

Wednesday Readings  
Look to Spirit Not Body for Well-Being  
Bible (ESV unless noted)

Exodus 20:4-5 (to 2<sup>nd</sup> them)

You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them...

John 4:23 *the*

...the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him.

Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

1 Corinthians 6:19 *do*

...do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own...

John 9:1-3, 6-7 (MSG)

Walking down the street, Jesus saw a man blind from birth. His disciples asked, "Rabbi, who sinned: this man or his parents, causing him to be born blind?" Jesus said, "You're asking the wrong question. You're looking for someone to blame. There is no such cause-effect here. Look instead for what God can do.

He said this and then spit in the dust, made a clay paste with the saliva, rubbed the paste on the blind man's eyes, and said, "Go, wash at the Pool of Siloam" (Siloam means "Sent"). The man went and washed—and saw.

Matthew 14:22 (to side), 23-26 (to terrified) 27-32

Immediately he made the disciples get into the boat and go before him to the other side...

When evening came, he was there alone, but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified... But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid."

And Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased.

Psalm 23:4 (to me), 5 (to enemies)

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; You prepare a table before me in the presence of my enemies;

Psalm 139:7-12 (to day) (NKJV)

Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You *are* there; If I make my bed in hell, behold, You *are there*. *If* I take the wings of the morning, *And* dwell in the uttermost parts of the sea, Even there Your hand shall lead me, And Your right hand shall hold me. If I say, "Surely the darkness shall fall on me," Even the night shall be light about me; Indeed, the darkness shall not hide from You, But the night shines as the day;

Matthew 6:19-20, 24 (to other)

"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.

"No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other.

1 Timothy 4:7-8 *train* (to way)

...train yourself for godliness; for while bodily training is of some value, godliness is of value in every way...

1 Corinthians 9:24-27 (MSG)

Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Galatians 5:7, 10 (to view), 13 (to flesh), 16-18, 25

You were running well. Who hindered you from obeying the truth? I have confidence in the Lord that you will take no other view... For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh...

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law.

If we live by the Spirit, let us also keep in step with the Spirit.

2 Corinthians 5:4-8 *while*

...while we are still in this tent, we groan, being burdened—not that we would be unclothed, but that we would be further clothed, so that what is mortal may be swallowed up by life. He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee.

So we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yes, we are of good courage, and we would rather be away from the body and at home with the Lord.

2 Corinthians 3:18 (NIV)

And we all, who with unveiled faces reflect the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Science and Health with Key to the Scriptures and Prose Works  
by Mary Baker Eddy

120:15-19

Health is not a condition of matter, but of Mind; nor can the material senses bear reliable testimony on the subject of health. The Science of Mind-healing shows it to be impossible for aught but Mind to testify truly or to exhibit the real status of man.

248:13-16, 17-18

We are all sculptors, working at various forms, moulding and chiseling thought. What is the model before mortal mind? Have you accepted the mortal model? Are you reproducing it?

154:24

That mother is not a Christian Scientist, and her affections need better guidance, who says to her child: "You look sick," "You look tired," ...

223:3

Sooner or later we shall learn that the fetters of man's finite capacity are forged by the illusion that he lives in body instead of in Soul, in matter instead of in Spirit.

248:25-29

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.

40:1-2

Remove error from thought, and it will not appear in effect.

Mis. 14:2-5 (to facts)

Divest your thought, then, of the mortal and material view which contradicts the ever-presence and all-power of good; take in only the immortal facts...

Mis. 66:20 *look*

... look not at the things which are seen, but at the things which are not seen."

293:6

Matter and mortal mind are but different strata of human belief. The grosser substratum is named matter or body; the more ethereal is called mind. This so-called mind and body is the illusion called a mortal, a mind in matter. In reality and in Science, both strata, mortal mind and mortal body, are false representatives of man.

260:24-13

Selfishness and sensualism are educated in mortal mind by the thoughts ever recurring to one's self, by conversation about the body, and by the expectation of perpetual pleasure or pain from it; and this education is at the expense of spiritual growth. If we array thought in mortal vestures, it must lose its immortal nature.

If we look to the body for pleasure, we find pain; for Life, we find death; for Truth, we find error; for Spirit, we find its opposite, matter. Now reverse this action. Look away from the body into Truth and Love, the Principle of all happiness, harmony, and immortality. Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts. The effect of mortal mind on health and happiness is seen in this: If one turns away from the body with such absorbed interest as to forget it, the body experiences no pain.

166:15-16

The erring human mind is inharmonious in itself. From it arises the inharmonious body.

261:21-24

Detach sense from the body, or matter, which is only a form of human belief, and you may learn the meaning of God, or good, and the nature of the immutable and immortal.

262:9

We cannot fathom the nature and quality of God's creation by diving into the shallows of mortal belief. We must reverse our feeble flutterings — our efforts to find life and truth in matter — and rise above the testimony of the material senses, above the mortal to the immortal idea of God. These clearer, higher views inspire the God-like man to reach the absolute centre and circumference of his being.

216:26-1

When you say, "Man's body is material," I say with Paul: Be "willing rather to be absent from the body, and to be present with the Lord." Give up your material belief of mind in matter, and have but one Mind, even God; for this Mind forms its own likeness.

151:26-28

All that really exists is the divine Mind and its idea, and in this Mind the entire being is found harmonious and eternal.

521:12-15 (to creation)

The harmony and immortality of man are intact. We should look away from the opposite supposition that man is created materially, and turn our gaze to the spiritual record of creation...

Mis. 469:31

To one who can accept the truth that all causation is in Mind, and who therefore begins to look away from matter and into Mind, or Spirit, for all that is real and eternal, and for all that produces anything that is lasting, the doubts and petty annoyances of life become dissolved in the light of a better understanding, which has been refined in the crucible of charity and love; and they fade away into the nothingness from whence they came, never having had any existence in fact, being only the inventions of erring human belief.

21:9-11 (to direction)

If the disciple is advancing spiritually, he is striving to enter in. He constantly turns away from material sense, and looks towards the imperishable things of Spirit. If honest, he will be in earnest from the start, and gain a little each day in the right direction...

129:22-24

We must look deep into realism instead of accepting only the outward sense of things.

264:3-10

The crude creations of mortal thought must finally give place to the glorious forms which we sometimes behold in the camera of divine Mind, when the mental picture is spiritual and eternal. Mortals must look beyond fading,

finite forms, if they would gain the true sense of things. Where shall the gaze rest but in the unsearchable realm of Mind?

14:1-6, 12-16, 19-22 *He*

If we are sensibly with the body and regard omnipotence as a corporeal, material person, whose ear we would gain, we are not “absent from the body” and “present with the Lord” in the demonstration of Spirit. We cannot “serve two masters.”

Become conscious for a single moment that Life and intelligence are purely spiritual, — neither in nor of matter, — and the body will then utter no complaints. If suffering from a belief in sickness, you will find yourself suddenly well.

“He that believeth on me, the works that I do shall he do also; . . . because I go unto my Father,” — [because the Ego is absent from the body, and present with Truth and Love.]