

Class Theme: Grand and Noble Lives (SH 248)

Sunday School Notes on the Christian Science Bible

Lesson for SEPTEMBER 21, 2025

SUBJECT: MATTER

Vocabulary in the lesson:

SUPPOSITIOUS (SEC 1) fraudulently substituted : spurious
Imaginary, : of the nature of or based on a supposition : hypothetical
Malachi 3:10–12 (to :) 278:6-8 That matter is substantial or has life and sensation, is one of the false beliefs of mortals, and exists only in a supposititious mortal consciousness.

PROLIFIC (SEC 3) Fruitfulness; great productiveness. **205:10-12**
When will it be understood that matter has neither intelligence, life, nor sensation, and that the opposite belief is the prolific source of all suffering?

ARBITER (SEC 4) In a general sense, now most common, a person who has the power of judging and determining, without control; one whose power of deciding and governing is not limited. **369:10-12 All these deeds manifested Jesus' control over the belief that matter is substance, that it can be the arbiter of life or the constructor of any form of existence.**

COMFORTER (SEC 5) In the Bible, the term 'Comforter' primarily refers to the **Holy Spirit**, derived from the Greek word *parakletos*, meaning '**Advocate**' or 'Helper'. This term underscores the Spirit's roles as **support and guide** (John 14:16, 26), reflecting God's continued presence and assistance in believers' lives. The Old Scriptures foreshadows this comfort through divine promises of peace (Isaiah 40:1–2), while the New Scriptures manifests it through the Spirit's embodiment as a Helper (Romans 8:26). Historically, the Comforter assures believers they are never alone, offering **divine companionship** and fortitude. **John 14:26 the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.**

“O ISRAEL, TRUST THOU IN THE LORD” (RR) **(from Bible Hub, a topical encyclopedia)**

Biblical Foundations

1. *Covenant Relationship:* The foundation of Israel's trust in the Lord is established in the covenant made with Abraham, Isaac, and Jacob, and later reaffirmed through Moses at Sinai. In Genesis 15:6, Abraham's faith is highlighted: "Abram believed the LORD, and it was credited to him as righteousness." This sets a precedent for Israel's relationship with God, where trust is integral to righteousness.

2. *Exodus and Wilderness:* The Exodus narrative is a powerful demonstration of God's deliverance and provision, calling Israel to trust in Him. In Exodus 14:13-14, Moses instructs the Israelites, "Do not be afraid. Stand firm and you will see the LORD's salvation, which He will accomplish for you today... The LORD will fight for you; you need only to be still." This call to trust is reiterated throughout their wilderness journey, as seen in Deuteronomy 1:30-31.

3. *Prophetic Warnings and Encouragements:* *The prophets frequently called Israel to trust in the Lord, warning against* reliance on foreign powers or idols. Isaiah 30:15 declares, "For the Lord GOD, the Holy One of Israel, has said: 'In repentance and rest you will be saved; in quietness and trust is your strength.'" The prophets often juxtaposed the futility of trusting in human alliances with the security found in God alone.

4. *Psalms and Wisdom Literature:* The Psalms are replete with calls to trust in the Lord, often contrasting the stability of divine trust with the instability of human solutions. Psalm 20:7 states, "Some trust in chariots and others in horses, but we trust in the name of the LORD our God." **Historical Context**

Throughout Israel's history, the call to trust in the Lord was tested by external threats and internal challenges. During the period of the judges, Israel's cyclical pattern of disobedience and deliverance highlighted the consequences of failing to trust in God. The monarchy, particularly under kings like David and Hezekiah, demonstrated moments of profound trust in the Lord, as well as failures when trust was placed elsewhere.

Bible Notes *June 29, 1940 Sentinel Issue*

[The Biblical citations given in the Christian Science Quarterly are from the Authorized King James Version. The Bible Notes in this column can be used, if deemed necessary, to elucidate some of the words or passages contained in the Bible Lessons.]

"O Israel, trust thou in the Lord: he is their help and their shield" (Ps. 115:9)—As is well known, the Hebrew Bible contained originally only consonants, the vowels being added by the reader. In this passage the words for "O" and "thou" are not in the original; and the consonants of this verse can be read as, "Israel trusts in the Lord; he is their help and their shield." Evidence for this reading is to be found in the Septuagint and Syriac versions, while it is accepted by Moffatt and other modern translators.

