

## *Conversations with God - Prayer that Heals*

- 1.** I once read a joke that asked, “Why is it when we talk to God, we're said to be praying, but when God talks to us, we're called schizophrenic?”
- 2.** Just like you, I laughed too! But that joke set me to thinking more deeply about prayer and its place in our modern world and our busy individual lives. Why would we want to take time for prayer? Is it relevant to our lives? Is it realistic to expect practical answers to our prayers? And, when you get right down to it, what is prayer?

**3.** There has been much written about prayer and I've enjoyed the wisdom shared by many different authors:

**Mahatma Gandhi** noted, “Prayer is not an old woman's idle amusement. Properly understood and applied, it is the most potent instrument of action.”<sup>[1]</sup>

**Norman Vincent Peale**, an American author, noted speaker and minister, stated, “Today any successful and competent businessman will employ the latest and best-tested methods in production, distribution, and administration, and many are discovering that one of the greatest of all efficiency methods is prayer power.”<sup>[2]</sup>

**Fyodor Dostoyevsky**, renowned Russian author said, “Every time you pray, if your prayer is sincere, there will be new feeling and new meaning in it which will give you fresh courage, and you will understand that prayer is an education.”<sup>[3]</sup>

**Mary Baker Eddy**, an American religious leader and author wrote, “Prayer begets an awakened desire to be and do good. It makes new and scientific discoveries of God, of His goodness and power. It shows us more clearly than we saw before, what we already have and are; and most of all, it shows us what God is.”<sup>[4]</sup>

4. Those are some wonderful definitions of what prayer is and what it does: it is the most potent instrument of action; it is the greatest of all efficiency methods; it is an education that brings fresh courage to our lives; and it makes scientific discoveries about God's goodness and power, showing us who we are and what God is.

5. We all want our work to have more potent or effective results. Wouldn't we like to achieve those results more efficiently? Who doesn't want to learn to face life's challenges with greater courage! But what does discovering more about God's power and goodness and our own identity contribute to our lives? How can discoveries made through prayer be called scientific?

6. *Science* and *scientific* are terms which our society generally does not associate with prayer. However Mary Baker Eddy did. She discovered a unique connection between science and prayer and we're going to look at that connection and explore how this discovery sheds new light on Christianity and the power of prayer. Eddy felt so strongly about this connection that she said:

[1] If Christianity is not scientific, and Science is not of God, then there is no invariable law, and truth becomes  
18 an accident. (SH 324:16-18)

7. She was not alone in this view, as shown by Albert Einstein's statement, "Science without religion is lame, religion without science is blind."<sup>5</sup>

8. The English word *science* comes from a Latin root which means *knowledge* and it refers to knowledge gained through experience. Eddy was born in the 19th century, a time when mankind was earnestly seeking reliable knowledge about the nature of our world and about the nature of man through structured and disciplined observation of physical phenomena.

It was a time when various scientific disciplines for discovery were coming to the forefront of human thought: disciplines such as the study of physics, biology, chemistry, and so on. The discoveries made through these various disciplines rest on what we have come to call *scientific methods* of research. This method of research employs techniques which are designed to investigate phenomena, acquire new knowledge, or correct and integrate previous knowledge. According to the Merriam-Webster Dictionary, this *scientific method* “consists of the collection of data through observation and experimentation, and the formulation and testing of hypotheses.”

**9.** So, what kind of connection do these scientific methods have with *prayer* - with our conversations with God? Actually, a great deal! Eddy presents this connection in her book *Science and Health with Key to the Scriptures*. She was a devoted Bible student throughout her long life, and her study of the Bible led her to see that just as there are scientific principles which underlie the physical phenomena of nature which scientists can study, there must also be a scientific principle underlying the remarkable phenomena of healing, and protection recounted in the Bible. Her search for an understanding of this principle became her life’s work and the Bible and the teachings of Christ Jesus were her teacher.

