

THE CENTRE OF JEWISH SCIENCE

THE HELPFUL MANUAL

By

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THE HELPFUL MANUAL

This hand-book of JEWISH SCIENCE is offered to supply the great need of the multitude for a brief presentation of the ways in which our mode of higher scientific living, as applied to Judaism, utilizes every well tested method of securing the well being of body, mind and Spirit, bringing health, happiness and lasting success to every one who uses it diligently.

Each section is brief, because we want that which will aid us most in the simplest, most compact form.

It is offered gladly for the use of all in need, when they require help most.

As the first publication put forth by THE BERTHA STRAUSS MEMORIAL PUBLICATION FUND, we feel sure that it will be accepted as a proper tribute to one of the pioneers in the JEWISH SCIENCE movement.

THE CENTRE OF JEWISH SCIENCE
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APPLYING JUDAISM TO LIFE

JEWISH SCIENCE is the application of Judaism to the art of living. It utilizes every well tested method for insuring the well being of body, mind and Spirit. It begins with the great appeal accepted by all Jews as the first, last and continuous duty of each and every Jew: "to LOVE the Lord thy God with all thy heart, and all thy soul and all thy might."

The attainment of this Love of God is achieved only as we advance in the real contemplation of God, as found in the Universe and within ourselves; the concentration on God as the Eternal and Infinite Source of all life and goodness; the consecration of each human being to the Love of God.

The demonstration of our Love of God consists in our fuller obedience to every law, physical, mental and Spiritual, all of which emanate from God, and through which we prove our own Godliness.

Our Love of God is progressive, for it is in proportion to our deeper sense of God, the fuller consciousness of His immanence, within and about us; to our clearer comprehension of God's laws as made manifest through scientist and Prophet; our completer consecration to God through the more per-

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fect following of all the laws, by which we are attuned to God.

As we advance in the apprehension of these laws we perfect ourselves through applying all of these principles to living. We do so easily and without strain because of our Love for God, the higher ethical motive. All fear is banished from consciousness because we are sure of the presence of God, and in that presence there can be no fear.

Every moment of life is inspired by this trust in God, flowing from our certainty of His nearness. We are near God as we are filled with consciousness of Him. We cannot live the better, higher life unless we are possessed of God. We are removed from God only as we close our consciousness to His love and mercy. But we can always return by the deep desire to become harmonized with His law and through that attuned to Him.

PRAYER

Teach me, O God, to be real! Help me to see the way to live in accord with love of Thee, of all men. Show me how I may speak the truth and live it. May I be willing to suffer for the right and day by day prove each one of my beliefs. May I grow

I WANT TO PRAY

in the doing of duty, simply as I see it and as it has been taught by those inspired by Thee. Help me to be content with little, eager to help others, and to make myself more worthy of Thy love and mercy. Let every word and deed be right, in thy sight, that out of the feeling of Thy nearness I may be surer of myself, more certain of Thee. Amen.

I WANT TO PRAY

At every turn in life I want to pray, because that is my way of placing myself in accord with God. Especially when I awake each morning I want to feel that God is with me, and I can do so only as I place myself in harmony with Him. As I lift my consciousness towards God I feel the inpouring of His power, and the day is made beautiful because of the inner light and inspiration.

The awareness of God colors my every thought, and raises each act to the plane of service. As I work with and for those about me am I serving God, fulfilling one or more of His laws of laboring with my fellow man. Each true thought, every fine deed, is part of my prayers to God. The thought of God lifts me above the mere material, and gives

I WANT TO PRAY

meaning to all I do, even to the simplest task of every-day life. It makes the Spirit with which I work, and aids me in living up to the higher ideals of human action.

When I pray I am talking with God, and that alone should give me pause, and help me to the fine reverence for Him and for His Universe in which I am a mote. Yet as the motes dance in the sunbeams of God's goodness, we receive the light and help which we need at every moment of life. Following the beam of light to its Divine Source I am attuned with God, through my willing obedience to every law I know, my eagerness to learn more of these laws, day by day.

