

## IS IT OK TO COAST?

### THE BIBLE

#### **Rev. 3:16-19 because**

because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth. Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see. As many as I love, I rebuke and chasten: be zealous therefore, and repent.

#### **I Pet. 5:8**

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

#### **Luke 12:16-21**

And he spake a parable unto them, saying, The ground of a certain rich man brought forth plentifully: And he thought within himself, saying, What shall I do, because I have no room where to bestow my fruits? And he said, This will I do: I will pull down my barns, and build greater; and there will I bestow all my fruits and my goods. And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry. But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided? So is he that layeth up treasure for himself, and is not rich toward God.

#### **Prov. 19:15**

Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger.

#### **James 1:23-25**

For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was. But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

#### **Mark 13:34-37 1st the**

the Son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch. Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning: Lest coming suddenly he find you sleeping. And what I say unto you I say unto all, Watch.

#### **Matt. 25:1-13 1st the**

the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom. And five of them were wise, and five were foolish. They that were foolish took their lamps, and took no oil with them: But the wise took oil in their vessels with their lamps. While the bridegroom tarried, they all slumbered and slept. And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him. Then all those virgins arose, and trimmed their lamps. And the foolish said unto the wise, Give us of your oil; for our lamps are gone out. But the wise answered, saying, Not so; lest there be not enough for us and you: but go

ye rather to them that sell, and buy for yourselves. And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage: and the door was shut. Afterward came also the other virgins, saying, Lord, Lord, open to us. But he answered and said, Verily I say unto you, I know you not. Watch therefore, for ye know neither the day nor the hour wherein the Son of man cometh.

#### **Prov. 6:6-11**

¶Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest. How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth, and thy want as an armed man.

#### **Ps. 31:23**

O love the Lord, all ye his saints: for the Lord preserveth the faithful, and plentifully rewardeth the proud doer.

#### **Matt. 26:36-45**

¶Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me. And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt. And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour? Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak. He went away again the second time, and prayed, saying, O my Father, if this cup may not pass away from me, except I drink it, thy will be done. And he came and found them asleep again: for their eyes were heavy. And he left them, and went away again, and prayed the third time, saying the same words. Then cometh he to his disciples, and saith unto them, Sleep on now, and take your rest: behold, the hour is at hand, and the Son of man is betrayed into the hands of sinners.

#### **I Thess. 5:5-10 ye, 17**

Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness. Therefore let us not sleep, as do others; but let us watch and be sober. For they that sleep sleep in the night; and they that be drunken are drunken in the night. But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation. For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ, Who died for us, that, whether we wake or sleep, we should live together with him.

Pray without ceasing.

### SCIENCE & HEALTH

#### **SH 47:31**

During his night of gloom and glory in the garden, Jesus realized the utter error of a belief in any possible material intelligence. The pangs of neglect and the staves of bigoted ignorance smote him sorely. His students slept. He said unto them: "Could ye not watch with me one hour?" Could they not watch with him who, waiting and struggling in voiceless agony, held uncomplaining guard over a world? There was no response to that human

yearning, and so Jesus turned forever away from earth to heaven, from sense to Soul.

**SH 19:17**

Every pang of repentance and suffering, every effort for reform, every good thought and deed, will help us to understand Jesus' atonement for sin and aid its efficacy; but if the sinner continues to pray and repent, sin and be sorry, he has little part in the atonement, — in the *at-one-ment* with God, — for he lacks the practical repentance, which reforms the heart and enables man to do the will of wisdom. Those who cannot demonstrate, at least in part, the divine Principle of the teachings and practice of our Master have no part in God. If living in disobedience to Him, we ought to feel no security, although God is good.

**SH 4:3, 17-24 (to ;)**

What we most need is the prayer of fervent desire for growth in grace, expressed in patience, meekness, love, and good deeds. To keep the commandments of our Master and follow his example, is our proper debt to him and the only worthy evidence of our gratitude for all that he has done. Outward worship is not of itself sufficient to express loyal and heartfelt gratitude, since he has said: "If ye love me, keep my commandments."