**10.** Physicists have long sought a unifying principle that explains the interconnection of all physical phenomena. Scientists intuitively know there must be an underlying law or principle that defines, causes, governs, and unifies all reality, all creation, all life, and this intuition impels their search. The principle they seek, like all natural law, must be self-existent, self-consistent, and it must underpin every aspect of creation and life. It must be self-sustaining and must encompass everything that exists. It must be self-enforcing, requiring all activity to conform to its own nature. Couldn’t this principle scientists are seeking be a description of God? Everything Eddy had experienced in her life and learned in her study of the Bible, led her to see that it could: that God is the unifying principle mankind has been searching for. She wrote:

**[2]** To grasp the reality and order of being in its Science,

12 you must begin by reckoning God as the divine Principle  
of all that really is. Spirit, Life, Truth, Love, Divine  
combine as one, — and are the Scriptural names synonyms  
15 for God. All substance, intelligence, wisdom, being, im-  
mortality, cause, and effect belong to God. (SH 275:6-15)

**11.** As you noticed, several different words are used to describe God: Principle, Spirit, Life, Truth, and Love. These are all ways in which the Bible describes God, and I value these terms because they help me understand God's nature. As the Bible affirms, God is intelligence or Mind. God is infinite Spirit, not a limited corporeal being. God is the creative Principle upon which all creation rests. God is Life itself. God is Truth, the absolute and only standard that defines every detail of creation. As the Bible affirms, God is impartial and universal Love. Eddy used these Bible-based terms as synonyms for God to help clarify her growing understanding of God's nature and of the orderly way in which God works.

**12.** Eddy discovered that God is the ever-present, unchanging force that governs all, establishing order, health, harmony, and abundant good throughout in His creation. Through her study of Jesus' teachings, she began to see that God governs His creation through universal spiritual laws. She named this discovery "Christian Science" or the "Science of Christianity." The term "Christian Science" grew from two points. First, that her discovery emanates from the teachings of Christ Jesus, and second, that it reveals divine laws that can be studied, learned and applied through prayer to give predictable and reliable results; in other words, it's a science. Her goal was to gain an understanding of the spiritual principles or laws embodied, taught and illustrated in the Bible, including their application to healing. She recorded what she discovered through her research in the book I just mentioned, *Science and Health*. This is what she wrote of her quest for knowledge and understanding:

**[3]** I knew  
the Principle of all harmonious Mind-action to be God,  
18 and that cures were produced in primitive Christian

healing by holy, uplifting faith; but I must know the  
Science of this healing, and I won my way to absolute  
21 conclusions through divine revelation, reason, and dem-  
onstration. (SH 109:14-22)

**13.** Reason and demonstration were extremely important points in her search for understanding. She emphasized the point, that Truth can be demonstrated when we understand it. Just as the science of astronomy reverses the mistaken perception that our earth is stationary and the sun circles around it, she discovered that the Science of Christianity reverses the false testimony we receive from our physical senses, and in this way gives us clearer understanding the nature of being.

**14.** Do these assertions leave faith out of the equation of prayer - the communication between God and man? No, they don't! The Bible tells us:

**[1]. . . faith is the substance of things hoped for, the evidence of things not seen. (Heb 11:1)**

**15.** One could say that faith is a catalyst that gives impetus to prayer, fuels endeavor and gives courage to hope. It looks beyond the limited and often mistaken perceptions of the material senses to embrace new possibilities. But Eddy understood there is an important difference between belief and faith. In her deep study of the Bible she learned that the Hebrew and Greek words often translated as *belief* have a meaning somewhat different from our general sense of the verb English (Russian) *believe*. Those verbs used in the original Bible texts carry the meaning of faith, understanding, trust, constancy and firmness. This is an important point, because where our Bible appears to approve or require a simple belief, the original texts intended to underscore the necessity of understanding.

**16.** I think this must have been what Ghandi was referring to when he said that properly understood and applied, prayer "is the most potent instrument of action." I'd like to share an experience that helped illustrate this for me.