The nearness of God drives out all fear, or doubt. I am filled with the joy of existence, and in my perfect trust and faith, I gain that courage and confidence which overcomes each obstacle to worthy achievement. I feel myself a very child of God, worthy of my heritage of mind and Spirit, all turned towards Him. I have no cares, for I am certain of the Supreme help which comes freely to all who are in harmony with God.

No prayer of mine is ever twice the same, for I

I WANT TO PRAY

see more clearly, feel more deeply as I grow in God-consciousness, and feel after God with loftier purpose. I pray in the light of the newer day and the finer touch with God.

And when I seek God I ask for that which I need most, not for the things which I can gather, but for the Spirit by which I may grow to greater heights. That is the prayer of the yearning heart, which seeks the Spirit of love and of service, seeking the Godly, to make us more truly human.

PRAYER

As I approach Thee, may I come in spirit and in truth. Open my heart to all Thy kindness and helpfulness, that I may feel the inpouring of Thy Spirit. Let me speak the inmost yearnings of my heart, knowing that Thou wilt understand. Give me the power of coming to Thee, in every moment of need, sure that Thou wilt hear and give Thy help. My greatest need is of the Spirit; whence can it come save from Thee? Bless me with increase of all good within, that I may manifest it to all men. May Thy Spirit bring me ever nearer to Thee, Source of all power, fountain of Love. Amen.

I SEEK HEALTH AND HEALING

The real JEWISH SCIENTIST, knowing that the human being is physical, mental and Spiritual, does not ignore the material, or the body, but cooperates with the physician, or surgeon, welcoming his aid, and working with him. We do not fight against his care, but welcome it, and by our desire to cooperate we aid in securing the results for which the wise physician is working.

We relax when he dresses a wound, and in that way suffer a minimum of pain. We fill ourselves with the great trust in the physician as one helper and in God as the only Healer. We know that all healing comes from within, through the power and willing aid of God, and are grateful to any one who helps us back to the normal state of self-control, by which we can aid ourselves through the power of God.

I relax every muscle and nerve in a quiet place, clear my mind, and let the sense of peace permeate every pore. I exert the Spiritual power within me, filling my consciousness with the complete reliance upon God, resting upon my full consciousness of God's indwelling power. We aid this consciousness as we repeat the wondrous promises of Prophet and Psalmist, having in mind Jeremiah's assertion of

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faith: "Heal me, O Lord, and I shall be healed; save me, O Lord, and I shall be saved!" We add to this numerous suggestions of God's willingness to help us, as we find them scattered through Scripture. We repeat that thought of Psalm XXIII: "Even 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." What infinite strength and comfort lies in that consciousness of the ever ready help of God, what courage wells up in our souls, how quietly we rest awaiting the healing that comes with faith and earnest hope!

We drive out all fear by our infinite trust in God. We know that all is well because we are certain of the aid of Almighty God, ever loving to those who seek Him in spirit and in truth. If we suffer, we know that it too is but for a time, and that ease and peace will come the sooner for our reliance upon God. We rule through the Spirit, which is of God, and soon all will be well, and we shall be happy, painless, ready to live and work with courage and trust.

PRAYER

Heal me, O God, and I shall be healed; save me

BRINGING HEALTH TO THE HOME

and I shall be saved! For Thou givest health with lavish hand to all who seek Thee truly. Unto Thee do I cry, out of my weakness and pain, O Lord, Source of all healing! Give me that great certainty of Thine ever willing aid, that I may feel Thy power. Grant me that inner quiet which will assuage my pain; aid me to return to joy and health. Help me to master pain, as I come into more perfect harmony with Thine eternal laws. Make me patient under suffering, through the strength Thou givest. Help me to master myself in every part, that through Thee I may again be my own happier and better self.

Make me thankful for the blessing of strength and life, that as I yearn for them they will return to me through Thy goodness. Unto Thee do I commit my Spirit, my weaker, suffering, struggling self, that I may be brought back to joy and health through love for Thee. Amen.

BRINGING HEALTH TO THE HOME

When one who is near and dear to us lies on the bed of pain, how can we help? If we are cheerful, hopeful, confident, and spread the atmosphere of

BRINGING HEALTH TO THE HOME

trust and courage around us we are working in accord with the law of God and helping the sufferer back to health and happiness. To manifest sympathy is to lower the morale of the sufferer, and that is precisely the opposite of our purpose.

