



Handling Fear in times of Travail

THE BIBLE

Hymns:

- 1st – #99 – He that hath God his guardian made, . .
- 2nd – #350 – Through the love of God our Saviour. .
- 3rd – #412 – O dreamer, leave thy dreams for joyful

1 DEUT. 31:6

6 *Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.*

2 ISA. 41:10

10 *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.*

3 II TIM. 1:7 GOD

7 *God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*

4 PS. 23:4

4 *Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.*

5 EX. 3:1 (TO :)

1 *Now Moses kept the flock of Jethro his father in law, the priest of Midian:*

6 EX. 3:2 (TO :)

2 *And the angel of the Lord appeared unto him in a flame of fire out of the midst of a bush:*

7 EX. 4:2-4

2 *And the Lord said unto him, What is that in thine hand? And he said, A rod.*

3 *And he said, Cast it on the ground. And he cast it on the ground, and it became a serpent; and Moses fled from before it.*

4 *And the Lord said unto Moses, Put forth thine hand, and take it by the tail. And he put forth his hand, and caught it, and it became a rod in his hand:*

----- **Science & Health** -----

1 SH 321:8

When, led by wisdom to cast down his

9 *rod, he saw it become a serpent, Moses fled before it; but wisdom bade him come back and*

handle the serpent, and then Moses' fear departed. In

12 *this incident was seen the actuality of Science. Matter was shown to be a belief only. The serpent, evil, under wisdom's bidding, was destroyed through understanding*

15 *divine Science, and this proof was a staff upon which to lean. The illusion of Moses lost its power to alarm him, when he discovered that what he apparently saw was really*
18 *but a phase of mortal belief.*

2 SH 197:16 (ONLY)

We should master fear, instead of cultivating it.

----- The Bible -----

8 JOHN 4:46-51M JESUS

46 *Jesus came again into Cana of Galilee, where he made the water wine. And there was a certain nobleman, whose son was sick at Capernaum.*

47 *When he heard that Jesus was come out of Judaea into Galilee, he went unto him, and besought him that he would come down, and heal his son: for he was at the point of death.*

48 *Then said Jesus unto him, Except ye see signs and wonders, ye will not believe.*

49 *The nobleman saith unto him, Sir, come down ere my child die.*

50 *Jesus saith unto him, Go thy way; thy son liveth. And the man believed the word that Jesus had spoken unto him, and he went his way.*

51 *And as he was now going down, his servants met him, and told him, saying, Thy son liveth.*

9 MATT. 8:5-10

5 *And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him,*

6 *And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented.*

7 *And Jesus saith unto him, I will come and heal him.*

8 *The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof: but speak the word only, and my servant shall be healed.*

9 *For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it.*

10 *When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel.*

10 MATT. 8:13

13 *And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour.*

11 LUKE 8:41-42 (TO 1ST .)

41 *And, behold, there came a man named Jairus, and he was a ruler of the synagogue: and he fell down at Jesus' feet, and besought him that he would come into his house:*

42 *For he had one only daughter, about twelve years of age, and she lay a-dying.*

12 LUKE 8:49-54

49 *While he yet spake, there cometh one from the ruler of the synagogue's house, saying to him, Thy daughter is dead; trouble not the Master.*

50 *But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole.*

51 *And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden.*

52 *And all wept, and bewailed her: but he said, Weep not; she is not dead, but sleepeth.*

53 *And they laughed him to scorn, knowing that she was dead.*

54 *And he put them all out, and took her by the hand, and called, saying, Maid, arise.*

13 ISA. 12:2 (TO :)

2 *Behold, God is my salvation; I will trust, and not be afraid:*

14 PS. 56:3; 56:4 IN

3 *What time I am afraid, I will trust in thee.*

4 *in God I have put my trust; I will not fear what flesh can do unto me.*

15 PS. 27:1

1 *The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?*

16 I JOHN 4:16

16 *And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.*

17 I JOHN 4:18 (TO :)

18 *There is no fear in love; but perfect love casteth out fear:*

----- **Science & Health** -----

3 SH 410:29-30

Christian scientific practice begins with Christ's keynote of harmony, "Be not afraid!"