**17.** I'd been a student of Christian Science for several years. I studied the Bible regularly, and I'd been striving to apply the spiritual principles Eddy enumerates in *Science and Health*. My husband had just taken a new job - one that paid well and offered him the opportunity to use and develop his career skills. However, on his first day at work, he discovered that the company had not disclosed an important mandatory condition of his employment with them. He was unhappy and disappointed that the condition had been hidden from him, in part because he would not have left his former employment had he known, but at a deeper level because this action showed a lack of ethical behavior on the employer's part. Honesty and integrity had always been very important to him. They are traits that express God's own nature and therefore, they are an innate part of His creation. My husband has always striven to express them in his personal life, and it was natural to expect to see them in his employer too. My husband felt very strongly that he could not, in good conscience, fulfill this mandatory condition of employment and should leave the company. However, leaving would mean that we would lose our income. Our first child was due shortly, so I was not in a position to look for employment to help out, and his decision to stand on principle seemed to put our welfare in jeopardy.

**18.** When my husband decided that he must leave the new job, there was an urgent need to find a new work. My husband consulted want ads, a logical step to take, and in addition, we prayed. We wanted to be open to new possibilities and we did not want fear or trying to outline a specific outcome to lead us astray and limit our ability to recognize new opportunities. We knew this activity needed to be directed by prayer, not left to a sense of chance. We knew that prayer brings both comfort and practical results, and we trusted that divine Mind's ideas would guide our steps as we listened for direction.

**19.** As I began to pray, my heart was filled with gratitude for the growing understanding I was gaining about God's nature as the entirely good intelligence that governs all of creation. But, I felt a need for a clearer sense of what prayer is and how it works. Have you ever noticed that when you

have the radio or TV on, if your thought strays to other things, such as what you're going to fix for dinner or maybe a recent conversation you had, you lose track of the program? You can't even remember what music was playing or what the program host was saying? In a very similar way, when we seek answers in prayer, our focus must be on God, not on the difficulty that's challenging us.

**20.** On the surface, our need was for my husband to find work - and quickly. But I could see that beginning with a sense of lack or fear was not a very stable basis for prayer. Because it focused on the problem, it would have diverted my attention from listening to God so that I could discern His direction. I'd been learning that prayer is much more than just a petition to God to change something we don't like or provide something we think we need. Prayer itself can be scientific! Such prayer begins with the recognition of God as divine Principle - the underlying, wholly good, and unchanging cause of all that is. It affirms the omnipotence and omnipresence of divine Principle and quietly listens to discover how these spiritual facts apply to our particular need. These discoveries bring us a fresh perception that looks beyond the surface pictures of discord or lack, and show us the deeper spiritual reality. They reveal possibilities we may not have seen or that we might have considered unlikely or even impossible. In this way they transform and improve our experience.

**21.** As I prayed, I listened to hear what God, divine Intelligence, was telling me about his own nature and about man's nature as His image and likeness. It's interesting to think about what an image or reflection is. Your image in the mirror has no existence separate from its source - you. It has no ability to act on its own, nor to refuse to act. There was a wonderful old cartoon that showed a funny, round little man standing in front of the bathroom mirror looking at his image. The image has its arms folded across its chest and it's scowling back at him. The man, however, was pointing at the mirror and shouting, "You don't understand! You *have* to be my reflection!" We laugh at the absurdity of that cartoon, but it's a wonderful illustration of what it means to be God's image. Another important point about a reflection is that it can't include anything that is not part of the

source and can't be deprived of anything that is part of the original. This illustrated for me that because God is complete, lacking for nothing, His reflection must also be complete and include the full array of divine resources.

**22.** This spiritual perspective was showing me that our primary employment isn't the job we go to each day. Instead, it is expressing the divine nature and Its attributes. Those attributes include: integrity, spontaneity, intelligence, wisdom, discipline, creativity, dedication, completeness, etc. They are an innate part of our being and putting them into practice helps us experience harmony, happiness and peace of mind right where we are. They enable us to experience more of God's goodness and provision for our needs. Another important point is that these attributes are the very qualities that every employer wants to see expressed by their employees, and they are always in demand. This spiritual perspective shows that none of us can ever be without purpose - without employment. This right sense of employment naturally reflects God's completeness and wholeness, and therefore includes within itself sufficient supply to meet our human needs.