We must express in word and action the certainty that all will be well, and that as the one who is ill regains self-control, and helps the physician or surgeon by hearty cooperation the healing will come all the more speedily. It must be no pretense. If we develop real faith in ourselves we communicate it to all around us and out of this faith comes the sureness, the confidence of health.

We help to alter the attitude of mind of the sick persons, by giving them the finer outlook and the deeper hope. We help them to that calm within which comes from the sureness of the aid of God, when we are working with His laws, and not against them. We read the most uplifting and encouraging bits that we can find either in the Bible or in other serious literature.

At the same time we can help by aiding the sufferer in ceasing to think too much about the pain from which he or she shrinks. Cheerful conversation about impersonal matters, directing the interest to affairs of moment in life about us, all help

BRINGING HEALTH TO THE HOME

to bring the patient back to a normal, happy state of mind, which must aid in restoring the calm and self-control which they need.

We descend into the "valley of the shadow of death" with our loved ones who are prostrated by severe illness, but we raise them up with ourselves when we see clearly that "God is our stay and our staff." There is the support which we need and there it may be found always. There is more than comfort—the stimulus to higher thinking and a surer hold upon God.

Flowers, music, all things cheerful and delightful, help, if the patient can be led to manifest interest, and even subconsciously the effect of music is felt. Our own effort to raise the atmosphere of the sick-room to one of cheer and hope inspires us to renewed effort, as well as helping the sufferer. We fail only if we are too dull to understand that God works thus upon and through us if we are in accord with His laws and look steadily towards Him.

PRAYER

Thou Healer of men, Who giveth strength to all, help Thou our loved one, who lingers in pain. Let Thine assurance of help and healing be fulfilled, giving courage, strength and peace to all who suffer.

I FEEL NERVOUS AND UPSET

May they feel Thy Presence, that from it may flow the certainty of help, the sureness of Thy nearness and aid. Give peace and calm to all who are perturbed, through the consciousness of Thy power and help. As they feel Thine aid, let them grow strong in faith in Thee and power of Soul and body. Attune their Spirits to more perfect accord with Thee, that they may find Thee, as they need Thee, more and more perfectly.

Teach us how best to help one another; to cheer the sufferers, and bring them back to happiness and health. Bless us and all Thy children with increase of strength in Spirit and body that all be made happy in the consciousness and love of Thee. Amen.

I FEEL NERVOUS AND UPSET

When we feel nervous and out of sorts, this does not mean that anything is really wrong. It does indicate that, for the moment, we have lost self-control, and lack the great joyous feeling of interest in life. We need not indulge the spasm of hopelessness, but must counteract it by action.

The simplest method is first to relax every muscle, clear the mind by letting it lie fallow, without concentrating upon anything. Then gradually allow the sense of peace, comfort, courage to seep down from

I FEEL NERVOUS AND UPSET

the central mind into the subconscious. We repeat to ourselves some of the finest and most stimulating words of Psalmist and Prophet. "The Lord is with me, why should I fear?" "Help me, O Lord, and I shall be helped; heal me and I shall be healed!"

Now taking a new, fresh hold upon our problem, we see it clearly, and try to find a wise solution. If I am troubled about material matters, I begin to work, and perhaps consult some friend, who may advise me to advantage. But I do not allow myself to sit and worry, or excuse myself by saying: "I can't help it, everything is going wrong." It goes wrong only because we do not work quietly, hopefully and sanely to make it right.

If I quiet myself first, I am then ready to see clearly and to judge fairly, and find it not nearly so bad as it seemed when I was depressed. There is always a right way out and I prove my Spirit-power by finding this way. It is a mistake for me to think that every one is against me. The fact is that many are ready to aid all who try to help themselves by hard work and courageous effort.

