

Wednesday Readings  
Got Habits?

Bible (MSG unless noted)

II Corinthians 3:17-18 *when*

...when God is personally present, a living Spirit, that old, constricting legislation is recognized as obsolete. We're free of it! All of us! Nothing between us and God, our faces shining with the brightness of his face. And so we are transfigured much like the Messiah, our lives gradually becoming brighter and more beautiful as God enters our lives and we become like him.

...where the Spirit of the Lord *is*, there *is* liberty.

Galatians 5:1 (Phillips)

Plant your feet firmly therefore within the freedom that Christ has won for us, and do not let yourselves be caught again in the shackles of slavery.

Job 1:1 ( to 1<sup>st</sup> .), 2-5

Job was a man who lived in Uz.

He had seven sons and three daughters. He was also very wealthy—seven thousand head of sheep, three thousand camels, five hundred teams of oxen, five hundred donkeys, and a huge staff of servants—the most influential man in all the East!

His sons used to take turns hosting parties in their homes, always inviting their three sisters to join them in their merrymaking. When the parties were over, Job would get up early in the morning and sacrifice a burnt offering for each of his children, thinking, “Maybe one of them sinned by defying God inwardly.” Job made a habit of this sacrificial atonement, just in case they'd sinned.

2 Timothy 1:7 *God* (NKJV)

God has not given us a spirit of fear, but a spirit of power and love and a sound mind.

Acts 8:5-7 (to 1<sup>st</sup> .), 8-23 (to ;)

Going down to a Samaritan city, Philip proclaimed the Message of the Messiah. When the people heard what he had to say and saw the miracles,

the clear signs of God's action, they hung on his every word. Many who could neither stand nor walk were healed that day. And what joy in the city!

Previous to Philip's arrival, a certain Simon had practiced magic in the city, posing as a famous man and dazzling all the Samaritans with his wizardry. He had them all, from little children to old men, eating out of his hand. They all thought he had supernatural powers, and called him "the Great Wizard." He had been around a long time and everyone was more or less in awe of him.

But when Philip came to town announcing the news of God's kingdom and proclaiming the name of Jesus Christ, they forgot Simon and were baptized, becoming believers right and left! Even Simon himself believed and was baptized. From that moment he was like Philip's shadow, so fascinated with all the God-signs and miracles that he wouldn't leave Philip's side.

When the apostles in Jerusalem received the report that Samaria had accepted God's Message, they sent Peter and John down to pray for them to receive the Holy Spirit. Up to this point they had only been baptized in the name of the Master Jesus; the Holy Spirit hadn't yet fallen on them. Then the apostles laid their hands on them and they did receive the Holy Spirit.

When Simon saw that the apostles by merely laying on hands conferred the Spirit, he pulled out his money, excited, and said, "Sell me your secret! Show me how you did that! How much do you want? Name your price!"

Peter said, "To hell with your money! And you along with it. Why, that's unthinkable—trying to buy God's gift! You'll never be part of what God is doing by striking bargains and offering bribes. Change your ways—and now! Ask the Master to forgive you for trying to use God to make money. I can see this is an old habit with you;

Romans 8:5-7

Those who think they can do it on their own end up obsessed with measuring their own moral muscle but never get around to exercising it in real life. Those who trust God's action in them find that God's Spirit is in them—living and breathing God! Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life. Focusing on the self is the opposite of focusing on God. Anyone completely absorbed in self ignores God, ends up thinking more about self than God. That person ignores who God is and what he is doing.

Proverbs 23:7 *as* (to .) (NKJV)  
as he thinks in his heart, so *is* he.

Hebrews 5:11-14 (to practice)

I have a lot more to say about this, but it is hard to get it across to you since you've picked up this bad habit of not listening. By this time you ought to be teachers yourselves, yet here I find you need someone to sit down with you and go over the basics on God again, starting from square one—baby's milk, when you should have been on solid food long ago! Milk is for beginners, inexperienced in God's ways; solid food is for the mature, who have some practice...

James 1:19-22, 25 *if* (GNT)

Remember this, my dear friends! Everyone must be quick to listen, but slow to speak and slow to become angry. Human anger does not achieve God's righteous purpose. So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you.