**23.** I also prayed to understand better what *income* is. My thought was drawn to a passage from a short article written by Mary Baker Eddy, titled "Angels". In this article she wrote:

[1]                    God gives you His spiritual ideas, and in  
turn, they give you daily supplies. (Mis 307:1-2)

**24.** Income is much more than just the money we earn at our jobs. Ultimately *income* is the fresh ideas or negative suggestions we allow to enter (or come into) our thought. Fresh ideas bring an awareness of new opportunity, but negative suggestions tend to paralyze us with fear. So there's a need to guard our thoughts. An unending supply of fresh ideas is forever flowing to us from their ultimate source: divine Mind. The Psalmist wrote about this wonderful fact:



[2] 17 How precious also are thy thoughts unto me, O God! how great is the sum of them!

18 If I should count them, they are more in number than the sand: when I awake, I am still with thee. (Ps 139:17,18)

**25.** Truly, when prayer is properly understood and applied, it is the most potent instrument of action! It provides a quiet haven in which the chaos of fear is silenced and fresh ideas gather. These remind us that we are loved, provided for and never separated from divine Love, our Father-Mother God. These ideas take shape in the form of practical directions on which we can act.

**26.** In our case, a few days after my husband's decision to leave was made, he needed to go to a large city about a 1-1/2 hour drive away. I accompanied him and as we were driving down one of the main business streets, I saw the name of a well-known company that specialized in his area of expertise. The idea came so forcefully to me that he should go in there and ask about employment, that I suggested it to him. Our other business was completed, and as we had time on our hands, he decided to act on the suggestion. After filling out an application, he was asked to take an exam designed to evaluate the skill and knowledge level of prospective employees. After his exam was reviewed, he was invited to participate in two interviews and was offered a job that started immediately. What surprised us most was that this particular office (one of many branch offices of the company) had only that morning received permission to hire an individual with the specific skill sets and job experience which my husband had. It was a job that lasted twenty-four years - until he chose to retire.

**27.** Was this just coincidence or luck? No! The Science of Christianity reveals many important points about prayer. The entire first chapter of *Science and Health* is devoted to prayer - what it is and how it works. This Science is natural, although it is metaphysical rather than physical - that is, it is a science which examines the nature of reality, including the relationship between mind and matter. Its Principle is God and it corrects belief with an

understanding of spiritual facts. When we work out the answer to a mathematical equation, we apply established principles to solve the problem. These principles unerringly lead to the right answer when correctly applied. It's not a matter of luck or coincidence that  $2+2$  always equals 4. It is an unvarying mathematical law. In a similar way, scientific prayer is the recognition of spiritual laws which are applied to the human situation. In our case, those spiritual laws included: 1) the nature of God as unchanging divine Principle which supports and sustains Its creation in every aspect of its manifestation; 2) that divine Mind is always communicating the very ideas we need; and 3) that man as the reflection of God is designed to express the intelligence, wisdom and completeness of his Maker. This completeness includes rightful employment and supply for our daily needs.

**28.** My husband's career within this company took us to many different places. With each move, I was the one in need of new employment, but the principles I learned and began to demonstrate back then, unerringly brought me interesting, productive employment, just as they had for my husband.

**29.** Throughout the Old Testament, the prophets demonstrated the power of prayer to heal, protect and supply man's needs. However it was Christ Jesus who showed us the nature of prayer's powerful effect through his teachings. In his Sermon on the Mount, he emphasized the necessity of expressing such qualities as meekness, humility, childlike openness, mercy, and forgiveness. These qualities help to shift thought away from ourselves and open our hearts to feel and yield to the presence of divine Love actively working in our lives. Scientific healing prayer is always founded on a humble willingness to focus on God instead of ourselves. It helps us set aside our limited sense of what is possible and instead behold with our child-heart the majesty and power of divine Love that the Christ revealed to humanity.

