

## **Our Strength Comes from God – 5 Oct 11**

Ps 138:3

In the day when I cried thou answeredst me,  
and strengthenedst me with strength in my  
soul.

Ps 27:1 the Lord, 3,14

the Lord is the strength of my life; of whom  
shall I be afraid?

Though an host should encamp against me,  
my heart shall not fear: though war should  
rise against me, in this will I be confident.  
Wait on the Lord: be of good courage, and  
he shall strengthen thine heart: wait, I say,  
on the Lord.

Ex 15:2(to ;)

The Lord is my strength and song, and he is  
become my salvation: he is my God, and I  
will prepare him an habitation;

Is 40:11,29,31

He shall feed his flock like a shepherd: he  
shall gather the lambs with his arm, and  
carry them in his bosom, and shall gently  
lead those that are with young.

He giveth power to the faint; and to them  
that have no might he increaseth strength.  
But they that wait upon the Lord shall renew  
their strength; they shall mount up with  
wings as eagles; they shall run, and not be  
weary; and they shall walk, and not faint.

Is 41:10,13

¶Fear thou not; for I am with thee: be not  
dismayed; for I am thy God: I will  
strengthen thee; yea, I will help thee; yea, I  
will uphold thee with the right hand of my  
righteousness.

For I the Lord thy God will hold thy right  
hand, saying unto thee, Fear not; I will help  
thee.

John 5:2,6-9 (to:)

Now there is at Jerusalem by the sheep  
market a pool, which is called in the Hebrew  
tongue Bethesda, having five porches.

When Jesus saw him lie, and knew that he  
had been now a long time in that case, he  
saith unto him, Wilt thou be made whole?  
The impotent man answered him, Sir, I have  
no man, when the water is troubled, to put  
me into the pool: but while I am coming,  
another steppeth down before me. Jesus  
saith unto him, Rise, take up thy bed, and  
walk. And immediately the man was made  
whole, and took up his bed, and walked:

Ps 18:1,29,32,33

I will love thee, O Lord, my strength.  
For by thee I have run through a troop; and  
by my God have I leaped over a wall.  
It is God that girdeth me with strength, and  
maketh my way perfect.  
He maketh my feet like hinds' feet, and  
setteth me upon my high places.

Ps 46:1,7,9-11

God is our refuge and strength, a very  
present help in trouble.

The Lord of hosts is with us; the God of  
Jacob is our refuge. Selah.

He maketh wars to cease unto the end of the  
earth; he breaketh the bow, and cutteth the  
spear in sunder; he burneth the chariot in the  
fire. Be still, and know that I am God: I will  
be exalted among the heathen, I will be  
exalted in the earth. The Lord of hosts is  
with us; the God of Jacob is our refuge.

Ps 71:16(to:)

I will go in the strength of the Lord God:

193:32-2

It has been demonstrated to me that Life is  
God and that the might of omnipotent Spirit  
shares not its strength with matter or with  
human will.

228:25-27

There is no power apart from God. Omnipotence has all-power, and to acknowledge any other power is to dishonor God.

454:29-31

The superiority of spiritual power over sensuous is the central point of Christian Science.

SH 475:11-14

Man is spiritual and perfect; and because he is spiritual and perfect, he must be so understood in Christian Science. Man is idea, the image, of Love; he is not physique.

218:27 - 219:20

The Scriptures say, "They that wait upon the Lord . . . shall run, and not be weary; and they shall walk, and not faint." The meaning of that passage is not perverted by applying it literally to moments of fatigue, for the moral and physical are as one in their results. When we wake to the truth of being, all disease, pain, weakness, weariness, sorrow, sin, death, will be unknown, and the mortal dream will forever cease. My method of treating fatigue applies to all bodily ailments, since Mind should be, and is, supreme, absolute, and final.

In mathematics, we do not multiply when we should subtract, and then say the product is correct. No more can we say in Science that muscles give strength, that nerves give pain or pleasure, or that matter governs, and then expect that the result will be harmony. Not muscles, nerves, nor bones, but mortal mind makes the whole body "sick, and the whole heart faint;" whereas divine Mind heals.

