uninterrupted protection, evidenced by “horses and chariots of fire round about Elisha” (II Kings 6:16, 17).

How did Elisha discern God’s power in that perilous moment? Mrs. Eddy’s definition continues,

“disappearance of material sense before the conscious facts of spiritual Truth.” To the consciousness awakened through prayer, divine reality is distinct and unmistakable. Outward appearances are exposed as having no actuality or substance.

Elisha’s actions further illustrate this. The enemy soldiers are made blind and become totally dependent on the one they had been pursuing. Elisha leads them into their opponents’ capital, restores their sight, and compassionately directs that they be fed and released. Both Gehazi’s spiritual blindness and the sightlessness of the foes are reversed.

A psalmist writes, “The chariots of God are twenty thousand, even thousands of angels: the Lord is among them” (Psalms 68:17). Divine insight—with its accompanying guidance and protection—is available here and now to everyone who sincerely seeks it.

For more on this topic, see “An essential element of Christian healing” by J. Thomas Black.

DAILY PRACTICE

Is it more important to be right or to do right?

God loves each one of us as His very own, and in that love any unkindness must dissolve, and love for one another prevail.

Russ Gerber

My wife and I were walking our dog in the neighborhood, a popular area for dog-walkers. We always kept him on a leash, and most of our neighbors did the same for their dogs. But this day, someone didn’t.

We were a few blocks from home when we passed a house with an open front door. At that moment, a large dog about the same size as ours dashed out, barking

viciously, and headed straight for our dog. Without any provocation, he attacked.

In a moment or two, a woman came out of the house calling out to her dog, but to no avail. I held our dog as close to me as I could in the hope that the woman would be able to take control of hers, but she was no match for him—and didn’t appear to be concerned. As the attack continued, I felt both protective and angry. I held back our dog as best I could to protect him, while being angry with the neighbor for ignoring the leash law and for not appearing to care about the consequences. It was her husband’s dog, she said, so it wasn’t her fault.

Eventually, she got her arms around her dog and pulled him away. I got control of ours, and we headed home.

For the next couple of blocks, all I could think about was how I should respond. “We’re in the right,” I commented to my wife. “We obeyed the law.” She checked our dog for injuries and, fortunately, found none. As we continued to walk, I wondered what I should do next. I couldn’t just ignore this. What was the right thing to do? The moment I asked myself that question, I knew I was on the right track. The thought came clearly that I was to do God’s will.

When we listen closely for God’s guidance, we can expect to discern the thoughts that divine Mind is conveying to everyone to bring the greatest blessings possible, since God is pure Love. His will is surely for good, since He is totally good. As we’re humble and willing to trust the unerring guidance of Mind, we’ll be receptive to the right motives, thoughts, and actions that result from God’s harmonious government of His creation. To see the right course of action or to know if we need to make a course correction, we can trust Mind to lead us in the right way and give us the willingness to make any needed adjustment.

Just then, I remembered this verse from a poem titled “Love” by Mary Baker Eddy, who discovered Christian Science:

If thou the bending reed wouldst break
By thought or word unkind,
Pray that his spirit you partake,

Who loved and healed mankind:
Seek holy thoughts and heavenly strain,
That make men one in love remain.

(*Poems*, p. 6).

It's always the will of God, Love, that we love one another with the love with which He loves each one of us.

This felt like the correction and guidance I needed. It was right for me to seek holy thoughts, as Christ Jesus did throughout his healing ministry. I should have done a better job of that in the first place, but now I was committed to praying more earnestly and listening more carefully, seeking the thoughts Love gives us and putting them into practice in daily living.

I turned the dog's leash over to my wife and told her I needed to go back and apologize to the woman. She deserved better than my unkind thoughts.

As I approached her house, she saw me coming and came outside in a rather defensive posture. I said to her, "I came to apologize." At that moment, as I later described to my wife, she melted. Before I could say anything more, she ran forward, threw her arms around me, and said, "No! I should apologize to you—you did nothing wrong!" We had a very positive conversation for the next few minutes and parted ways on very good terms. As I walked away, she repeated to me, "You did nothing wrong!"