**30.** A friend of mine who has been a student of Christian Science for many years had a wonderful physical healing that grew out of this type of scientific prayer. She had been entertaining her grandsons in her backyard when she felt a sharp sting on her foot. She looked down and saw that she'd been

stung by a scorpion. She brought the children inside and asked their mother to take them home so that she could have uninterrupted time to pray. She felt a calm assurance that God's omnipotence annulled the possibility of any other power that could threaten her well-being. However because of the initial intensity of pain and other rapidly developing symptoms, she decided to ask a friend to come stay with her. She had lost sensation in her extremities and partial paralysis had set in, making it difficult for her to walk, speak and at times even think clearly. She also contacted me as a Christian Science practitioner to treat her through scientific prayer.

**31.** A Christian Science practitioner is an individual who has chosen to dedicate his or her life to healing through the principles taught in the Bible and in *Science and Health*. The work practitioners do for those who call on them for help is always kept confidential, but my friend gave me permission to share her experience with you.

**32.** You may be wondering why she would choose to rely on prayer, when she could have gone to the hospital for treatment to counteract the venom. But through a lifetime of reliance on scientific prayer, my friend had experienced the efficiency and effectiveness of turning whole-heartedly to God through prayer. She had also experienced the strengthening effect of spiritual renewal and growth that are a natural part of this kind of healing, so it was very natural for her to turn to God on this occasion too. It was not a matter of stubborn will, but rather a deep conviction that all power belongs to God and is wholly good. Because Principle, God, is omnipresent and self-sustaining, it cannot be self-destructive at the same time. Her experience had shown her that evil in every form has no substance or power of its own, but instead is a term that defines what we feel when we are not aware of God's wholly good presence and power active in our lives. God's presence eliminates evil, just like light eliminates darkness. The Bible counsels:

**[3] 5 ¶ Trust in the Lord with all thine heart; and lean not unto thine own understanding.**

**6 In all thy ways acknowledge him, and he shall direct thy paths.**

**8 It shall be health to thy navel, and marrow to thy bones. (Prov 3:5,6,8)**

**33.** As I mentioned before, Christian Science treatment through prayer is much more than just asking God to fix or change something in our lives. It begins with listening to hear what God is telling us about the divine nature and about our own natures as God's reflection; it affirms God's allness and complete control of the situation; it identifies the specific spiritual laws which pertain to the situation and affirms their total governance. The effect of this kind of treatment through prayer is to loosen the grip of fear and shift our focus away from the problem so we can begin to perceive and experience our God-given and God-maintained wholeness and freedom.

**34.** Christ Jesus taught his followers not to be afraid. He said,  
[4] "Fear not little flock, it is your Father's good pleasure to give you the kingdom."  
(Luke 12:32)

**35.** The Christ expresses God's spiritual eternal nature and is God's message of life, truth and love that touches our individual consciousness. The Christ is still present today to comfort us and alleviate our fears by giving us a clearer sense of reality, a clearer sense of God's presence and activity in our lives. We can connect with the Christ through our prayers. Christ is also the irresistible power of God, divine Love, which removes the false belief that man is vulnerable because he can be separate from God or because something exists beyond God that can annul God's power. Christ reveals the allness and omnipotence of God which destroys everything that does not reflect God's own wholly good nature.

**36.** The understanding of these spiritual laws lifted my friend's thought out of fear into a conscious recognition that divine Love governs all. Eddy described this protecting power in this way:

[4] Understanding the control which Love held over all,  
27 Daniel felt safe in the lions' den, and Paul proved the  
viper to be harmless. All of God's creatures, Creatures of  
moving in the harmony of Science, are harm- God useful  
30 less, useful, indestructible. A realization of this grand  
verity was a source of strength to the ancient worthies.

