

**REPLACE ANGER WITH CALM AND KINDNESS**

**THE BIBLE**

**Gen 4:3-5 Cain, 8-9 and it came, 16 (to ,)**

Cain brought of the fruit of the ground an offering unto the Lord. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the Lord had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.

and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him. ¶And the Lord said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper? ¶And Cain went out from the presence of the Lord,

**Mal. 2:10**

Have we not all one father? hath not one God created us? why do we deal treacherously every man against his brother, by profaning the covenant of our fathers?

**Matt. 5:38-48**

¶Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also. And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn not thou away. ¶Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so? Be ye therefore perfect, even as your Father which is in heaven is perfect.

**Matt. 5:21-25, 9**

¶Ye have heard that it was said by them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment: But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire. Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath aught against thee; Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift. Agree with thine adversary quickly, whiles thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison. Blessed are the peacemakers: for they shall be called the children of God.

**I Kings 19:9-12**

¶And he came thither unto a cave, and lodged there; and, behold, the word of the Lord came to him, and he said unto him, What doest thou here, Elijah? And he said, I have been very jealous for the Lord God of hosts: for the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away. And he said, Go forth, and

stand upon the mount before the Lord. And, behold, the Lord passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake: And after the earthquake a fire; but the Lord was not in the fire: and after the fire a still small voice.

**Mark 4:36-39**

And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships. And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

**Luke 22:47-51 while**

while he yet spake, behold a multitude, and he that was called Judas, one of the twelve, went before them, and drew near unto Jesus to kiss him. But Jesus said unto him, Judas, betrayest thou the Son of man with a kiss? When they which were about him saw what would follow, they said unto him, Lord, shall we smite with the sword? ¶And one of them smote the servant of the high priest, and cut off his right ear. And Jesus answered and said, Suffer ye thus far. And he touched his ear, and healed him.

**Luke 23:33-34 (to 1st .)**

And when they were come to the place, which is called Calvary, there they crucified him, and the malefactors, one on the right hand, and the other on the left. ¶Then said Jesus, Father, forgive them; for they know not what they do.

**Isa. 2:4 he**

he shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn war any more.

**Isa. 11:6-9**

The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them. And the cow and the bear shall feed; their young ones shall lie down together: and the lion shall eat straw like the ox. And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice' den. They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the Lord, as the waters cover the sea.

**I John 4:1, 5-7, 10-11, 18-21**

Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world. They are of the world: therefore speak they of the world, and the world heareth them. We are of God: he that knoweth God heareth us; he that is not of God heareth not us. Hereby know we the spirit of truth, and the spirit of error. Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we ought also to love one another.

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. We love him, because he first loved us. If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? And this commandment have we from him, That he who loveth God love his brother also.

## SCIENCE AND HEALTH

### SH 541:14-18

*Genesis iv. 8.* Cain rose up against Abel his brother, and slew him. The erroneous belief that life, substance, and intelligence can be material ruptures the life and brotherhood of man at the very outset.

### SH 542:21-22, 543:8-14 (to ,)

Sin will receive its full penalty, both for what it is and for what it does. In divine Science, the material man is shut out from the presence of God. The five corporeal senses cannot take cognizance of Spirit. They cannot come into His presence, and must dwell in dreamland, until mortals arrive at the understanding that material life, with all its sin, sickness, and death, is an illusion,

### SH 144:14-16, 18

Human will-power is not Science. Human will belongs to the so-called material senses, and its use is to be condemned. Human will-power may infringe the rights of man. It produces evil continually, and is not a factor in the realism of being. Truth, and not corporeal will, is the divine power which says to disease, "Peace, be still."

### SH 293:21

There is no vapid fury of mortal mind — expressed in earthquake, wind, wave, lightning, fire, bestial ferocity — and this so-called mind is self-destroyed. The manifestations of evil, which counterfeit divine justice, are called in the Scriptures, "The anger of the Lord." In reality, they show the self-destruction of error or matter and point to matter's opposite, the strength and permanency of Spirit. Christian Science brings to light Truth and its supremacy, universal harmony, the entireness of God, good, and the nothingness of evil.

### SH 597:27 (to .), 29 anger

wind.  
anger; mortal passions.

### SH 99:23

The calm, strong currents of true spirituality, the manifestations of which are health, purity, and self-immolation, must deepen human experience, until the beliefs of material existence are seen to be a bald imposition, and sin, disease, and death give everlasting place to the scientific demonstration of divine Spirit and to God's spiritual, perfect man.

### SH 276:4

When the divine precepts are understood, they unfold the foundation of fellowship, in which one mind is not at war with another, but all have one Spirit, God, one intelligent source, in accordance with the Scriptural command: "Let this Mind be in you, which was also in Christ Jesus." Man and his Maker are correlated in divine Science, and real consciousness is cognizant only of the things of God.

### SH 340:23

One infinite God, good, unifies men and nations; constitutes the brotherhood of man; ends wars; fulfils the Scripture, "Love thy neighbor as thyself;" annihilates pagan and Christian idolatry, — whatever is wrong in social, civil, criminal, political, and religious codes; equalizes the sexes; annuls the curse on man, and leaves nothing that can sin, suffer, be punished or destroyed.

### SH 560:10

Heaven represents harmony, and divine Science interprets the Principle of heavenly harmony. The great miracle, to human sense, is divine Love, and the grand necessity of existence is to gain the true idea of what constitutes the kingdom of heaven in man. This goal is never reached while we hate our neighbor or entertain a false estimate of anyone whom God has appointed to voice His Word. Again, without a correct sense of its highest visible idea, we can never understand the divine Principle. The botanist must know the genus and species of a plant in order to classify it correctly. As it is with things, so is it with persons.

## HYMNS

### Hymn 126

How sweet, how heavenly is the sight,  
When those who love the Lord  
In one another's peace delight,  
And so fulfill His word;

When, free from envy, scorn, and pride,  
Our wishes all above,  
Each can his brother's failings hide,  
And show a brother's love.

Let love, in one delightful stream,  
Through every bosom flow;  
And union sweet, and dear esteem  
In every action glow.

Love is the golden chain that binds  
The hearts that faithful prove;  
And he's an heir of heaven who finds  
His bosom glow with love.

### Hymn 88

Gracious Spirit, dwell with me:  
I myself would gracious be,  
And with words that help and heal  
Would Thy life in mine reveal;  
And with actions bold and meek  
Christ's own gracious spirit speak.

Truthful Spirit, dwell with me:  
I myself would truthful be,  
And with wisdom kind and clear  
Let Thy life in mine appear;  
And with actions brotherly  
Follow Christ's sincerity.

Mighty Spirit, dwell with me:  
I myself would mighty be,  
Mighty, that I may prevail  
Where unaided man must fail;  
Ever by triumphant hope  
Pressing on and bearing up.

**Hymn 29**

Breaking through the clouds of darkness,  
Black with error, doubt, and fear;  
Lighting up each somber shadow,  
With a radiance soft and clear;  
Filling every heart with gladness,  
That its holy power feels,  
Comes the Christian Science gospel,  
Sin it kills and grief it heals.

Christlike in its benedictions,  
Godlike in its strength sublime;  
Conquering every subtle error,  
With a meekness all divine,  
It has gone across the ocean,  
It is known in every land,  
And our sisters and our brothers  
Are united in one band.