

Helping you find happiness, health, and healing



**Spiritual E-card on perfection  
In healing prayer, start at the top.**

**“The Christlike understanding  
of scientific being and divine healing  
includes a perfect Principle and idea,  
— perfect God and perfect man, —  
as the basis of thought and demonstration.”**

*Science and Health with Key to the Scriptures*  
By Mary Baker Eddy p. 259

**Pray out from  
perfection...**



**...not up to it.**

1. Start praying from the point of your perfection. God put you there and He keeps you there.
2. Don't pray your way up to perfection.
3. God made you perfectly healthy and He keeps you perfectly healthy.
4. Affirm: I am a well person and my prayer is showing me that I am well — right here and now.

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