I returned home thinking about all that had happened—the good lessons that had been learned about humility, seeking holy thoughts, loving one another, and trusting in the rightness of God's will.

The inspiration from Mrs. Eddy's poem is both an anchor and a guiding light. It reminds us that God loves each one of us as His very own, and that in that love, unkindness must dissolve and love for one another prevail. As the final lines promise,

Fed by Thy love divine we live,
For Love alone is Life;
And life most sweet, as heart to heart

Speaks kindly when we meet and part.

Christ wakes us up

I need to stop and listen for how the Christ is transforming my thought and waking me up.

Hannah Richards

In moments of despair, we may sometimes ask ourselves, "What is the purpose of human suffering? Or, more specifically, "Why is this happening to me?"

In *Science and Health with Key to the Scriptures*, Mary Baker Eddy quotes the well-known adage, "Man's extremity is God's opportunity" (p. 266). Elsewhere she says, "If living in disobedience to Him, we ought to feel no security, although God is good" (p. 19).

These statements get our attention. God does not cause suffering, but it can be important to consider what we can learn from any challenging experience about what God is and what He does. So instead of replaying concerns about our circumstances over and over in our thoughts, we are called to action.

The metaphysical definition of *resurrection* in *Science and Health* is "spiritualization of thought; a new and higher idea of immortality, or spiritual existence; material belief yielding to spiritual understanding" (p. 593). So resurrection isn't just about raising the dead or healing the sick but also about being open to Christ, God's message speaking to human consciousness, constantly "resurrecting" our thought. The divine message prompts each of us to find the true, spiritual beauty and perfection that are actually present and the only reality, no matter what the human situation—even if we're able to perceive only one small piece of goodness. This is Christ, Truth, waking us up from the false belief that anything that isn't spiritual—that hasn't been created by the one and only creator, God, Spirit—is real.

A few years ago, I had a profound experience of being awakened by Christ. A series of tough human circumstances had plagued the early part of my year—losing a member of my family, experiencing some physical challenges, struggling to be a supportive partner in my marriage, and working long hours at a job in which I didn't feel appreciated. At the time, I was also a new mother, but even while rejoicing over and loving this dear little one, I was finding it difficult to feel that I knew how to be a *good* new mother.

At my darkest moment during this time, a discussion with a friend made me realize that the frustration and sadness I was feeling were due less to a lack of life progress than to a lack of *spiritual* progress. I was hanging on to grief, resentment toward my job, anxiety about motherhood, and so on, and believing that I was without resources to help me move forward in dealing with these situations.

Having been raised in Christian Science, however, I actually did know that I had all the tools I needed—including the Bible, *Science and Health* and other writings by Mrs. Eddy, and Sunday services and weekly testimony meetings at my branch Church of Christ, Scientist. But I realized that I didn't know how to utilize them to expand my understanding of God and my relation to Him.

This struggle and lack of progress impelled me to quit my job without having another one lined up. I felt led to prioritize choosing an authorized teacher of Christian Science and taking the two-week class in Christian Science healing called Primary class instruction. I listened for God's direction until I found a teacher who really clicked with me.

Once I committed to attending class, I was instructed by the teacher to begin preparing by reading specific citations from the Bible and the Christian Science textbook, *Science and Health*, which I diligently did. This commitment to growing in my understanding of Christian Science brought clarity to other actions. I saw an opening for a job where I would be able to connect with the hiring manager and also obtain a referral from someone in the company whom I had worked with previously. Also, the company was one that I admired

for its values and principled decision-making. Within a few weeks, I had multiple interviews and, ultimately, a job offer. And although the original compensation for the job wouldn't have met my needs, without even negotiating, the company offered me a higher salary based on my pay from my previous job.