FIGS FROM THISTLES AND GRAPES **FROM THORNS (SEC 3)**



SPIRITUAL PROGRESS BY HELEN WOOD BAUMAN From the September 1925 issue of The Christian Science Journal (EXCERPT)

A question very near to the heart of the student of Christian Science is that which Mrs. Eddy answers so simply yet so completely on page 495 and 496 of Science and Health: "How can I progress most rapidly in the understanding of Christian Science?" In the answer which follows, our Leader has pointed out what is necessary: "Study

thoroughly the letter and imbibe the spirit. Adhere to the divine Principle of Christian Science and follow the behests of God, abiding steadfastly in wisdom, Truth, and Love." And she adds, "You will learn that in Christian Science the first duty is to obey God, to have one Mind, and to love another as yourself." How closely Mrs. Eddy follows the teaching of the Master in her answer! It is obvious from the frequency of his quotations and allusions to the Scriptures that Christ Jesus sought them for spiritual inspiration. "Ye do err," said he, "not knowing the scriptures, nor the power of God." His faithful adherence to divine Principle was never more clearly voiced than in his frequent admonition to love God supremely and one's neighbor as one's self. **He taught his disciples by example, parable, and precept to reject the suggestions of evil,—to divide between the qualities of mortal mind and divine Mind; to separate the sheep from the goats, the tares from the wheat, the grapes from the thorns, the figs from the thistles.** His whole ministry was rich with the demonstration of the truths he was teaching, expressed in healing the sick and sinful and raising the dead.."

HEALING OF WITHERED HAND Luke 6 (SEC 3)



MBE: WITHERED HAND The palsied hand moved, despite the boastful sense of physical law and order. Jesus stooped not to human consciousness, nor to the evidence of the senses. He heeded not the taunt, "That withered hand looks very real and feels very real;" but he cut off this vain boasting and destroyed human pride by taking away the material evidence. If his patient was a theologian of some bigoted sect, a physician, or a professor of natural philosophy, — according to the ruder sort then prevalent, — he never thanked Jesus for restoring his senseless hand; but neither red tape nor indignity hindered the divine process. Un 11:13-24

STEPS OF THE HEALING

STEP 1: Withhold not the word

And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered.

S&H 452:11-20 Your advancing course may provoke envy, but it will also attract respect. When error confronts you, withhold not the rebuke or the explanation which destroys error. ...Right is radical. The teacher must know the truth himself. He must live it and love it, or he cannot impart it to others.

STEP 2: Beware of devouring wolves

And the scribes and Pharisees watched him, whether he would heal on the sabbath day; that they might find an accusation against him.

Mis 323:10 (From the Allegory) The descent and ascent are beset with peril, privation, temptation, toil, suffering. Venomous serpents hide among the rocks, beasts of prey prowl in the path, wolves in sheep's clothing are ready to devour; but the Stranger (Christ) meets and masters their secret and open attacks with serene confidence.

STEP 3: Read mortal mind

But he knew their thoughts,

S&H 85:7-12 Such intuitions reveal whatever constitutes and perpetuates harmony, enabling one to do good, but not evil. You will reach the perfect Science of healing when you are able to read the human mind after this manner and discern the error you would destroy.

STEP 4: Rise in the strength of Spirit

and said to the man which had the withered hand, Rise up,

S&H 390:32 Rise in the conscious strength of the spirit of Truth to overthrow the plea of mortal mind, alias matter, arrayed against the supremacy of Spirit. Blot out the images of mortal thought and its beliefs in sickness and sin. Then, when thou art delivered to the judgment of Truth, Christ, the judge will say, "Thou art whole!"

STEP 5: Step out from midst of material claim

and stand forth in the midst.

Mis 338:9 Faith illumined by works; the spiritual understanding which cannot choose but to labor and love; hope holding steadfastly to good in the midst of seething evil; charity that suffereth long and is kind, but cancels not sin until it be destroyed, — these afford the only rule I have found which demonstrates Christian Science.

