

TOPIC: What is the scientific and permanent remedy for fatigue?

HYMNS: 6 233 296

THE BIBLE

Ps. 13:3

3Consider and hear me, O Lord my God: lighten mine eyes, lest I sleep the sleep of death;

Ps. 121:1-8

1I will lift up mine eyes unto the hills, from whence cometh my help.

2My help cometh from the Lord, which made heaven and earth.

3He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

4Behold, he that keepeth Israel shall neither slumber nor sleep.

5The Lord is thy keeper: the Lord is thy shade upon thy right hand.

6The sun shall not smite thee by day, nor the moon by night.

7The Lord shall preserve thee from all evil: he shall preserve thy soul.

8The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.

Ex. 17:8-14

8¶Then came Amalek, and fought with Israel in Rephidim.

9And Moses said unto Joshua, Choose us out men, and go out, fight with Amalek: to-morrow I will stand on the top of the hill with the rod of God in mine hand.

10So Joshua did as Moses had said to him, and fought with Amalek: and Moses, Aaron, and Hur went up to the top of the hill.

11And it came to pass, when Moses held up his hand, that Israel prevailed: and when he let down his hand, Amalek prevailed.

12But Moses' hands were heavy; and they took a stone, and put it under him, and he sat thereon; and Aaron and Hur stayed up his hands, the one on the one side, and the other on the other side; and his hands were steady until the going down of the sun.

13And Joshua discomfited Amalek and his people with the edge of the sword.

14And the Lord said unto Moses, Write this for a memorial in a book, and rehearse it in the ears of Joshua: for I will utterly put out the remembrance of Amalek from under heaven.

Ps. 132:4, 5

4I will not give sleep to mine eyes, or slumber to mine eyelids,

5Until I find out a place for the Lord, an habitation for the mighty God of Jacob.

Matt. 25:1-13

1Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom.

2And five of them were wise, and five were foolish.

3They that were foolish took their lamps, and took no oil with them:

4But the wise took oil in their vessels with their lamps.

5While the bridegroom tarried, they all slumbered and slept.

6And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him.

7Then all those virgins arose, and trimmed their lamps.

8And the foolish said unto the wise, Give us of your oil; for our lamps are gone out.

9But the wise answered, saying, Not so; lest there be not enough for us and you: but go ye rather to them that sell, and buy for yourselves.

10And while they went to buy, the bridegroom came; and they that were ready went in with him to the marriage: and the door was shut.

11Afterward came also the other virgins, saying, Lord, Lord, open to us.

12But he answered and said, Verily I say unto you, I know you not.

13Watch therefore, for ye know neither the day nor the hour wherein the Son of man cometh.

Prov. 6:9-11

9How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?

10Yet a little sleep, a little slumber, a little folding of the hands to sleep:

11 So shall thy poverty come as one that travelleth, and thy want as an armed man.

Prov. 20:13

13 Love not sleep, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread.

Mark 13:33-37

33 Take ye heed, watch and pray: for ye know not when the time is.

34 For the Son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch.

35 Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning:

36 Lest coming suddenly he find you sleeping.

37 And what I say unto you I say unto all, Watch.

I Cor. 15:51-55

51 Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed,

52 In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.

53 For this corruptible must put on incorruption, and this mortal must put on immortality.

54 So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.

55 O death, where is thy sting? O grave, where is thy victory?

I Thess. 5:5, 6, 8

5 Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness.

6 Therefore let us not sleep, as do others; but let us watch and be sober.

8 But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.

Matt 26:41

41 Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

Ex. 15:2 (to ;)

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

## SCIENCE AND HEALTH WITH KEY TO THE SCRIPTURES

By Mary Baker Eddy

SH 217:24-28

The scientific and permanent remedy for fatigue is to learn the power of Mind over the body or any illusion of physical weariness, and so destroy this illusion, for matter cannot be weary and heavy-laden.

SH 295:26-28

The theoretical mind is matter, named *brain*, or *material consciousness*, the exact opposite of real Mind, or Spirit.

SH 512:8-16

Spirit is symbolized by strength, presence, and power, and also by holy thoughts, winged with Love. These angels of His presence, which have the holiest charge, abound in the spiritual atmosphere of Mind, and consequently reproduce their own characteristics. Their individual forms we know not, but we do know that their natures are allied to God's nature; and spiritual blessings, thus typified, are the externalized, yet subjective, states of faith and spiritual understanding.

SH 218:3-8

You do not say a wheel is fatigued; and yet the body is as material as the wheel. If it were not for what the human mind says of the body, the body, like the inanimate wheel, would never be weary. The consciousness of Truth rests us more than hours of repose in unconsciousness.

SH 218:27-219:5

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.

SH 384:30-385:11

Sickness, sin, and death must at length quail before the divine rights of intelligence, and then the power of Mind over the entire functions and organs of the human system will be acknowledged. It is proverbial that Florence Nightingale and other philanthropists engaged in humane labors have been able to undergo without sinking fatigues and exposures which ordinary people could not endure. The explanation lies in the support which they derived from the divine law, rising above the human. The spiritual demand, quelling the material, supplies energy and endurance surpassing all other aids, and forestalls the penalty which our beliefs would attach to our best deeds.

SH 183:23-25

Obedience to Truth gives man power and strength. Submission to error superinduces loss of power.

SH 384:5-15

Let us reassure ourselves with the law of Love. God never punishes man for doing right, for honest labor, or for deeds of kindness, though they expose him to fatigue, cold, heat, contagion. If man seems to incur the penalty through matter, this is but a belief of mortal mind, not an enactment of wisdom, and man has only to enter his protest against this belief in order to annul it. Through this action of thought and its results upon the body, the student will prove to himself, by small beginnings, the grand verities of Christian Science.

SH 384:16-29

If exposure to a draught of air while in a state of perspiration is followed by chills, dry cough, influenza, Not matter, but Mind 18congestive symptoms in the lungs, or hints of inflammatory rheumatism, your Mind-remedy is safe and sure. If you are a Christian Scientist, such symptoms are not apt to follow exposure; but if you believe in laws of matter and their fatal effects when transgressed, you are not fit to conduct your own case or to destroy the bad effects of your belief. When the fear subsides and the conviction abides that you have broken no law, neither rheumatism, consumption, nor any other disease will ever result from exposure to the weather. In Science this is an established fact which all the evidence before the senses can never overrule.

SH 380:28-381:1

Nothing is more disheartening than to believe that there is a power opposite to God, or good, and that God endows this opposing power with strength to be used against Himself, against Life, health, harmony. Every law of matter or the body, supposed to govern man, is rendered null and void by the law of Life, God.

SH 390:32-391:6

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!"

SH 371:27-30

The necessity for uplifting the race is father to the fact that Mind can do it; for Mind can impart purity instead of impurity, strength instead of weakness, and health instead of disease.

SH 444:10-12

Step by step will those who trust Him find that "God is our refuge and strength, a very present help in trouble."