

Wednesday Readings  
Stillness  
ESV (unless noted)

Psalm 23:1-3 (to soul)

The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.

Lamentations 3:28-30, 32-33 His (MSG)

When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don't ask questions: Wait for hope to appear. Don't run from trouble. Take it full-face. The "worst" is never the worst.

His stockpiles of loyal love are immense. He takes no pleasure in making life hard, in throwing roadblocks in the way:

1 Kings 19:11-12 *A* (MSG)

A hurricane wind ripped through the mountains and shattered the rocks before GOD, but GOD wasn't to be found in the wind; after the wind an earthquake, but GOD wasn't in the earthquake; and after the earthquake fire, but GOD wasn't in the fire; and after the fire a gentle and quiet whisper.

Matthew 6:3-5 (to 1<sup>st</sup>.), 6-8 (MSG)

When you help someone out, don't think about how it looks. Just do it—quietly and unobtrusively. That is the way your God, who conceived you in love, working behind the scenes, helps you out.

And when you come before God, don't turn that into a theatrical production either.

"Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

This is your Father you are dealing with, and he knows better than you what you need. With a God like this loving you, you can pray very simply.

Job 22:21 *acquaint*

...acquaint yourself with Him, and be at peace; Thereby good will come to you.

Mark 9:17-20 (to him.), 22-23 *If* (to believers) (MSG), 25 *when*, 27-27 *Jesus* (ESV)

A man out of the crowd answered, "Teacher, I brought my mute son, made speechless by a demon, to you. Whenever it seizes him, it throws him to the ground. He foams at the mouth, grinds his teeth, and goes stiff as a board. I told your disciples, hoping they could deliver him, but they couldn't."

Jesus said, "What a generation! No sense of God! How many times do I have to go over these things? Bring the boy here." They brought him.

...when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You mute and deaf spirit, I command you, come out of him and never enter him again."

Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer."

Luke 5:16 *He* (NKJV)

He Himself *often* withdrew into the wilderness and prayed.

Matthew 14:22 *Jesus* (NKJV), 23-31 *he* (MSG)

Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away.

With the crowd dispersed, he climbed the mountain so he could be by himself and pray. He stayed there alone, late into the night.

Meanwhile, the boat was far out to sea when the wind came up against them and they were battered by the waves. At about four o'clock in the morning, Jesus came toward them walking on the water. They were scared out of their wits. But Jesus was quick to comfort them. "Courage, it's me. Don't be afraid." Peter, suddenly bold, said, "Master, if it's really you, call me to come to you on the water." He said, "Come ahead."

Jumping out of the boat, Peter walked on the water to Jesus. But when he looked down at the waves churning beneath his feet, he lost his nerve and started to sink. He cried, "Master, save me!"

Jesus didn't hesitate. He reached down and grabbed his hand. Then he said, "Faint-heart, what got into you?"

John 14:23 If (NKJV), 27 (ESV)

“If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Proverbs 3:5-8

Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the LORD, and turn away from evil. It will be healing to your flesh and refreshment to your bones.

1 Corinthians 2:9-10 *1<sup>st</sup> What*, 12

What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him”—these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.

Isaiah 32: 17 the

...the effect of righteousness will be peace, and the result of righteousness, quietness and trust forever.

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

89:20-21

Spirit, God, is heard when the senses are silent.

4:27-30

Audible prayer can never do the works of spiritual understanding, which regenerates; but silent prayer, watchfulness, and devout obedience enable us to follow Jesus' example.

14:31-6

“When thou prayest, enter into thy closet, and, when thou hast shut thy door, pray to thy Father which is in secret; and thy Father, which seeth in secret, shall reward thee openly.”

So spake Jesus. The closet typifies the sanctuary of Spirit, the door of which shuts out sinful sense but lets in Truth, Life, and Love. Closed to error, it is open to Truth, and *vice versa*.

13:16

If we cherish the desire honestly and silently and humbly, God will bless it, and we shall incur less risk of overwhelming our real wishes with a torrent of words.