STEP 6: faith and expectation/obedience

And he arose and stood forth.

My 10:2-5 It is inevitable that the transforming influence of Christian Science should improve the thought, enlarge the favorable expectation, and augment the achievements of its followers.

STEP 7: Mortal mind trapped by its own belief

Then said Jesus..., I will ask you one thing; Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy it?

Pe 11:17 Mortals, alias mortal minds, make the laws that govern their bodies, as directly as men pass legislative acts and enact penal codes; while the body, obedient to the legislation of mind, but ignorant of the law of belief, calls its own enactments "laws of matter." The legislators who are greatly responsible for all the woes of mankind are those leaders of public thought who are mistaken in their methods of humanity.

STEP 8: Watch and Watch Out

And looking round about upon them all,

My 232:26 If so-called watching produces fear or exhaustion and no good results, does that watch accord with Jesus' saying? It does not. Can watching as Christ demands harm you? It cannot. Then should not "watching out" mean, watching against a negative watch, alias, no watch, and gaining the spirit of true watching, even the spirit of our Master's command? It must mean that.

STEP 9: Come to the Christ – it is calling you

he said unto the man, Stretch forth thy hand.

S&H 398:7 These instances show the concessions which Jesus was willing to make to the popular ignorance of spiritual Life-laws. Often he gave no name to the distemper he cured. To the sufferer with the withered hand he said, "Stretch forth thine hand," and it "was restored whole, like as the other."

STEP 10: Obedience

And he did so:

S&H 14:9-15 To be "with the Lord" is to be in obedience to the law of God, to be absolutely governed by divine Love, — by Spirit, not by matter. Become conscious for a single moment that Life and intelligence are purely spiritual, — neither in nor of matter, — and the body will then utter no complaints.

STEP 11: Restoration and Liberation

and his hand was restored whole as the other.

S&H 425:24 Correct material belief by spiritual understanding, and Spirit will form you anew. You will never fear again except to offend God, and you will never believe that heart or any portion of the body can destroy you.

JESUS RAISES RULER'S DAUGHTER (SEC 4)

Matt 9: 18-25; Mark 5:22-24; Lk 8:40-55



Understanding this healing requires reading it in the context that this urgent healing need was interrupted by the non-urgent healing of the woman with "an issue of blood" who touched Jesus. (Verses 25-34)

STEPS OF THE HEALING

Step 1: Humility

22 *And, behold, there cometh one of the rulers of the synagogue, Jairus by name; and when he saw him, he fell at his feet,*

Mis 1:15-18 Humility is the stepping-stone to a higher recognition of Deity. The mounting sense gathers fresh forms and strange fire from the ashes of dissolving self, and drops the world.

Mis 354:22 Experience shows that humility is the first step in Christian Science, wherein all is controlled, not by man or laws material, but by wisdom, Truth, and Love.

Step 2: Seek the Christly touch; hunger and thirst for it.

23 *And besought him greatly, saying, My little daughter lieth at the point of death: I pray thee, come and lay thy hands on her, that she may be healed; and she shall live.*

Hymn 69:3 Give me, O Lord, a gentle, loving heart, That I may learn to be more tender, kind,
And with Thy healing touch, each wound and smart With Christly bands of Love and Truth to bind.

Step 3: Let the Christ be present with you on your way.

24 And Jesus went with him;

Hymn 96: 3

The Great Physician liveth yet, Thy friend and guide to be; The Healer by Gennesaret
Shall walk the rounds with thee.

S&H 337:7-10 For true happiness, man must harmonize with his Principle, divine Love; the Son must be in accord with the Father, in conformity with Christ.

Un 42:16 With Christ, Life was not merely a sense of existence, but a sense of might and ability to subdue material conditions. No wonder "people were astonished ..."

Step 4: Error screams louder and claims you are too late.

35 While he yet spake, there came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troublest thou the Master any further?

(It needs to be noted that the notice that the daughter died came while Jesus stopped to deal with and heal a woman who "touched him" in the press of the people that followed him.)

S&H 97:22 It requires courage to utter truth; for the higher Truth lifts her voice, the louder will error scream, until its inarticulate sound is forever silenced in oblivion.