No one can perturb me so long as I am quiet within, and that is a matter of self-control, enforced by my own Spiritual advancement. I know that nothing is worth worrying about, being angry over, or becoming excited over. Then I possess my soul

I FEEL NERVOUS AND UPSET

in patience and calmly await the issue, working my way towards the end I have in view, confident that I shall attain as much as I deserve and more, because of the aid of God. I am certain of that help, because it has come to every one who sought it Spiritually, and directly. I am working in accordance with the will of God as expressed in the laws of life. And I feel that the help of God is ever present, so that I may face every issue of life, coolly, courageously, and sure of the added power that comes from God alone.

PRAYER

All adrift on the stream of life, I come to Thee for guidance and for help. I have lost my better self, and would regain it, in the Spirit that comes from Thee. Aid me as I strive to reach my higher self, by the knowledge that Thou art ever at my side, helping and loving me back to happiness and health.

Show me how strong I may become through love of Thee, and reliance upon Thine aid. Lift me up to self-control, to mastery of my weaker being, that I may be strong again, through love of Thee.

Remove my weakness, my fears, my misgivings, and give me once more that hold upon life which is rightly mine. Let me forget myself, as I labor for

PEACE WITHIN

others in Thy Name, and feel Thy strength given me in full measure. Show me Thy way, O Lord, and let me walk therein, in peace, in strength and in joy. Amen.

PEACE WITHIN

I want to be at peace with myself. I seek the harmony within, by which I know that all is well, and that I am in full accord in every part. I know myself as ONE, with many faculties, and endless powers, if I use them aright. I would not be disturbed by the rush and noise of life, seeking the perfect repose by which I remain at peace and quiet, no matter what goes on around me.

I am my own master, and will not permit my emotions to control me, or my passions to rise so high as to destroy my composure.

I am not made anxious by any thought that rises from my subconscious past, any unpleasantness of the present or fear of the future. I put aside with a smile every accidental suggestion which does not serve my purpose. I am in peace, at ease, because I am my better self, controlled and directed by my Spirit, which is the image of God within me.

I know myself, and seeing my weaknesses, I control them through the Spirit, by the ever ready aid

PEACE WITHIN

of God. I know Him as my Support and Help and that gives me the sureness through which I am not moved to lose my hold upon my temper, or my feelings. I am at peace within, because I am ever at peace with all men and women, and will not quarrel, for nothing is worth an evil, hateful thought. I am at peace, because I feel that I am working with the laws of God, and that He too is working with me, because I am at peace.

I may do much, through love, through kindness and consideration. I can do little through force, or harshness. Through right thinking and doing good, I increase the peace within and add to good will all about me. I seek and pursue peace, through the inspiration of God.

PRAYER

Give me, O Lord, peace of Soul! Make all my powers of Spirit so strong that I can rule myself in greater harmony. Help me to control my passions, every moment, so that I shall not err. Let my Spirit grow so strong, that it shall keep my judgment clear, my body virile, and ever at command. Help me, O God, to better the direction of every faculty, so that I gain that peace within, which keeps me

I MUST NOT WORRY

eager, yet quiet, confident, but humble, because I am not yet perfected in every part.

Attune my heart to willing obedience to every fine suggestion of the great souls inspired by Thee, learning from the higher harmony of Spirit, mind and body. Give me of Thy grace, that I may check each evil impulse, and so master myself that I am more worthy of Thine aid and nearness. Let me find peace in greater sense of right, and keener perception of truth. Make me Thine own in Spirit and all must be well! Amen.

I MUST NOT WORRY

Why should I worry? How can it help me in any way to sit and brood over any troubles, no matter how real they are or seem? Is it not fear and cowardice which lead me to worry lest events should not come as I wish? Who says that my desire is always right? Do I know what is best for me at all times?

Worry has never aided in the solution of a single human problem. But if I set aside all fear or hesitation, and calmly try to find some sensible way through my difficulty have I not the right to expect some valuable result?

I MUST NOT WORRY

When I worry I merely weaken my power of reasoning, or distort my judgment. I need my best ability when I face a problem, and I can have it only if I can cast out all fear, knowing that He works within me at this moment to help and cheer.