67:18-23

The notion that animal natures can possibly give force to character is too absurd for consideration, when we remember that through spiritual ascendancy our Lord and Master healed the sick, raised the dead, and commanded even the winds and waves to obey him.

288:14

The lightnings and thunderbolts of error may burst and flash till the cloud is cleared and the tumult dies away in the distance. Then the raindrops of divinity refresh the earth. As St. Paul says: “There remaineth therefore a rest to the people of God” (of Spirit).

306:25

Undisturbed amid the jarring testimony of the material senses, Science, still enthroned, is unfolding to mortals the immutable, harmonious, divine Principle, — is unfolding Life and the universe, ever present and eternal.

64:30

Spirit will ultimately claim its own, — all that really is, — and the voices of physical sense will be forever hushed.

318:9-13

The material senses originate and support all that is material, untrue, selfish, or debased. They would put soul into soil, life into limbo, and doom all things to decay. We must silence this lie of material sense with the truth of spiritual sense.

15:9

To enter into the heart of prayer, the door of the erring senses must be closed. Lips must be mute and materialism silent, that man may have audience with Spirit, the divine Principle, Love, which destroys all error.

3:17-20

How empty are our conceptions of Deity! We admit theoretically that God is good, omnipotent, omnipresent, infinite, and then we try to give information to this infinite Mind.

No. 1:9 men

...men, when thrilled by a new idea, are sometimes impatient; and, when public sentiment is aroused, are liable to be borne on by the current of feeling. They should then turn temporarily from the tumult, for the silent cultivation of the true idea and the quiet practice of its virtues. When the noise and stir of contending sentiments cease, and the flames die away on the mount of revelation, we can read more clearly the tablets of Truth.

My. 246:11

In the year 1889, to gain a higher hope for the race, I closed my College in the midst of unprecedented prosperity, left Boston, and sought in solitude and silence a higher understanding of the absolute scientific unity which must exist between the teaching and letter of Christianity and the spirit of Christianity, dwelling forever in the divine Mind or Principle of man's being and revealed through the human character.

367:24

The infinite Truth of the Christ-cure has come to this age through a "still, small voice," through silent utterances and divine anointing which quicken and increase the beneficial effects of Christianity. I long to see the consummation of my hope, namely, the student's higher attainments in this line of light.

445:19-21

Christian Science silences human will, quiets fear with Truth and Love, and illustrates the unlabored motion of the divine energy in healing the sick.

162:5-7, 9

Christian Science acts as an alterative, neutralizing error with Truth. The effect of this Science is to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind.

Ret: 93:13

The best spiritual type of Christly method for uplifting human thought and imparting divine Truth, is stationary power, stillness, and strength; and when this spiritual ideal is made our own, it becomes the model for human action.

224:22-26 (to meekness)

A higher and more practical Christianity, demonstrating justice and meeting the needs of mortals in sickness and in health, stands at the door of this age, knocking for admission. Will you open or close the door upon this angel visitant, who cometh in the quiet of meekness...

506:11-12

The calm and exalted thought or spiritual apprehension is at peace. Thus the dawn of ideas goes on, forming each successive stage of progress.

Mis 124:12-21 *who* (to praise)

“who is so great a God as our God!” unchangeable, all-wise, all-just, all-merciful; the ever-loving, ever-living Life, Truth, Love: comforting such as mourn, opening the prison doors to the captive, marking the unwinged bird, pitying with more than a father’s pity; healing the sick, cleansing the leper, raising the dead, saving sinners. As we think thereon, man’s true sense is filled with peace, and power; and we say, It is well that Christian Science has taken expressive silence wherein to muse His praise...

45:16

Glory be to God, and peace to the struggling hearts! Christ hath rolled away the stone from the door of human hope and faith, and through the revelation and demonstration of life in God, hath elevated them to possible at-one-ment with the spiritual idea of man and his divine Principle, Love.

106:27 1<sup>st</sup> the

...the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”