1 It supports Christian healing, and enables its possessor to emulate the example of Jesus. (SH 514:26-2)

**37.** My friend and I tuned our thoughts to God in prayer. We knew we needed to shut out the static-like interference of fear and any limited perceptions about the supremacy of Spirit, God. As we prayed, we affirmed the omnipresence and power of God, divine Love. Our prayers awakened our thought to an uplifted sense, not only of what God is but also of what man (you, me, and everyone) truly is. You might say that prayer is a continuing education process that brings to the receptive thought new scientifically spiritual knowledge about the nature of Life, God, and man in God's image. Both my friend and I were familiar with these spiritual principles or laws, but prayer always reveals the relevance of spiritual law to the current situation in ways that are fresh, powerful and healing. Some of the points we learned anew were these:

- that man is inseparable from divine Life, because God himself is man's life
- that as the reflection of Spirit, man is spiritual and is governed by spiritual law
- that God's perfection is expressed in man as ongoing health and well-being
- that all power belongs to God and therefore is always life-giving, never destructive
- that fear and false belief are the only things Truth, God, destroys
- and, that physical symptoms are only the outward expression of fear which divine Love casts out.

**38.** That last point, that physical symptoms are an outward expression of fear, may seem like a radical new idea. Well, it is radical, but it is not new. Eddy thoroughly discusses this point in *Science and Health*. She understood that fear is the foundation of disease, and that when fear disappears, so does disease. It's interesting to note that today's leading physicians and medical

researchers are exploring the connection between the state of our thought and our health, and are increasingly finding a strong correlation.

**39.** This relates to the effects of poisonous bites and stings too. The result of our prayers was that my friend felt God's loving presence and power actively dissolving fear, as well as restoring her sense of well-being, wholeness and freedom. The symptoms began to dissipate and the next day she resumed her normal activities.

**40.** My friend's healing was wonderful, but it was not miraculous. It did not set aside natural law, but instead it illustrated the operation of spiritual law which uplifts and corrects our limited sense of how Principle, God, governs. It was the natural effect of spiritual law applied through prayer. It's also not an isolated incident. You can find many carefully verified healings reported in *The Christian Science Sentinel*, and *The Christian Science Journal*. These magazines look at life's challenges and current events through a spiritual lens and include many accounts of the healing effect of prayer. There are sample copies of these publications available here today and you're welcome to help yourself to them. You'll also find articles available online at [www.spirituality.com](http://www.spirituality.com).

**41.** When people find themselves in acute need, as in the incidents I've just shared with you, they are often more willing to turn to God in prayer. But when the issue is chronic, people are often faced with a kind of hopelessness that acknowledges only partial or temporary relief but no true healing. One of the truly wonderful discoveries about spiritual law and scientific prayer is that it encompasses chronic issues too.

**42.** Another friend of mine is a relatively new student of Christian Science, but he is finding scientific prayer to be an efficient and effective means of healing. When he was in the second grade, he was pushed into a swimming pool during a sports class. He hit the bottom of the pool and sustained injuries that were diagnosed as displacement of the cervical vertebrae. Shortly after the accident he began to have debilitating headaches. He longed to be free of this condition, and his parents sought help through

various medical therapies. Strong painkillers were prescribed, but they provided only partial and temporary relief. He recalls that even after he graduated from school, he never left for work or even to go out of the house without taking the prescribed painkillers along because the headaches were so violent and frequent. This was his state when he was introduced to *Science and Health*. He found that as he applied what he was learning through scientific prayer, he began having healings of other problems, and he became hopeful that the headaches could also be healed.

**43.** He told he'd been invited to work abroad in a position that would give him invaluable experience in his profession. He truly wanted to take advantage of this offer, but he felt paralyzed with fear. He was concerned about being in a totally new environment. He was concerned about the adequacy of his language skills, and about whether his salary would be sufficient for the high cost of living there; but he was also very concerned about the headaches interfering with his ability to do his job. So, he decided to contact me and ask for help. I reassured him that all things are possible to God and asked him to focus on learning more about the Christ. I shared a passage from *Miscellaneous Writings*, by Eddy, to give him a new sense of what health is:

