

“How I study the Bible Lesson - and put it into practice”

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Before I started studying the Bible Lesson, I was looking for a program of Bible-based religious instruction that would feed my hunger for a knowledge of God, show me how to follow Christ Jesus' teachings and example, and keep my life spiritually focused every day of the week. How grateful I am that the Christian Science Sunday School introduced me to the Bible Lessons in the *Christian Science Quarterly* and, through the use of questions and answers, showed me how to explore the ideas in them. This approach to studying has continued to help me.



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As I read the citations from the Bible and *Science and Health*, I ask myself



questions such as,

What does this passage teach me about God?

What am I learning about man in God's image?

What instruction is there for daily living?

What does this Lesson tell me about how to heal?

How do the Golden Text and Responsive Reading relate to the Lesson subject?

How does the idea contained in a particular citation aid me in healing myself and others?

Often I write down my questions before I start, and then comb the six sections of the Lesson looking for answers. This gives my study direction and purpose. At other times I stop and ask myself, What does this word mean? Even if I think I know, taking time to research the word in a language dictionary, thesaurus, or an analytical concordance to the Bible, has shed marvellous light on a passage and brought healing.

Another approach I have found helpful in studying the Lesson was inspired by one of my early Sunday School teachers. Although I was new to Christian Science, she encouraged me to explain the Bible passages in my own words. This method made me think about the ideas being presented. Then we turned to those citations chosen from *Science and Health* for illumination, corroboration, and explanation of the Bible text. Doing this enabled me to look beyond the literal meaning of a Scriptural passage and find its spiritual significance.



After gleaning the spiritual ideas, we then discussed what situations they could be applied to - friendships, family matters, dating, school, taking examinations, playing sports. This made the Lesson relevant to daily life and enabled me to see how an understanding of God could be practically demonstrated. I still do this, except that now when I study, I not only think of myself but include local and world situations.

How comforting it is to be able to go to the Lesson knowing that when we humbly seek a healing message from God, we will find one waiting for us. Jesus reminded us of this great fact of God's love when he said, **"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened"** (Matt. 7:7,8).

When I earnestly seek and find a right idea, I often write it on a card that I can carry around the house, stand on a windowsill, or take with me when I go out. This serves to remind me of the spiritual message while I am attending to other matters. It also encourages me to turn away from a problem to the truth that awakens my thought to man's present perfection. Instead of mulling over the wrongs of the world, or just letting my thoughts roam, I think about the inspired communication of the Lesson and its intended meaning. This equips me to deal with whatever situation arises during the day. It makes me feel strong in the Truth, and able to meet the challenge with courage and confidence.

For me, the key to studying these Bible Lessons is spontaneity, joy, and an enduring enthusiasm to learn as much as one can. To study them simply because one feels obliged to do so, or because one feels something bad may happen if one doesn't, takes the pleasure out of this rewarding activity.

The Bible lessons continue to delight, surprise, instruct, counsel, and bless me, my family, and many of my friends. When studied and put into practice, they transform and uplift thought, and this brings health and healing.



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[Science and Health with Key to the Scriptures](#) by Mary Baker Eddy, is her textbook on Christian Science healing practice and her class textbook in teaching Christian Science healing.

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