S&H 427:30 Thought will waken from its own material declaration, "I am dead," to catch this trumpet-word of Truth, "There is no death, no inaction, diseased action, overaction, nor reaction."

Step 5: Immediate refutation of evil

36 As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe.

S&H 18:10 Jesus acted boldly, against the accredited evidence of the senses, against Pharisaical creeds and practices, and he refuted all opponents with his healing power.

Pul 3:26 Perchance some one of you may say, "The evidence of spiritual verity in me is so small that I am afraid. I feel so far from victory over the flesh that to reach out for a present realization of my hope savors of temerity. Because of my own unfitness for such a spiritual animus my strength is naught and my faith fails." O thou "weak and infirm of purpose." Jesus said, "Be not afraid!"

S&H 410:29-30 Christian scientific practice begins with Christ's keynote of harmony, "Be not afraid!"

Step 6: Eliminate all world thought ("have the most perfect obtainable environment")

37 And he suffered no man to follow him, save Peter, and James, and John the brother of James.

Pul 54:18-27 A careful reading of the accounts of his healings, in the light of modern science, shows that he observed, in his practice of mental therapeutics, the conditions of environment and harmonious influence that are essential to success. In the case of Jairus' daughter they are fully set forth. He kept the unbelievers away, "put them all out," and permitting only the father and mother, with his closest friends and followers, Peter, James, and John, in the chamber with him, and having thus the most perfect obtainable environment, he raised the daughter to life.

Step 7: Don't be impressed by public opinion

38 And he cometh to the house of the ruler of the synagogue, and seeth the tumult, and them that wept and wailed greatly.

S&H 386:23-2 You will learn at length that there is no cause for grief, and divine wisdom will then be understood. Error, not Truth, produces all the suffering on earth.

If a Christian Scientist had said, while you were laboring under the influence of the belief of grief, "Your sorrow is without cause," you would not have understood him, although the correctness of the assertion might afterwards be proved to you. So, when our

friends pass from our sight and we lament, that lamentation is needless and causeless. We shall perceive this to be true when we grow into the understanding of Life, and know that there is no death.

Step 8: Speak the Truth and know the Truth in the face of disbelief and skepticism

39 *And when he was come in, he saith unto them, Why make ye this ado, and weep? the damsel is not dead, but sleepeth. And they laughed him to scorn.*

S&H 209:11-13 Neither philosophy nor skepticism can hinder the march of the Science which reveals the supremacy of Mind.

S&H 398:7-13 These instances show the concessions which Jesus was willing to make to the popular ignorance of spiritual Life-laws. To the synagogue ruler's daughter,

Step 9: Christ comes to the flesh (with faithful, worthy witnesses) to destroy all error

40 *But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying.*

S&H 583:10 CHRIST. The divine manifestation of God, which comes to the flesh to destroy incarnate error.

Ret 40:4-11 At one time I was called to speak before the Lyceum Club, at Westerly, Rhode Island. On my arrival my hostess told me that her next-door neighbor was dying. I asked permission to see her. It was granted, and with my hostess I went to the invalid's house.

The physicians had given up the case and retired. I had stood by her side about fifteen minutes when the sick woman rose from her bed, dressed herself, and was well.

Step 10: Expectation

41 *And he took the damsel by the hand, and said unto her, Talitha cumi; which is, being interpreted, Damsel, I say unto thee, arise.*

Pe 8:17-24 Mind, that governs the universe, governs every action of the body as directly as it moves a planet and controls the muscles of the arm. God grant that the trembling chords of human hope shall again be swept by the divine Talitha cumi, "Damsel, I say unto thee, arise." Then shall Christian Science again appear, to light our sepulchres with immortality.

Step 11: Obedience

42 *And straightway the damsel arose, and walked; for she was of the age of twelve years.*

Ret 88:4 Another command of the Christ, his prime command, was that his followers should "raise the dead." He lifted his own body from the sepulchre. In him, Truth called the physical man from the tomb to health, and the so-called dead forthwith emerged into a higher manifestation of Life.

Step 12: Witnesses to the healing power

And they were astonished with a great astonishment.