[2] **The true consciousness is the true health. (Mis 298:25 only)**

**44.** He decided to take the assignment. He was beginning to see that he could trust that God's spiritual laws are always governing, always dissolving fear and supplying our needs. He told me that whenever he began to feel pain, he rejected it as having no power because it was not caused by God. Then he let his thought focus on the Christ. In his prayers he listened to learn more about how God was expressing the Christly qualities of peace and harmony through each of us - including himself. These qualities are an innate part of our being and they do not include the discord of pain, instead they dissolve it. Within a few days the headaches, which had troubled him almost daily since his childhood accident, began to disappear and they have not troubled him since then - more than a year. He's back in his hometown now, and very grateful for the work experience he gained and for the healing of the headaches. But he also said that equally as wonderful as the physical

healing was the moral rebirth he felt. He'd been harboring a sense of anger about the accident and fear of the headaches for a long time, and these had been dissolved too. He described this rebirth in this way, "this wonderful Science ... helps us overcome fear and move out into the light, the true freedom of the children of God."

**45.** These two friends and I all make conversations with God a regular part of our day. These prayers are each unique - just like our conversations with family and friends - always fresh and new. There really can't be a formula for spontaneous conversations, but there are helpful guides. A good conversation requires that we be focused on the one we're talking with, and that we don't try to do all the talking ourselves. That's not a conversation, it's a monologue! A good conversation requires listening! It also requires an openness of thought that's willing to entertain new ideas, and this often requires us to re-evaluate or even discard our old preconceptions.

**46.** There are many things in life that perplex us or cause us to feel fearful, but at those times, we can remember that we're not alone. God is always present to talk with about whatever is troubling us. When we enter into a prayerful conversation with God and shift our focus so we can quietly listen, we'll find practical healing answers. There's a very helpful guide for prayer in *Science and Health*. I find it particularly helpful because it reminds us of the importance of keeping our focus on God:

[5] If we look to the body for pleasure, we find pain; for  
Life, we find death; for Truth, we find error; for Spirit,  
1 we find its opposite, matter. Now reverse this action.  
Look away from the body into Truth and Love, Thoughts  
3 the Principle of all happiness, harmony, and are things  
immortality. Hold thought steadfastly to the endur-  
ing, the good, and the true, and you will bring these  
6 into your experience proportionably to their occupancy  
of your thoughts. (SH 260:31)



**47.** Over the next few weeks, try putting these ideas to use. When you read or listen to reports of economic problems or reports of disease, or anytime you feel disturbed about something, take a moment to treat it through scientific prayer. Start a conversation with God, and then listen to hear what God is telling you about the His nature and about your own nature as the His reflection; affirm God's allness and complete control of the situation; identify the specific spiritual laws which pertain to the situation and affirm their total governance. As you do this, you'll experience the efficient, powerful action of prayer. You'll find prayer bringing you wonderful new insights about the source of your well-being, and your relationship with God. You'll also find fears disappearing, health improving and more peace and happiness in your life. There's really no better way to begin and end your day than having a conversation with God.

Marie A. Helm, C.S.B, All rights reserved © July, 2010

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<sup>1</sup>[http://www.famousquotesandauthors.com/authors/mahatma\\_gandhi\\_quotes.html](http://www.famousquotesandauthors.com/authors/mahatma_gandhi_quotes.html)

<sup>2</sup> [http://www.famousquotesandauthors.com/authors/norman\\_vincent\\_peale\\_quotes.html](http://www.famousquotesandauthors.com/authors/norman_vincent_peale_quotes.html)

<sup>3</sup> [http://www.famousquotesandauthors.com/authors/fyodor\\_dostoyevsky\\_quotes.html](http://www.famousquotesandauthors.com/authors/fyodor_dostoyevsky_quotes.html)

<sup>4</sup> Mary Baker Eddy, *No and Yes*, (Boston, USA, 1887), p. 39.

<sup>5</sup> [http://www.famousquotesandauthors.com/authors/albert\\_einstein\\_quotes.html](http://www.famousquotesandauthors.com/authors/albert_einstein_quotes.html)