

AGING WITH GRACE, INTELLIGENCE & AGILITY OF MIND AND BODY

THE BIBLE

Ecc1 3:14-15

I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it: and God doeth it, that men should fear before him. That which hath been is now; and that which is to be hath already been; and God requireth that which is past.

John 8:12-16, 31-33, 38, 51, 53, 56 -59

¶Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life. The Pharisees therefore said unto him, Thou bearest record of thyself; thy record is not true. Jesus answered and said unto them, Though I bear record of myself, yet my record is true; for I know whence I came, and whither I go; but ye cannot tell whence I come, and whither I go. Ye judge after the flesh; I judge no man. And yet if I judge, my judgment is true: for I am not alone, but I and the Father that sent me.

Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free. ¶They answered him, We be Abraham's seed, and were never in bondage to any man: how sayest thou, Ye shall be made free?

I speak that which I have seen with my Father: and ye do that which ye have seen with your father.

Verily, verily, I say unto you, If a man keep my saying, he shall never see death.

Art thou greater than our father Abraham, which is dead? and the prophets are dead: whom makest thou thyself?

Your father Abraham rejoiced to see my day: and he saw it, and was glad. Then said the Jews unto him, Thou art not yet fifty years old, and hast thou seen Abraham? Jesus said unto them, Verily, verily, I say unto you, Before Abraham was, I am. Then took they up stones to cast at him: but Jesus hid himself, and went out of the temple, going through the midst of them, and so passed by.

Deut 34:7

¶And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.

Josh. 14:6-11, 14

¶Then the children of Judah came unto Joshua in Gilgal: and Caleb the son of Jephunneh the Kenezite said unto him, Thou knowest the thing that the Lord said unto Moses the man of God concerning me and thee in Kadesh-barnea. Forty years old was I when Moses the servant of the Lord sent me from Kadesh-barnea to espy out the land; and I brought him word again as it was in mine heart. Nevertheless my brethren that went up with me made the heart of the people melt: but I wholly followed the Lord my God. And Moses sware on that day, saying, Surely the land whereon thy feet have trodden shall be thine inheritance, and thy children's for ever, because thou hast wholly followed the Lord my God. And now, behold, the Lord hath kept me alive, as he said, these forty and five years, even since the Lord spake this word unto Moses, while the children of Israel wandered in the wilderness: and now, lo, I am this day fourscore and five years old. As yet I am as strong this day as I was in the day that Moses sent me: as my strength was then, even so is my strength now, for war, both to go out, and to come in.

Hebron therefore became the inheritance of Caleb the son of Jephunneh the Kenezite unto this day, because that he wholly followed the Lord God of Israel.

Job 11:17

And thine age shall be clearer than the noonday; thou shalt shine forth, thou shalt be as the morning.

Ps 92:13-14

Those that be planted in the house of the Lord shall flourish in the courts of our God. They shall still bring forth fruit in old age; they shall be fat and flourishing;

Mark 4:28

For the earth bringeth forth fruit of herself; first the blade, then the ear, after that the full corn in the ear.

SCIENCE AND HEALTH

244:23-24

Man in Science is neither young nor old. He has neither birth nor death.

SH 245:1-17, 21-31

The error of thinking that we are growing old, and the benefits of destroying that illusion, are illustrated in a sketch from the history of an English woman, published in the London medical magazine called The Lancet.

Disappointed in love in her early years, she became insane and lost all account of time. Believing that she was still living in the same hour which parted her from her lover, taking no note of years, she stood daily before the window watching for her lover's coming. In this mental state she remained young. Having no consciousness of time, she literally grew no older. Some American travellers saw her when she was seventy-four, and supposed her to be a young woman. She had no care-lined face, no wrinkles nor gray hair, but youth sat gently on cheek and brow. Asked to guess her age, those unacquainted with her history conjectured that she must be under twenty.

Years had not made her old, because she had taken no cognizance of passing time nor thought of herself as growing old. The bodily results of her belief that she was young manifested the influence of such a belief. She could not age while believing herself young, for the mental state governed the physical.

Impossibilities never occur. One instance like the foregoing proves it possible to be young at seventy-four; and the primary of that illustration makes it plain that decrepitude is not according to law, nor is it a necessity of nature, but an illusion

258:9

Man is more than a material form with a mind inside, which must escape from its environments in order to be immortal. Man reflects infinity, and this reflection is the true idea of God.

90:24-25

The admission to one's self that man is God's own likeness sets man free to master the infinite idea.