Still, I prayed about whether or not to take this job. I wanted to hear the "still small voice" of God (I Kings 19:12) giving me direction on what to do. Months before, I had received a job offer to join a start-up, but they had asked me to take a pay cut. During this earlier experience, although I felt led not to accept the job, I had also gotten a clear message that I knew came from God: "I will take care of you and your family, no matter what job you have." Now, in this current situation, I was expecting a similar message helping me know the next right step, and when this didn't come, I texted my teacher and asked what to do if I wasn't hearing God's direction. She responded that God may not always speak to us in direct terms, but He will always give us clarity in a way that we will be able to discern and understand.

Later that night, the hiring manager sent me a note saying that he knew when he met me that this was a right fit for both of us—and with that, I felt I had all the clarity I needed. I knew this person was also being guided by the one, infinite Mind, God.

Since then, an ongoing receptivity to prioritizing learning more about God, beyond specific situations I am facing, has brought so many other blessings. Whatever I am feeling in a particular circumstance is alerting me that I need to stop and listen for how the Christ is transforming my thought and waking me up.

Want to pray for the world? Start here.

Jenny Sawyer

I was thinking about the war in Iran when I asked my Christian Science Sunday School students this question: “Do you see yourself as capable of healing the way Jesus did?”

One made a face that summed up everyone’s feelings, and we all laughed. It was a face that said, “Um, hardly.”

But we agreed: It was a question that was worth thinking about. Especially since Jesus told us that we could heal the way he did—and do even greater works. Could that include having a healing impact on what happens when a war breaks out?

Christ Jesus wasn’t overwhelmed by the big problems he faced—and was even able to heal them—for two reasons. First, he knew what God is. And second, he knew who he was as the Son of God. With this understanding, nothing could stop him. Similarly, the issue for us is whether we’re starting our prayers from this standpoint: fully aware of what God is, and fully embracing who we are as His children.

Our class felt pretty confident about knowing what God is. Two books we learn from in Sunday School—the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy—tell us everything we need to know about God’s nature. God is infinite Love, the all-knowing Mind. God is omnipotence, omnipresence. And God is both good and All—meaning there’s no place or space for anything harmful, oppressive, or bad.

Prayer helps us understand God in a way that makes us so sure of His goodness that it replaces any fear or worry that something bad could exist. But sometimes, before we can even get there, anxiety or disbelief creeps in and says, “Yeah, but who am I to think I could pray effectively enough that my prayer can make a difference here?” That’s when it helps to know what it means to be God’s child.

I was praying about this later, because I realized that “God’s child” felt like just words to me. And as I prayed,

it was like my thoughts were a room where the lights were going from low and dim to full and bright.

God showed me how a really little child learns everything about who they are from their parents. All he or she knows about their identity comes from Mom and Dad. This was spiritually significant because it showed me that what we think of ourselves—as capable or not—is completely irrelevant. It’s only what God, our divine Father-Mother, knows of us that could be real or true. God sees us as He made us: reflecting clarity, compassion, insight, and strength.

God also showed me that a child relies completely on his or her parents. Doesn’t feel responsible. Gets to be the recipient of goodness and love—doesn’t have to create them. This helped me not feel overwhelmed about praying for the world, because I got it that my job was to see what God has already done for everyone. I didn’t have to make things OK, but accept that the Father-Mother of all of us was the One maintaining, protecting, and loving His whole creation.

Feeling in such a new, convincing way who I am turned out to be a big boost for my prayers. In the days that have followed, I’ve noticed how I feel equipped to deal with problems, big and small, that come up in my own life. In fact, at one point when I faced a disturbing issue that seemed like it didn’t have a solution, I responded almost automatically by remembering that I’m a child of God—and all that implies. To my surprise, I felt what I can only describe as the peace of God’s presence—and then got an immediate idea that showed me exactly how to solve the problem.

My prayers about the war in Iran have also been strengthened. I’ve needed to be consistent about praying; it seems like there are distressing details to confront each day. But seeing the results I’ve had in my own life, I know I’m able to pray about these bigger things, too. I feel strengthened to pray more broadly by starting with who I really am spiritually and understanding that from there, I am free to expect the same immediacy of God’s power, and its healing effects for all of us, that Jesus showed us through his healings.