S&H 411:10 If Spirit or the power of divine Love bear witness to the truth, this is the ultimatum, the scientific way, and the healing is instantaneous.

Step 13: No pearls before swine

43 *And he charged them straitly that no man should know it;*

S&H 455:23-24 The All-wise does not bestow His highest trusts upon the unworthy.

S&H 272:16 Reading the thoughts of the people, he said: "Give not that which is holy unto the dogs, neither cast ye your pearls before swine."

S&H 15:31 Without a fitness for holiness, we cannot receive holiness.

Step 14: Feed the famished affections

and commanded that something should be given her to eat.

S&H 17:4-5 (to 2nd ;)

Give us this day our daily bread;

Give us grace for to-day; feed the famished affections;

S&H 389:28 A case of convulsions, produced by indigestion, came under my observation. In her belief the woman had chronic liver-complaint, and was then suffering from a complication of symptoms connected with this belief. I cured her in a few minutes. One instant she spoke despairingly of herself. The next minute she said, "My food is all digested, and I should like something more to eat."

ANOTHER COMFORTER (SEC 5)

The Comforter WITH US TODAY AND FOREVER BY

MARK SWINNEY [October 4, 2010 Issue](#) (EXCERPT)

In the words of St. John: "He shall give you another Comforter, that he may abide with you forever." This Comforter I understand to be Divine Science.

—*Mary Baker Eddy, Science and Health with Key to the Scriptures, p. 55*

Reading consecutively through the Bible's four Gospels—Matthew, Mark, Luke, and John—always affects me deeply. This is because getting a comprehensive look at Jesus' attitude and approach to life is so encouraging and inspiring. I think I can see why people dropped whatever they were doing and followed Jesus.

Can you imagine what it must have been like for the woman who'd had what the Bible describes as an issue of blood for twelve years, to suddenly find herself free and healthy? What was it like to then look into Jesus' eyes for the first time? Jesus said to her, "Daughter, be of good comfort: thy faith hath made thee whole; go in peace" (Luke 8:48).

No doubt, to be the object of Jesus' prayer would have been a great privilege and honor. Actually, it still is. While you and I didn't live in Judea 2,000 years back, we still are the beneficiaries of Jesus' prayers for us. The Bible records one such prayer: "And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever" (John 14:16).

"The Comforter" Jesus referred to is the divine idea of God whose active law of good effectively heals sickness and annihilates sin. With Mary Baker Eddy's discovery of Christian Science, Jesus' promise of "another Comforter" has been fulfilled. Just as healing sickness and sin authenticated Jesus' mission as the promised Savior, this same kind of healing, made possible through Christian Science, is evidence of its role as the Comforter today.

It's encouraging for me to recognize that, without even a single exception, every one of Jesus' prayers was answered. Jesus prayed that the Comforter "would abide with you for ever." Forever means just that. Not 200 years. Not 500 years. Not 10,000 years. Forever. It is so wonderful to recognize the fact that if Jesus prayed that this Comforter would abide with us forever, then it will.

Jesus' prayer has been answered; the Comforter, appreciable to human thought, is now abiding with us forever. We can rejoice—sometimes along with friends, and sometimes alone with God—and be renewed in our love for Christianity and all the pure and present divine goodness it includes.

DAILY DUTY FOR THE WEEK: Spiritualize thought S&H 272

It is the spiritualization of thought and Christianization of daily life, which really attest the divine origin and operation of Christian Science.

For there is hope of a tree, if it be cut down, that it will sprout again, and that the tender branch thereof will not cease. Though the root thereof wax old in the earth, and the stock thereof die in the ground; Yet through the scent of water it will bud, and bring forth boughs like a plant. (Job 14:7–9)

Highlight in your textbook: 249:6–9 Let us feel the divine energy of Spirit, bringing us into newness of life and recognizing no mortal nor material power as able to destroy. Let us rejoice that we are subject to the divine “powers that be.”

SUMMARY BY SECTION: (MATTER VS SPIRIT MENTIONED OVER 60 TIMES)

GT: GOOD VS. CORRUPT TREES CANT BEAR EACH OTHERS FRUIT.