468:9-11 There, 14 and

There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all.

and man is His image and likeness. Therefore man is not material; he is spiritual.

595:17-19 (to 3rd ;)

Time. Mortal measurements; limits, in which are summed up all human acts, thoughts, beliefs, opinions, knowledge; matter; error;

246:10

The measurement of life by solar years robs youth and gives ugliness to age. The radiant sun of virtue and truth coexists with being. Manhood is its eternal noon, undimmed by a declining sun. As the physical and material, the transient sense of beauty fades, the radiance of Spirit should dawn upon the enraptured sense with bright and imperishable glories.

584:4

The objects of time and sense disappear in the illumination of spiritual understanding, and Mind measures time according to the good that is unfolded. This unfolding is God's day, and "there shall be no night there."

468:28-29

Eternity, not time, expresses the thought of Life, and time is no part of eternity.

258:13-15

God expresses in man the infinite idea forever developing itself, broadening and rising higher and higher from a boundless basis.

586:1

Evening. Mistiness of mortal thought; weariness of mortal mind; obscured views; peace and rest.

248:12-32

The sculptor turns from the marble to his model in order to perfect his conception. 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? Then you are haunted in your work by vicious sculptors and hideous forms. 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. Let unselfishness, goodness, mercy, justice, health, holiness, love — the kingdom of heaven — reign within us, and sin, disease, and death will diminish until they finally disappear.

247:13

Immortality, exempt from age or decay, has a glory of its own, — the radiance of Soul. Immortal men and women are models of spiritual sense, drawn by perfect Mind and reflecting those higher conceptions of loveliness which transcend all material sense.

227:21

Christian Science raises the standard of liberty and cries: "Follow me! Escape from the bondage of sickness, sin, and death!" Jesus marked out the way. Citizens of the world, accept the "glorious liberty of the children of God," and be free! This is your divine right. The illusion of material

sense, not divine law, has bound you, entangled your free limbs, crippled your capacities, enfeebled your body, and defaced the tablet of your being.

419:16 (only)

Meet every adverse circumstance as its master.

247:31

The recipe for beauty is to have less illusion and more Soul, to retreat from the belief of pain or pleasure in the body into the unchanging calm and glorious freedom of spiritual harmony.

516:12-13

Love, redolent with unselfishness, bathes all in beauty and light.

254:12

Imperfect mortals grasp the ultimate of spiritual perfection slowly; but to *begin* aright and to continue the strife of demonstrating the great problem of being, is doing much.

598:23-24

One moment of divine consciousness, or the spiritual understanding of Life and Love, is a foretaste of eternity.

HYMNS

Hymn 166

Know, O child, thy full salvation;
Rise o'er sin and fear and care;
Joy to find, in every station,
Something still to do, or bear.

Think what spirit dwells within thee;
Think what Father's smiles are thine;
Think what Jesus did to win thee;
Child of heaven, can'st thou repine?

Haste thee on from grace to glory,
Armed with faith and winged with prayer;
Heaven's eternal day before thee,
God's own hand shall guide thee there.

So fulfill thy holy mission,
Swift shall pass thy pilgrim-days,
Hope shall change to glad fruition,
Faith to sight and prayer to praise.

Hymn 51

Eternal Mind the Potter is,
And thought th' eternal clay:
The hand that fashions is divine,
His works pass not away.
Man is the noblest work of God,
His beauty, power and grace,
Immortal; perfect as his Mind
Reflected face to face.

God could not make imperfect man
His model infinite;
Unhallowed thought He could not plan,
Love's work and Love must fit.
Life, Truth and Love the pattern make,
Christ is the perfect heir;
The clouds of sense roll back, and show
The form divinely fair.

God's will is done; His kingdom come;
The Potter's work is plain.
The longing to be good and true
Has brought the light again.
And man does stand as God's own child,
The image of His love.
Let gladness ring from every tongue,
And heaven and earth approve.

Hymn 23

Blest Christmas morn, though murky clouds
Pursue thy way,
Thy light was born where storm enshrouds
Nor dawn nor day!

Dear Christ, forever here and near,
No cradle song,
No natal hour and mother's tear,
To thee belong.

Thou God-idea, Life-encrowned,
The Bethlehem babe —
Beloved, replete, by flesh embound —
Was but thy shade!

Thou gentle beam of living Love,
And deathless Life!
Truth infinite, — so far above
All mortal strife,

Or cruel creed, or earth-born taint:
Fill us today
With all thou art — be thou our saint,
Our stay, always.