Knowing this, I can control myself through my deeper trust in God and my better reliance upon my own powers. I can prove my character by the way in which I surmount a difficulty, or pass over it. Success can never come to me if I worry, which is a process of weakening, when I most require strength. It is as easy for me to resolve never to worry as it is to believe that I am on earth to do things and not to waste my energy in useless fear. If all is not right, can I not make it as nearly right as lies within my strength? That is what I shall do with the help of Almighty God.

PRAYER

Why should I torture myself, while Thou art ever near? What can be wrong when Thou directest all? In Thy Presence all fear is gone, for Thy Spirit is within me and about me, and the right must come to be. Help me to see the way to do

I MUST NOT WORRY

what will benefit both me and those around me. Teach me the Faith that all is always right, if we but work with Thee.

Show me how I may find the way through every difficulty, even though it be not as I had hoped. Make me strong enough to face each issue as it comes, and mould it to the best ends. Banish every oppressing care, for Thou art shaping the destinies of men, and what Thou doest is always right.

Grant me the vision of truth and justice, that I may guide myself aright, even according to Thy will. Help me to see that in the end all will be well, as Thou savest me from pain and trouble. This be Thy will, at every turn in life. Amen.

FACING TEMPTATION

At every turn of life I may find temptations—if I am looking for them. But only the weak yield, the strong resist, and conquer each temptation as it appears. I do not let my imagination run wild, thinking of the passionate pleasures which I might enjoy if I did not know that it is wrong.

I need help to make me strong against tempta-

FACING TEMPTATION

tion, and I find it in my feeling that God is ever near, to aid me in the moment of peril, to save me if I want to be saved. If I can sense that Divine Presence I shall not yield, for in His Presence how can I sin? There is that Divine spark within me, conscious of all I do, and if I hearken to the urge of the small inner voice, I shall not fail to resist, no matter how great the temptation seems. I know that I must pay if I break any law of moral action, and that I suffer in my own heart whenever I fail.

But I will not fail! I dare not yield because I am strong in the love of God, which I prove by my obedience to every law of right; I cannot do wrong to any one, for I am filled with love for all around me, and would not lead them to sin with me. I cannot lie, for that puts me out of harmony with both God and man. I can break no other law I know, for I seek to remain in full accord with God and man.

PRAYER

Guard me, O Lord, from yielding to this temptation to err! I know the right, and would always do it, if Thou wilt make me strong. Deepen my love of Thee and of my fellow-man, that it shall aid me to resist all evil.

Why should I lose myself for a moment's pleasure? Why wrong myself by doing wrong? Thou

THY WILL BE DONE

knowest my weakness—so make me strong. Thou alone canst help me in the moment of temptation, and on Thee do I call.

Answer me by the sense of Thy Spirit, which will guard me from yielding to the evil thought or evil deed. Build up in me the Spirit of Love that shall conquer every false desire, and keep me obedient to Thy will.

If I am weak, strengthen me; if I am blind make me see, lest I fail to do the finer and the better task. In Thy power do I find strength, in Thy help is might against all temptation. Save me and I shall be saved, through Thee. Amen.

THY WILL BE DONE!

When I can say in my heart of hearts: "Thy will be done" I have achieved that real understanding of the way in which God works, ever for the best. It is not easy for me to subject my will to God's for I think that what I want I ought to have, and must have, no matter who suffers for my selfishness.

As I grow up to the better comprehension of the way in which God works upon and through men I begin to apprehend something of the great truth

THY WILL BE DONE

that each one must play his or her part courageously and faithfully, even though we do not always attain the aims which we desire.

I can always have my way, if I make my way God's way. This is no surrender of my personality, but a real conforming to the laws and conditions under which we live, by God's Providence. I need not act like a fretful child who wants each whim satisfied, whether for its benefit or not.

I must see that I am only one, and there are many millions around me—all of whom are God's children. If I want too much I shall not receive it, unless my desire is for the Spirit, which is infinite in supply, always more than we ask. Only as we seek the Spirit shall we be satisfied, for there lies the Will of God.

PRAYER

Thy will, O God, be done, not mine. For how can I know, what can I do, save as I am in accord with Thee? What are my petty desires when compared with Thy great purposes? May I not learn the better way, to seek to comprehend what Thou wouldst have me do, and do it, with willing heart?