Simply asking that we may love God will never make us love Him; but the longing to be better and holier, expressed in daily watchfulness and in striving to assimilate more of the divine character, will mould and fashion us anew, until we awake in His likeness. We reach the Science of Christianity through demonstration of the divine nature;

**SH 367:17**

A Christian Scientist occupies the place at this period of which Jesus spoke to his disciples, when he said: "Ye are the salt of the earth." "Ye are the light of the world. A city that is set on an hill cannot be hid." Let us watch, work, and pray that this salt lose not its saltness, and that this light be not hid, but radiate and glow into noontide glory.

**SH 15:20**

We must "pray without ceasing." Such prayer is answered, in so far as we put our desires into practice. The Master's injunction is, that we pray in secret and let our lives attest our sincerity.

**SH 58:24-28**

Said the peasant bride to her lover: "Two eat no more together than they eat separately." This is a hint that a wife ought not to court vulgar extravagance or stupid ease, because another supplies her wants.

**SH 249:24-25**

Sleep and apathy are phases of the dream that life, substance, and intelligence are material.

**SH 324:13**

Be watchful, sober, and vigilant. The way is straight and narrow, which leads to the understanding that God is the only Life. It is a warfare with the flesh, in which we must conquer sin, sickness, and death, either here or hereafter, — certainly before we can reach the goal of Spirit, or life in God.

**SH 327:29-328:2**

Reason is the most active human faculty. Let that inform the sentiments and awaken the man's dormant sense of moral obligation, and by degrees

he will learn the nothingness of the pleasures of human sense and the grandeur and bliss of a spiritual sense, which silences the material or corporeal.

**SH 519:25**

God rests in action. Imparting has not impoverished, can never impoverish, the divine Mind. No exhaustion follows the action of this Mind, according to the apprehension of divine Science. The highest and sweetest rest, even from a human standpoint, is in holy work.

**SH 497:24 And**

And we solemnly promise to watch, and pray for that Mind to be in us which was also in Christ Jesus; to do unto others as we would have them do unto us; and to be merciful, just, and pure.

**HYMNS**

**Hymn 82**

God is working His purpose out  
As year succeeds to year,  
God is working His purpose out  
And the time is drawing near;  
Nearer and nearer draws the time,  
The time that shall surely be,  
When the earth shall be filled with  
the glory of God  
As the waters cover the sea.

What can we do to work God's work,  
To prosper and increase  
The brotherhood of all mankind,  
The reign of the Prince of Peace?  
What can we do to hasten the time,  
The time that shall surely be,  
When the earth shall be filled with  
the glory of God  
As the waters cover the sea?

March we forth in the strength of God  
With the banner of Christ unfurled,  
That the light of the glorious Gospel of truth  
May shine throughout the world;  
Fight we the fight with sorrow and sin,  
To set their captives free,  
That the earth may be filled with  
the glory of God  
As the waters cover the sea.

**Hymn 183**

Make haste, O man, to do  
Whatever must be done;  
Thou hast no time to lose in sloth,  
When all to Truth must come.

The useful and the great,  
The thing that never dies,

The silent toil that is not lost, —  
Set these before thine eyes.

Up, face the task and work;  
Fling ease and self away;  
This is no time for thee to sleep;  
Up, watch, and work, and pray.

**Hymn 356**

To Thee, O God, we bring our adoration,  
To Love divine, in whom we live and move;  
For Thou hast shown to us our perfect selfhood  
In Thy loved Son, whom Jesus came to prove.

We are Thy children, Thou our Father-Mother,  
And we would ever follow Thy behest:  
Help us to understand Thy holy counsel,  
For in obedience lies our active rest.

We, now redeemed through Love, return to Zion,  
Singing to Thee our deeply grateful praise;  
For we are Christ's, and Christ is Thine, O Father:  
His joy remains in us through endless days.