RR: CHRIST GIVETH THE VICTORY OVER FALSE IDOLS

Sec 1: MATTER DEFINED AS ERROR; THE OPPOSITE OF SUBSTANCE

Sec 2: EXPEL MATTER, MAKE ROOM FOR SUBSTANCE

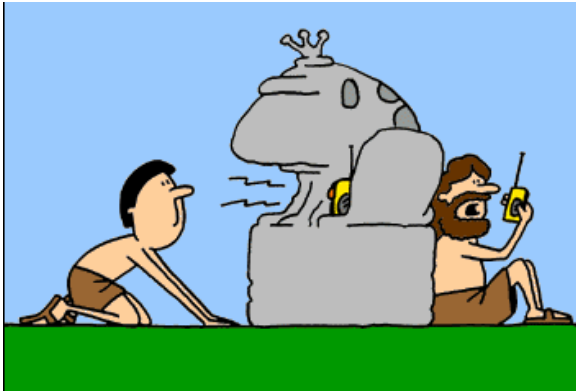
Sec 3: MATERIAL BELIEFS AND SPIRIT NEVER MINGLE; WITHERED HAND HEALED

Sec 4: LIFE IS NOT IN MATTER; RULERS DAUGHTER RAISED

Sec 5: CHRISTIAN SCIENCE IS THE COMFORTER; YOU ARE GOVERNED BY SPIRIT NOT MATTER

Sec 6: MATTER DISAPPEARS UNDER MICROSCOPE OF SPIRIT

SUNDAY FUNNIES



(See Acts 17:16-34)

11-08-2003

LISTEN TO ME FAITHFUL WORSHIPPER, I WANT YOU TO GO AND WORSHIP THIS GOD OF THE ISRAELITES ... HE IS COOL, I AM WORTHLESS AND UGLY



(See Exodus 20:1-21)

01-25-2001

YES SON, I AM AWARE OF WHAT THE BIBLE SAYS ABOUT IDOLS BUT IT'S LIKE I KEEP TELLING YOU ... THIS IS A STATUE, A DECORATION, A KNICK-KNACK ... NOT AN IDOL!!!



<http://thebackpaw.com>

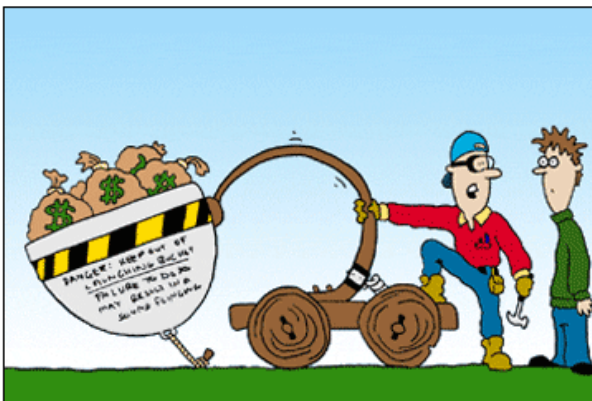
and Jesus said to the man, "Hold out your hand." The man held out his hand and it was healed. **Luke 6:16-17** What if the man in the excitement of the moment, held out his good hand?



Thanks to Alonzo Myers

07-27-2006

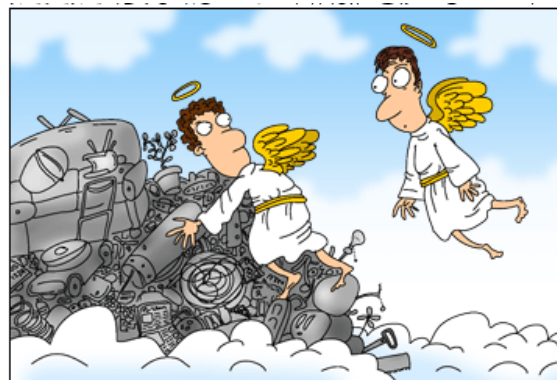
YOU, MOST OF ALL, CAN'T HANDLE THE TRUTH



(See Matthew 6:19-21)

05-08-2003

I'M STORING SOME TREASURES IN HEAVEN



Thanks to Sheryl Rayner

08-03-2012

WHEN HOARDERS LAY UP TREASURES IN HEAVEN