Do not deceive yourselves by just listening to his word; instead, put it into practice. ...if you look closely into the perfect law that sets people free, and keep on paying attention to it and do not simply listen and then forget it, but put it into practice—you will be blessed by God in what you do.

John 5:2-9 (Phillips)

There is in Jerusalem near the sheep-gate a pool surrounded by five arches, which has the Hebrew name of Bethzatha (the Pool of Bethesda). Under these arches a great many sick people were in the habit of lying; some of them were blind, some lame, and some had withered limbs. (They used to wait there for the "moving of the water", for at certain times an angel used to come down into the pool and disturb the water, and then the first person who stepped into the water after the disturbance would be healed of whatever he was suffering from.) One particular man had been there ill for thirty-eight years. When Jesus saw him lying there on his back—knowing that he had been like that for a long time, he said to him, "Do you want to get well again?"

"Sir," replied the sick man, "I just haven't got anybody to put me into the pool when the water is all stirred up. While I'm trying to get there somebody

else gets down into it first.” “Get up,” said Jesus, “pick up your bed and walk!” At once the man recovered, picked up his bed and walked.

Romans 14:13, 15-19 (Phillips)

Let us therefore stop turning critical eyes on one another. If we must be critical, let us be critical of our own conduct and see that we do nothing to make a brother stumble or fall.

If your habit of unrestricted diet seriously upsets your brother, you are no longer living in love towards him. And surely you wouldn't let food mean ruin to a man for whom Christ died. You mustn't let something that is all right for you look like an evil practice to somebody else. After all, the kingdom of Heaven is not a matter of whether you get what you like to eat and drink, but of righteousness and peace and joy in the Holy Spirit. If you put these things first in serving Christ you will please God and are not likely to offend men. So let us concentrate on the things which make for harmony, and on the growth of one another's character.

Romans 12:1-2

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Romans 12:2 (NIV)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

1 Corinthians 7:23-24 *please*

...please don't, out of old habit, slip back into being or doing what everyone else tells you. Friends, stay where you were called to be. God is there. Hold the high ground with him at your side.

John 8:31

Then Jesus turned to the Jews who had claimed to believe in him. “If you stick with this, living out what I tell you, you are my disciples for sure. Then you will experience for yourselves the truth, and the truth will free you.”

## Science and Health with Key to the Scriptures

491:7-11

Material man is made up of involuntary and voluntary error, of a negative right and a positive wrong, the latter calling itself right. Man’s spiritual individuality is never wrong. It is the likeness of man’s Maker.

187:22

The divine Mind includes all action and volition, and man in Science is governed by this Mind. The human mind tries to classify action as voluntary and involuntary, and suffers from the attempt.

248:13-29

We are all sculptors, working at various forms, moulding and chiseling thought. What is the model before mortal mind? Is it imperfection, joy, sorrow, sin, suffering? Have you accepted the mortal model? Are you reproducing it? Do you not hear from all mankind of the imperfect model? The world is holding it before your gaze continually. The result is that you are liable to follow those lower patterns, limit your life-work, and adopt into your experience the angular outline and deformity of matter models.

To remedy this, we must first turn our gaze in the right direction, and then walk that way. We must form perfect models in thought and look at them continually, or we shall never carve them out in grand and noble lives.

194:17-32 (Power of Habit)

The authentic history of Kaspar Hauser is a useful hint as to the frailty and inadequacy of mortal mind. It proves beyond a doubt that education constitutes this so-called mind, and that, in turn, mortal mind manifests itself in the body by the false sense it imparts. Incarcerated in a dungeon, where neither sight nor sound could reach him, at the age of seventeen Kaspar was still a mental infant, crying and chattering with no more intelligence than a babe, and realizing Tennyson’s description: An infant crying in the night, An infant crying for the light, And with no language but a cry.

His case proves material sense to be but a belief formed by education alone.

195:2-6, 8

After the babbling boy had been taught to speak a few words, he asked to be taken back to his dungeon, and said that he should never be happy elsewhere. Outside of dismal darkness and cold silence he found no peace.

All that gives pleasure to our educated senses gave him pain through those very senses, trained in an opposite direction.

256:29-32

Finiteness cannot present the idea or the vastness of infinity. A mind originating from a finite or material source must be limited and finite.

297:24-28, 32 only

Human thoughts have their degrees of comparison. Some thoughts are better than others. A belief in Truth is better than a belief in error, but no mortal testimony is founded on the divine rock.