When this is understood, we shall never affirm concerning the body what we do not wish to have manifested. We shall not call the body weak, if we would have it strong; for the belief in feebleness must obtain in the human mind before it can be made manifest on the body, and the destruction of the belief will be the removal of its effects.

377:12-15

Through different states of mind, the body becomes suddenly weak or abnormally strong, showing mortal mind to be the producer of strength or weakness.

SH 79:29-80:3

Mind-science teaches that mortals need "not be weary in well doing." It dissipates fatigue in doing good. Giving does not impoverish us in the service of our Maker, neither does withholding enrich us. We have strength in proportion to our apprehension of the truth, and our strength is not lessened by giving utterance to truth.

199:25

Had Blondin believed it impossible to walk the rope over Niagara's abyss of waters, he could never have done it. His belief that he could do it gave his thought-forces, called muscles, their flexibility and power which the unscientific might attribute to a lubricating oil. His fear must have disappeared before his power of putting resolve into action could appear.

393:4-24

The body seems to be self-acting, only because mortal mind is ignorant of itself, of its own actions, and of their results, — ignorant that the predisposing, remote, and exciting cause of all bad effects is a law of

so-called mortal mind, not of matter. Mind is the master of the corporeal senses, and can conquer sickness, sin, and death. Exercise this God-given authority. Take possession of your body, and govern its feeling and action. Rise in the strength of Spirit to resist all that is unlike good. God has made man capable of this, and nothing can vitiate the ability and power divinely bestowed on man.

Be firm in your understanding that the divine Mind governs, and that in Science man reflects God's government. Have no fear that matter can ache, swell, and be inflamed as the result of a law of any kind, when it is self-evident that matter can have no pain nor inflammation. Your body would suffer no more from tension or wounds than the trunk of a tree which you gash or the electric wire which you stretch, were it not for mortal mind.

173:17

Anatomy declares man to be structural. Physiology continues this explanation, measuring human strength by bones and sinews, and human life by material law. Man is spiritual, individual, and eternal; material structure is mortal.

183:16-18

The supposed laws which result in weariness and disease are not His laws, for the legitimate and only possible action of Truth is the production of harmony.

SH 58:7

Unselfish ambition, noble life-motives, and purity, — these constituents of thought, mingling, constitute individually and collectively true happiness, strength, and permanence.

Hymn 7

Bertha H. Woods

Based on hymn by H. F. Lyte

EVENTIDE

William H. Monk

Abide with me; fast breaks the morning light;  
Our daystar rises, banishing all night;  
Thou art our strength, O Truth that maketh free,  
We would unflinchingly abide in Thee.

I know no fear, with Thee at hand to bless,  
Sin hath no power and life no wretchedness;  
Health, hope and love in all around I see  
For those who trustingly abide in Thee.

I know Thy presence every passing hour,  
I know Thy peace, for Thou alone art power;  
O Love divine, abiding constantly,  
I need not plead, Thou dost abide with me.

Hymn 247

Thomas H. Gill\*

ST. LEONARD

Henry Smart

O walk with God along the road,  
Your strength He will renew;  
Wait on the everlasting God,  
And He will walk with you.

Ye shall not to your daily task  
Without your God repair,  
But on your work His blessing ask  
And prove His glory there.

Ye shall not faint, ye shall not fail;  
In Spirit ye are strong;  
Each task divine ye still shall hail,  
And blend it with a song.

Hymn 293  
Frederic W. Root  
Based on hymn by A. M. Toplady

TOPLADY  
Thomas Hastings

Rock of Ages, Truth divine,  
Be Thy strength forever mine;  
Let me rest secure on Thee,  
Safe above life's raging sea.  
Rock of Ages, Truth divine,  
Be Thy strength forever mine.

Rock of Truth, our fortress strong,  
Thou our refuge from all wrong,  
When from mortal sense I flee,  
Let me hide myself in Thee.  
Rock of Ages, Truth divine,  
Be Thy strength forever mine.

Christ, the Truth, foundation sure,  
On this rock we are secure;  
Peace is there our life to fill,  
Cure is there for every ill.  
Rock of Ages, Truth divine,  
Be Thy strength forever mine.