We may feel we have a long way to go in doing those “greater works” that Jesus promised we would do, and

bringing healing to the world. But knowing we have a place to start—and then starting? That has to make a difference: for the conflict in Iran, and for any other problem to which we want to bring healing.

LIVING CHURCH

A church member's testimony helped heal me

Russell Whittaker with contributions from Steve Green

One evening last year, I ate some microwaved food that felt just warm on the outside—but turned out to be piping hot on the inside. When I bit into it, it badly burned the roof of my mouth, and I was in a lot of pain. I'd had this happen before and remembered that it had taken a long time for my mouth to get back to normal. During that recovery period, I'd had to be careful when eating.

This time, however, I prayed right away. From my study of Christian Science, I knew I could reach out to God, divine Mind, for a spiritual answer to this problem. As I did, I remembered a friend's testimony from a Wednesday evening meeting at our local branch Church of Christ, Scientist: As he was doing some woodwork on his sailboat, he'd badly cut his hand. While giving himself a Christian Science treatment through prayer, he was reminded of this statement from *Science and Health with Key to the Scriptures*: "The divine Science of man is woven into one web of consistency without seam or rent" (Mary Baker Eddy, p. 242).

The phrase "without seam or rent" helped him realize that he was a complete, spiritual idea of God and could not be gashed—could not be harmed in any way. After a Christian Science nurse helped him bandage it, the wound very quickly closed up. He was able to sand the bottom of his boat later that afternoon.

I thought that the same spiritual truth could be applied to my situation and was true for me, too: I could not be harmed, and I was untouched because Christ, Truth, was with me, just as it had been for my friend. The pain instantly stopped. I continued eating normally, and there were no further effects from the very hot food touching the inside of my mouth.

I'm always grateful to learn more about the one infinite, unchanging God, who is always with us right where we are. This understanding heals.

Russell Whittaker

Wells, Maine, US

I am the friend mentioned earlier. In my work on my sailboat and power boat, I often get cuts, scrapes, and scratches. When they occur, I always remind myself of what is true in Science, where there is neither seam nor rent. One time, I was doing some woodwork for the boat with a table saw and ran my thumb too close to the blade alongside the piece of wood. I don't remember all the spiritual facts that brought about the quick healing. I do remember my gratitude for the care of a Christian Science nurse and that I was back at the boatyard that afternoon, sanding the bottom of the boat.

Steve Green

Green Cove Springs, Florida, US

Weekly updates: March 23, 2026

New Bible Collection on JSH-Online.com

Want to know more about the role of prophecy in biblical tradition—and its spiritual meaning for today?

"Exploring the Bible" collections are curated monthly to encourage deep engagement with the Scriptures.

Each digital collection is composed of specially chosen articles that focus on the spiritual inspiration Mary Baker Eddy urges on Bible students. Check out this new collection of articles on prophecy at jsh.christianscience.com/collections.

IN CASE YOU MISSED IT

This year's Summer internships at The Mother Church

Are you still looking for a summer internship that's the right fit—or do you know someone who is? Apply to join the team for the 2026 Summer Internship program at The Mother Church or share about it with a university student or recent grad!

Interns have the opportunity to:

- Learn in a dynamic environment
- Choose from a wide variety of career areas
- Gain a greater understanding of Church
- Support the Cause of Christian Science through special projects

Applications will be considered on a first-come, first-served basis. Thanks for helping us spread the word about these internships. Learn more: christianscience.com/internships.

War in Iran: A Conversation with The Christian Science Monitor

Watch a replay of the March 2, 2026, online conversation with Scott Peterson, the *Monitor's* senior war correspondent. Hosted by *Monitor* Editor Christa Case Bryant.

Scott discusses the future of Iran's theocracy, what the current offensive means for the Iranian people and the Middle East as a whole, and how the United States, Israel, and Iran got to this point.

Having visited Iran more than 45 times, Scott brings deep expertise to these global developments. We hope this *Monitor* event, providing a perspective that gets above the fray, can serve as a jumping-off point for your prayers.

You can find the replay, along with other *Monitor* coverage of these developments, at csmonitor.com/iranwar.