Raise me, O Lord, above the material desires, the little wants of petty souls. Aid me to the higher understanding of Thine infinite will, which ever

FACING ETERNITY

works for all mankind. If what I think I need is not attained, surely it is better so.

Help me to be sure that Thy way is always right, and mine is often wrong. Give me the uplook, that I may yield gladly, willingly and fully to Thy purposes made manifest to me as I look more deeply within, and find Thy will. Not my will, but Thine be done, now and forever. Amen.

FACING ETERNITY

Every day we live we face Eternity. No one can know when the last day on earth may come. But that should not make us afraid. With God working within us and about us we cannot fear. We know that this casting aside of the body, is part of the great law of life, only an incident, and whenever it occurs is right, according to the will and the laws of God.

Because life is to us a continuous whole, we have no fear of turning the corner which leads to Spiritual existence. All the days of thought and effort are leading the way towards that Infinity which is true of the Spirit alone. Because we too are Divine, we feel the touch of Eternity and go to meet it, fearlessly and confidently, in harmony with all existence.

FACING ETERNITY

It has no terrors for the soul which knows itself as part of the Divine Source. We voice our aspiration for Infinity through the Spirit within.

PRAYER

O Thou, to Whom life is everlasting and with Whom time is swallowed up in Eternity, unto Thee do I commit my Spirit. Grant me the power of knowing more surely every day I live that this stream of life flows on to Infinity.

Help me to the higher courage which shall prepare me for any event, and make me ever ready to face Eternity at Thy will. Deepen the consciousness of Thy love and mercy that I may be made more certain of Thy boundless kindness, and that all Thou doest is for the benefit of Thy creatures here on earth.

Teach me the way to accept Thy will, even when it parts me from one I love, for a time, sure that the Spirit lives always and that in Spiritual communion we are ever together. Out of my weakness give me strength, out of my blindness light, that I may be ever ready to share that Eternal life, reserved for all who come to Thee through the Spirit. Amen.

OUR CHILDREN

The privilege of leading our children to God is the most sacred right of parenthood. That they be helped to teach the little ones how to pray, prayers for children are presented.

FOR VERY YOUNG CHILDREN

BEFORE SLEEPING

Dear God, I thank You for the good things that have been mine all day. For the love of dear Papa and Mama; for all the nice food they give me, for the good time I have had at play. May sweet sleep come to me, and may I wake to the new day well and ready for all it brings. Bless all I love and make them happy. Amen.

MORNING PRAYER

Thank You, God, for the good night's rest, and for the bright sunshine of today. May I be as good all day as I want to be, and will You help me to mind what I am told, and make every one love me more and more. Amen.

FOR OLDER CHILDREN

NIGHT PRAYER

I thank You, dear God, for all the fine day of play and lessons. I thank You, too, for all the love that has come to me from my parents, my brothers and sisters and friends. Let me sleep in peace, so that when I wake I shall be ready for all I want to do, all I want to learn. Bless all whom I love and who love me, with health and happiness.

MORNING PRAYER

Sweet was the rest of the night, O God, and beautiful is the day as I awake. Make it a good day for me, a day of kindness, of real trying to learn and to play fair. Help me to obey the wish of all older than I, for they are trying to show me the right way to live. Keep me strong, willing and happy all day long, so that I may grow up in love for You and for all around me. Amen.

BIBLE THOUGHTS

FOR EVERY AND ANY DAY

1. And thou shalt love the Eternal thy God with all thy heart, and with all thy soul and with all thy might. Deut. 6:5.

2. See, I have set before thee this day life and good, death and evil, in that I command thee this day to love the Eternal thy God. Deut. 30:15-16.

3. I drew them with cords of a man, with bands of love. Hosea 11:4.

4. Because he hath set his love upon Me, therefore will I deliver him. Psalm 91:14.

5. The Lord is my strength and my shield, in Him hath my heart trusted, and I am helped; therefore my heart greatly rejoiceth. Psalm 28:7.