4 SH 411:27

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 stand-*

3 *point, 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*
 6 *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*
 9 *the victor.*

5 SH 493:20-22

Disease is an experience of
 21 *so-called mortal mind. It is fear made manifest on the body.*

6 SH 391:32-392:2; SH 392:4-8

1 *Fear is the fountain of sickness, and you master fear and sin through divine Mind; hence it is through divine Mind that you overcome disease. To cure a bodily ailment, every broken moral law should be taken into account and the error be rebuked. Fear,*
 6 *which is an element of all disease, must be cast out to readjust the balance for God. Casting out evil and fear enables truth to outweigh error.*

7 SH 586:11

FEAR . Heat; inflammation; anxiety; ignorance; error;
 12 *desire; caution.*

8 SH 260:21-22

21 *Sickness, disease, and death proceed from fear.*

9 SH 381:8-10

When infringing some supposed law, you say that
 9 *there is danger. This fear is the danger and induces the physical effects.*

10 SH 377:26-31

The cause of all so-called disease is mental, a mortal
 27 *fear, a mistaken belief or conviction of the necessity and power of ill-health; also a fear that Mind is helpless to defend the life of man and incompetent to control it. With-*
 30 *out this ignorant human belief, any circumstance is of itself powerless to produce suffering.*

11 SH 373:14-15; 19-21

The fear of disease and the love of sin are the sources
 15 *of man's enslavement.*
 19 *The fear occasioned by ignorance can be cured; but to remove the effects of fear produced by sin, you must*

21 *rise above both fear and sin.*

12 SH 454:5-9; 11

*The understanding,
6 even in a degree, of the divine All-power de-
stroys fear, and plants the feet in the true path,
— the path which leads to the house built without hands
9 "eternal in the heavens."*

*11 That evil or matter has neither intelligence nor power,
12 is the doctrine of absolute Christian Science, and this is
the great truth which strips all disguise from error.*

13 SH 368:2

*The confidence inspired by Science lies in the fact
that Truth is real and error is unreal. Error
is a coward before Truth. Divine Science insists that
6 time will prove all this. Both truth and error have come
nearer than ever before to the apprehension of mortals,
and truth will become still clearer as error is self-
9 destroyed.*

14 SH 410:17

*The Apostle
18 John says: "There is no fear in Love, but perfect Love
casteth out fear. . . . He that feareth is not made per-
fect in Love." Here is a definite and inspired proclama-
21 tion of Christian Science.*

15 SH 445:19-21

*Christian Science silences human will, quiets fear with
Truth and Love, and illustrates the unlabored motion
21 of the divine energy in healing the sick.*

16 SH 180:17

*Doctors should not implant disease in the thoughts of
18 their patients, as they so frequently do, by declaring dis-
ease to be a fixed fact, even before they go to
work to eradicate the disease through the ma-
21 terial faith which they inspire. Instead of furnishing
thought with fear, they should try to correct this turbulent
element of mortal mind by the influence of divine Love
24 which casteth out fear.*

17 SH 494:30-32

*30 Our Master cast out devils (evils) and healed the sick.
It should be said of his followers also, that they cast fear
and all evil out of themselves and others and heal the sick.*

18 SH 368:31-32

When fear disappears, the foundation of disease is gone.

19 SH 442:26 JESUS

Jesus

27 said, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom." This truth is Christian Science.

20 SH 445:5-8

No

6 hypothesis as to the existence of another power should interpose a doubt or fear to hinder the demonstration of Christian Science.

21 SH 78:28

Spirit blesses man, but man cannot "tell whence it cometh." By it the sick are healed, the sorrowing are

30 comforted, and the sinning are reformed. These are the effects of one universal God, the invisible good dwelling in eternal Science.

SILENT PRAYER & LORD'S PRAYER

2ND HYMN - #350 -

Through the love of God our Saviour . . .

TESTIMONIES, REMARKS, & COMMENTS ON CHRISTIAN SCIENCE

3RD HYMN - #412 -

Title - O dreamer, leave thy dreams for joyful waking,