Healing after severe fall

Carlos Alberto Genevois

Originally published in Spanish

Several years ago we drained our in-ground pool to get it ready for painting. One night I was walking along the edge of the pool to a meeting room at the back of our patio, when my sandal caught on a tile. I lost my balance and fell into the empty concrete pool at the deepest part, five and a half feet down.

I landed with all my weight on one foot, and the impact on my heel was severe and pain went up my leg. I couldn't stand, so I crawled to the pool steps, affirming the truth that I am a creation of God and always lovingly cared for by Him. From there I was able to drag myself out of the pool and into the house, where my wife was.

She had not heard me fall and was very frightened when she saw me. She helped me to a chair, where I continued prayerfully affirming that as a son of God, I am spiritual, not material. I reasoned that in reality I am always governed by God's law of harmony, and that as a spiritual idea, loved by God, I could not actually suffer injury or pain.

In *Science and Health with Key to the Scriptures*, Mary Baker Eddy writes: "Neither age nor accident can interfere with the senses of Soul, and there are no other real senses.... Spirit's senses are without pain, and they are forever at peace. Nothing can hide from them the harmony of all things and the might and permanence of Truth" (pp. 214–215). Holding to these spiritual facts, I had a good night and was able to rest.

When I got up the next morning, I was limping but able to go to my business and work a full day. I prayed to

see that my strength and capability as a son of God are forever intact.

The day after that, the symptoms and images of the fall began to disappear from thought. I went about my tasks convinced of my oneness with my divine Father-Mother. On the third day, the pain was completely gone and I was walking normally. That was three years ago, and I have had no further trouble with my heel or leg.

I deeply value what I've learned from my study of Christian Science and am very grateful for all that it has taught me.

Carlos Alberto Genevois

Santa Fe, Argentina

Horse's diagnosis overturned

Kenneth Whitehead with contributions from Dawn Whitehead

My daughter is at college, and her horse, Leawood, is boarded near her. One day last winter, I received the following text from her:

“Hey, Dad, could you pray for Leawood? The vet took some blood to test when they did his scope and said he's anemic and has a low white blood cell count. They said it could just be Lyme disease, or it could be something really nasty that they can't treat. We won't know until the vet tests for Lyme.”

I responded, “OK, I will pray for him. Let's start with how God sees him—as a beautiful, pure, whole, spiritual expression of the Divine without a single error. God is his life.”

I started to pray each morning for Leawood. I pray for the entire family every morning, but now I gave special attention to affirming Leawood's true, spiritual nature as a creation of God, divine Spirit. That week's Bible

Lesson from the *Christian Science Quarterly* was titled “Truth” (a biblically based name for God). As I read the Lesson, it occurred to me that our prayers don't *make* something true—Leawood's spiritual nature was already true! And because it *was* true, I didn't need to make long, wordy prayers. I could be at peace holding in my thought the truth of Leawood's nature as spiritual and perfect.

About a week later, my daughter said that the veterinarian had determined that the problem was not Lyme disease, but that they had referred Leawood's case to a specialist, because it looked pretty bad. The specialist had made very negative comments and didn't know of anything they could do to help. My daughter seemed fearful—afraid of this diagnosis and of the potential costs of treatment, which could quickly escalate. The specialist wanted to do another blood test, and I suggested that we use this time to know that everyone involved could see only what was true, only what God knew about Leawood. I told my daughter what I was seeing—that Leawood's true nature was spiritual, perfect, whole, and free and that our prayers weren't making this true but affirming that it was already true. I really held on to the part about it being already true. I didn't want to fall into the trap of feeling that I was personally responsible for praying “hard enough” to make healing happen, as if I needed to—or could—make the truth more true. The truth is *always* true.

After another week or so, we had this text exchange:

Daughter: “Good news! Leawood's blood work came back good this time! The vet was really surprised and had no idea why it looked so bad last time. So he's all good :)”

Me: “Awesome!”

We know what happened—thank you, God! Leawood is a beautiful, spiritual, harmonious expression of God's nature. This is the truth. We can't make it true; we are simply stating and knowing the spiritual reality.