6. The Lord is my Light and my Salvation; whom shall I fear? Psalm 27:1.

7. Say to them that are of a fearful heart: "Be strong, fear not! . . . They shall obtain gladness and joy, and sorrow and sighing shall flee away. Isaiah 35:4.

8. Fear thou not, for I am with thee. Be not dis-

BIBLE THOUGHTS

mayed, for I am thy God; I strengthen thee, yea, I help thee; yea, I uphold thee with my victorious right hand. Isaiah 41:10.

9. My Spirit abideth among you; fear ye not. Haggai 2:5.

10. Fear not, but let your hands be strong! Zechariah 8:13.

11. The righteous shall live by his faith. Habakkuk 2:4.

12. It is a Spirit in man, and the Breath of the Almighty that giveth them understanding. Job 32:8.

13. Create in me a clean heart, O God; and renew a steadfast Spirit within me. Psalm 51:12.

14. See now that I, even I, am He, and there is no god with Me; I kill and I make alive; I have wounded, and I heal. Deut. 32:39.

15. O Lord, be gracious unto me; heal my soul; for I have sinned against Thee. Psalm 41:5.

16. Pleasant words are as a honeycomb, sweet to the soul, and health to the bones. Proverbs 16:24.

17. Peace, peace to him that is far off and to him

BIBLE THOUGHTS

that is near, saith the Lord that createth the fruit of the lips; and I will heal him. Isaiah 57:19.

18. O Lord, my God, I cried unto Thee, and Thou didst heal me! Psalm 30:3.

19. Who forgiveth all thine iniquity; Who healeth all thy diseases; Who redeemeth thy life from the pit; Who encompasseth thee with loving kindness and tender mercies; so that thy youth is renewed like the eagle. Psalm 103:3-5.

20. The Lord is the Stronghold of my life; of whom shall I be afraid? Psalm 27:1.

21. My flesh and my heart faileth; but God is the Rock of my heart and my portion forever. Psalm 73:26.

22. In the day that I called, Thou didst answer me; Thou didst encourage me in my soul with strength. Psalm 138:3.

23. Behold, God is my Helper; the Lord is for me as the Upholder of my soul. Psalm 54:6.

24. And he shall be quiet without fear of evil. Proverbs 1:33.

BIBLE THOUGHTS

25. When thou liest down thou shalt not be afraid; yea, thou shalt lie down, and thy sleep shall be sweet. For the Lord will be thy confidence. Proverbs 3:26.

26. A merry heart maketh a cheerful countenance; but by sorrow of heart the Spirit is broken. Proverbs 15:13.

27. Though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me. Psalm 23:4.

28. O love the Lord, all ye His godly ones; the Lord preserveth the faithful. Be strong and let your heart take courage. Psalm 31:24.

29. Mercy and truth are met together; righteousness and peace have kissed each other. Psalm 85:11.

30. He will swallow up death forever; and the Lord God will wipe away tears from all faces. Isaiah 25:8.

31. Only for God wait thou in stillness, my soul; for from Him cometh my hope. Psalm 62:6.

OUR AFFIRMATION

We affirm:

That God is Love, Truth and Wisdom Supreme, and that I am made in His image.

The more I know of God, the more I consider His Love and Mercy, the better may I conform my soul to His Truth and Wisdom, and the more fully may I live the Righteous life, through my completer Consciousness of God.

This day and every day would I have my thoughts in full harmony with Divine Truth, Love and Goodness.

In me lies the remedy for the world's need; for I am Love, Truth and Righteousness as I grow up in Godliness.

I put away all fear, all anxious thoughts, all lack of soul or body, for God is my Aid and Helper and I need none else.

With will attuned to the Will of God, I hearken to His Voice daily and hourly, and find truth and leading to higher thought and truer confidence. I think and work with God to help all who are in need, in weakness of body or soul. Let me be helped—let them be helped, to strength and courage, to faith and certainty of Thee!

Through Thine aid are we guarded from error of thought and deed, and by Thy mercy wilt Thou accept our words and each endeavor for the better understanding and the nobler life.

Thou art our Hope, our Strength, Healer of all our woes, Savior from all sorrow. AMEN.

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