

**BIBLE****Psalms 46:10**

Be still, and know that I *am* God: I will be exalted among the heathen, I will be exalted in the earth.

**Psalms 4:3–5** (no Selah)

Stand in awe, and sin not: commune with your own heart upon your bed, and be still....Offer the sacrifices of righteousness, and put your trust in the LORD.

**Psalms 18:28–32, 35, 36**

For thou wilt light my candle: the LORD my God will enlighten my darkness. For by thee I have run through a troop; and by my God have I leaped over a wall. *As for* God, his way *is* perfect: the word of the LORD is tried: he *is* a buckler to all those that trust in him. For who *is* God save the LORD? or who *is* a rock save our God? *It is* God that girdeth me with strength, and maketh my way perfect. ....

Thou hast also given me the shield of thy salvation: and thy right hand hath holden me up, and thy gentleness hath made me great. Thou hast enlarged my steps under me, that my feet did not slip.

**Psalms 119:105**

Thy word *is* a lamp unto my feet, and a light unto my path.

**Isaiah 30:15** (to ,), **15 In** (to :); **32:17**

For thus saith the Lord GOD, ... In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: ...

And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever.

**Ecclesiastes 3:1, 7 3rd a; 4:6**

To every *thing there is* a season, and a time to every purpose under the heaven: ... a time to keep silence, and a time to speak; ...

Better *is* an handful *with* quietness, than both the hands full *with* travail and vexation of spirit.

**I Kings 19:1 Ahab** (to ,), **2–12.**

Ahab told Jezebel all that Elijah had done, ...

Then Jezebel sent a messenger unto Elijah, saying, So let the gods do *to me*, and more also, if I make not thy life as the life of one of them by to-morrow about this time. And when he saw *that*, he arose, and went for his life, and came to Beer-sheba, which *belongeth* to Judah, and left his servant there. ¶ But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I *am* not better than my fathers. And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise *and* eat. And he looked, and, behold, *there was* a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. And the angel of the LORD came again the second

time, and touched him, and said, Arise *and* eat; because the journey *is* too great for thee. And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God. ¶ 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.

**Matthew 4:1–4, 10, 11**

Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungered. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. ...

Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. Then the devil leaveth him, and, behold, angels came and ministered unto him.

**Matthew 5:37 let**

let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.

**Mark 4:35-40**

And the same day, when the even was come, he saith unto them, Let us pass over unto the other side. 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. And he said unto them, Why are ye so fearful? how is it that ye have no faith?

**Matthew 6:6–8**

But thou, 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. But when ye pray, use not vain repetitions, as the heathen *do*: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

**Matthew 13:9**

Who hath ears to hear, let him hear.

**Hebrews 11:1–3, 6**

Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good report. Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear. ...

But without faith *it is* impossible to please *him*; for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

**Job 22:21, 22**

Acquaint now thyself with him, and be at peace: thereby good shall come unto thee. Receive, I pray thee, the law from his mouth, and lay up his words in thine heart.

**SCIENCE AND HEALTH****15:14–22**

In order to pray aright, we must enter into the closet and shut the door. We must close the lips and silence the material senses. In the quiet sanctuary of earnest longings, we must deny sin and plead God's allness. We must resolve to take up the cross, and go forth with honest hearts to work and watch for wisdom, Truth, and Love. We must "pray without ceasing." Such prayer is answered, in so far as we put our desires into practice.

**144:14 -16, 20-22**

Human will-power is not Science. Human will belongs to the so-called material senses, and its use is to be condemned...

Truth, and not corporeal will, is the divine power which says to disease, "Peace, be still."

**2:1–22**

What are the motives for prayer? Do we pray to make ourselves better or to benefit those who hear us, to enlighten the infinite or to be heard of men? Are we benefited by praying? Yes, the desire which goes forth hungering after righteousness is blessed of our Father, and it does not return unto us void.

God is not moved by the breath of praise to do more than He has already done, nor can the infinite do less than bestow all good, since He is unchanging wisdom and Love. We can do more for ourselves by humble fervent petitions, but the All-loving does not grant them simply on the ground of lip-service, for He already knows all.

Prayer cannot change the Science of being, but it tends to bring us into harmony with it. Goodness attains the demonstration of Truth. A request that God will save us is not all that is required. The mere habit of pleading with the divine Mind, as one pleads with a human being, perpetuates the belief in God as humanly circumscribed, — an error which impedes spiritual growth.

**323:28**

The effects of Christian Science are not so much seen as felt. It is the “still, small voice” of Truth uttering itself. We are either turning away from this utterance, or we are listening to it and going up higher. Willingness to become as a little child and to leave the old for the new, renders thought receptive of the advanced idea. Gladness to leave the false landmarks and joy to see them disappear, — this disposition helps to precipitate the ultimate harmony. The purification of sense and self is a proof of progress. “Blessed are the pure in heart: for they shall see God.”

**216:11–14**

The understanding that the Ego is Mind, and that there is but one Mind or intelligence, begins at once to destroy the errors of mortal sense and to supply the truth of immortal sense.

**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.

**4:27–30, 32**

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. ... Whatever materializes worship hinders man’s spiritual growth and keeps him from demonstrating his power over error.

**393:30**

A false belief is both the tempter and the tempted, the sin and the sinner, the disease and its cause. It is well to be calm in sickness; to be hopeful is still better; but to understand that sickness is not real and that Truth can destroy its seeming reality, is best of all, for this understanding is the universal and perfect remedy.

**411:27**

Always begin your treatment by allaying the fear of patients. Silently reassure them as to their exemption from disease and danger. Watch the result of this simple rule of Christian Science, and you will find that it alleviates the symptoms of every disease. If you succeed in wholly removing the fear, your patient is healed. The great fact that God lovingly governs all, never punishing aught but sin, is your standpoint, from which to advance and destroy the human fear of sickness. Mentally and silently plead the case scientifically for Truth. You may vary the arguments to meet the peculiar or general symptoms of the case you treat, but be thoroughly persuaded in your own mind concerning the truth which you think or speak, and you will be the victor.

**91:17**

The denial of material selfhood aids the discernment of man’s spiritual and eternal individuality, and destroys the erroneous knowledge gained from matter or through what are termed the material senses.

**393:16–18**

Be firm in your understanding that the divine Mind governs, and that in Science man reflects God's government.

**332:9–11 Christ**

Christ is the true idea voicing good, the divine message from God to men speaking to the human consciousness.

**46:7**

The divine Spirit, which identified Jesus thus centuries ago, has spoken through the inspired Word and will speak through it in every age and clime. It is revealed to the receptive heart, and is again seen casting out evil and healing the sick.

**1:1**

The prayer that reforms the sinner and heals the sick is an absolute faith that all things are possible to God, — a spiritual understanding of Him, an unselfed love. Regardless of what another may say or think on this subject, I speak from experience. Prayer, watching, and working, combined with self-immolation, are God's gracious means for accomplishing whatever has been successfully done for the Christianization and health of mankind.

**284:31–32**

The intercommunication is always from God to His idea, man.

**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.

**559:8–12**

The "still, small voice" of scientific thought reaches over continent and ocean to the globe's remotest bound. The inaudible voice of Truth is, to the human mind, "as when a lion roareth."