A mortal belief fulfils its own conditions.

143:20-21

Controlled by this belief, you continue in the old routine.

255:12-14

In league with material sense, mortals take limited views of all things.

256:1-5

The finite must yield to the infinite. Advancing to a higher plane of action, thought rises from the material sense to the spiritual, from the scholastic to the inspirational, and from the mortal to the immortal.

258:25-27, 31-1

Mortals have a very imperfect sense of the spiritual man and of the infinite range of his thought.

Through spiritual sense you can discern the heart of divinity, and thus begin to comprehend in Science the generic term *man*.

259:6

In divine Science, man is the true image of God. The divine nature was best expressed in Christ Jesus, who threw upon mortals the truer reflection of God and lifted their lives higher than their poor thought-models would allow, - thoughts which presented man as fallen, sick, sinning, and dying. The Christlike understanding of scientific being and divine healing includes a perfect Principle and idea, - perfect God and perfect man, - as the basis of thought and demonstration.

26:10-14

The Christ was the Spirit which Jesus implied in his own statements: "I am the way, the truth, and the life;" "I and my Father are one." This Christ, or divinity of the man Jesus, was his divine nature, the godliness which animated him.

329:26-2 *If*

If men understood their real spiritual source to be all blessedness, they would struggle for recourse to the spiritual and be at peace; but the deeper the error into which mortal mind is plunged, the more intense the opposition to spirituality, till error yields to Truth.

Human resistance to divine Science weakens in proportion as mortals give up error for Truth and the understanding of being supersedes mere belief.

284:4

If God were limited to man or matter, or if the infinite could be circumscribed within the finite, God would be corporeal, and unlimited Mind would seem to spring from a limited body; but this is an impossibility. Infinite Mind can have no starting-point, and can return to no limit. It can never be in bonds, nor be fully manifested through corporeality.

466:13

Truth is limitless; error is limited. Truth is intelligent; error is non-intelligent. Moreover, Truth is real, and error is unreal. This last statement contains the point you will most reluctantly admit, although first and last it is the most important to understand.

216:11-16

The understanding that the Ego is Mind, and that there is but one Mind or intelligence, begins at once to destroy the errors of mortal sense and to

supply the truth of immortal sense. This understanding makes the body harmonious; it makes the nerves, bones, brain, etc., servants, instead of masters.

76:18-26

Suffering, sinning, dying beliefs are unreal. When divine Science is universally understood, they will have no power over man, for man is immortal and lives by divine authority.

The sinless joy, - the perfect harmony and immortality of Life, possessing unlimited divine beauty and goodness without a single bodily pleasure or pain, - constitutes the only veritable, indestructible man, whose being is spiritual.

239:16-32

To ascertain our progress, we must learn where our affections are placed and whom we acknowledge and obey as God. If divine Love is becoming nearer, dearer, and more real to us, matter is then submitting to Spirit. The objects we pursue and the spirit we manifest reveal our standpoint, and show what we are winning.

Mortal mind is the acknowledged seat of human motives. It forms material concepts and produces every discordant action of the body. If action proceeds from the divine Mind, action is harmonious. If it comes from erring mortal mind, it is discordant and ends in sin, sickness, death. Those two opposite sources never mingle in fount or stream. The perfect Mind sends forth perfection, for God is Mind. Imperfect mortal mind sends forth its own resemblances, of which the wise man said, "All is vanity."

125:12-16

As human thought changes from one stage to another of conscious pain and painlessness, sorrow and joy, - from fear to hope and from faith to understanding, the visible manifestation will at last be man governed by Soul, not by material sense.

407:11

Here Christian Science is the sovereign panacea, giving strength to the weakness of mortal mind, strength from the immortal and omnipotent Mind, and lifting humanity above itself into purer desires, even into spiritual power and good-will to man.



323:28-5

The effects of Christian Science are not so much seen as felt. It is the “still, small voice” of Truth uttering itself. We are either turning away from this utterance, or we are listening to it and going up higher. Willingness to become as a little child and to leave the old for the new, renders thought receptive of the advanced idea. Gladness to leave the false landmarks and joy to see them disappear, - this disposition helps to precipitate the ultimate harmony. The purification of sense and self is a proof of progress.