Kenneth Whitehead

Harper's Ferry, West Virginia, US

I am Kenneth's wife. When I was informed about Leawood's situation, I instantly knew that he was always in God's care and that nothing could at any time make him uncomfortable or ill. He is God's horse and nothing but God can influence God's expression. God is All, and Leawood, His creation, can be nothing but complete, whole, and free. Love, God, reigns, and human opinion has no place in God's realm. Perfect God, perfect man, and perfect horse.

Dawn Whitehead

Divine Principle frees from headache

Jodie Maurer

The shared responsibilities of coordinating an event had me overwhelmed. I found myself with mental commotion brought on by preoccupation with the personalities involved and trying to please others instead of listening for the guidance of God, divine Principle and Love. Overall, the event went well, but by an hour or two afterward, I was suffering from an intense headache. I called a Christian Science practitioner to pray for me.

That evening, after attending the weekly testimony meeting at my branch Church of Christ, Scientist, I was still ruminating over the interaction of personalities I'd experienced—and the intermittent headache was persistent. When I told the practitioner about my continued discomfort, he shared this passage with me from *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "You say that indigestion, fatigue, sleeplessness, cause distressed stomachs and aching heads. Then you consult your brain in order to remember what has hurt you, when your remedy lies in forgetting the whole thing; for matter has no sensation of its own, and the human mind is all that can produce pain" (pp. 165–166).

Obediently, I stopped rehearsing the event in my thoughts and ceased looking for causes of my discomfort in the interactions or judgments of people. I acknowledged that God is the only cause and that divine Principle, not human personality, governs all.

Before bed, I overcame the urge to escape my discomfort by watching TV. Instead, I pondered the readings from the testimony meeting, which included this statement from *Science and Health*: "The consciousness of Truth rests us more than hours of repose in unconsciousness" (p. 218). I knew that true rest comes from dwelling in Truth, God, not from idle activities or rehashing personal interactions.

The next morning, I awoke free from pain. When it began to resurface later in the day, I knew my remedy. I refused to mentally rehearse the activities related to the event and instead acknowledged the presence of God and the fact that divine Love was governing me, and all, and every aspect of our lives. I was soon completely free from the headache.

Mrs. Eddy counsels, "Principle, instead of person, is next to our hearts, on our lips, and in our lives" (*Miscellaneous Writings 1883–1896*, p. 135). We wisely follow this guidance as we rise above fixation on personalities and pray in order to align our affections and ambitions with divine Principle.

Jodie Maurer

Azusa, California, US

BACK TO BASICS

Morning prayer to Father-Mother

Emma Leslie

Help me see what You are showing.
Help me love the way You love.
Let Your light in me keep growing

through darkness; Your day is enough.

Let me live in Your attraction,
drawn to only Your pure song,
turned away from all distraction,
wakened and led home again.

Let us hear You in this moment,
whispering guidance in the path
that leads thought to our true at-one-ment
with You, peaceful in Your truth.

Lamar Smith, *San Antonio, Texas, US*

> Owen Thomas, “If your crush doesn’t like you back,” *Sentinel*, February 9, 2026

Thank you for this inspiring and insightful article. I’m sure it will help many others, both teens and non-teens. My mother used to say, “To have a friend, you need to be a friend,” thus showing love to others first.

Dilys Bell, *London, England*

Letters & Conversations

Kaye Patterson, Lamar Smith, Dilys Bell

> Mary Alice Rose, “We know what we know,” *Sentinel*, March 2, 2026

Thank you for this reminder of the importance of our duty to defend against “self-talk” or aggressive suggestions and to stay alert and not forget our healings. Thank you to Mary Alice and everyone at The Mother Church.

Kaye Patterson, *Houston, Texas, US*

> Inge Schmidt, “Prayer that heals divisiveness,” *Sentinel*, March 2, 2026

This article is an inspiring reminder of how to address the partisanship in today’s politics. The examples from the Bible and from the author’s own experience show how prayer can bring justice and harmony to a contentious situation. Thanks for so many good articles like this one in the *Sentinel*.

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