

**Subject:** Looking Through the Lens of Humility

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Hymns: 444 423 ???

Introductory readings..from *Miscellaneous Writings* by Mary Baker Eddy:

- "Humility is the stepping-stone to a high recognition of Deity." (Misc. 1:15-16)
- "Experience shows that humility is the first step in Christian Science, wherein all is controlled, not by man or laws material, but by wisdom, Truth and Love." (Misc. 354:22)
- "The second stage of mental development is humility. This virtue triumphs over the flesh; it is the genius of Christian Science. One can never go up, until one has gone down in his own esteem. Humility is lens and prism to the understanding of Mind-healing; it must be had to understand our textbook; it is indispensable to personal growth, and points out the chart of its divine Principle and rule of practice.  
"Cherish humility, 'watch' and 'pray without ceasing,' or you will miss the way of Truth and Love. Humility is no busybody: it has no moments for trafficking in other people's business, no place for envy, no time for idle words, vain amusements, and all the et cetera of the ways and means of personal sense." (Misc. 356:22-3)

From *Miscellany*

- "To `do justly, and to love mercy and to walk humbly ` is the standard of Christian Science." (My. 283:23)

The Bible

(The Message)

Isaiah 45:5-6, 8-9, 11-12, 21-24 (to !)

5 I am God, the only God there is. Besides me there are no real gods. I'm the one who armed you for this work, though you don't even know me,

6 So that everyone, from east to west, will know that I have no god-rivals. I am God, the only God there is.

8 "Open up, heavens, and rain. Clouds, pour out buckets of my goodness! Loosen up, earth, and bloom salvation; sprout right living. I, God, generate all this.

9 But doom to you who fight your Maker—you're a pot at odds with the potter! Does clay talk back to the potter: 'What are you doing? What clumsy fingers!'

11 Thus God, The Holy of Israel, Israel's Maker, says: "Do you question who or what I'm making? Are you telling me what I can or cannot do?

12 I made earth, and I created man and woman to live on it. I handcrafted the skies and direct all the constellations in their turnings.

21 So tell me what you think. Look at the evidence. Put your heads together. Make your case. Who told you, and a long time ago, what's going on here? Who made sense of things for you? Wasn't I the one? God? It had to be me. I'm the only God there is—The only God who does things right and knows how to help.

22 So turn to me and be helped—saved!—everyone, whoever and wherever you are. I am God, the only God there is, the one and only.

23 I promise in my own name: Every word out of my mouth does what it says. I never take back what I say. Everyone is going to end up kneeling before me. Everyone is going to end up saying of me,  
24 'Yes! Salvation and strength are in God!'"

Psalm 100:3-4

3 Know this: God is God, ...He made us; we didn't make him. We're his people, his well-tended sheep.

4 Enter with the password: "Thank you!" Make yourselves at home, talking praise. Thank him. Worship him.

II Kings 5:1-14

1 Naaman was general of the army under the king of Aram. He was important to his master, who held him in the highest esteem because it was by him that God had given victory to Aram: a truly great man, but afflicted with a grievous skin disease.

2 It so happened that Aram, on one of its raiding expeditions against Israel, captured a young girl who became a maid to Naaman's wife.

3 One day she said to her mistress, "Oh, if only my master could meet the prophet of Samaria, he would be healed of his skin disease."

4 Naaman went straight to his master and reported what the girl from Israel had said.

5 "Well then, go," said the king of Aram. "And I'll send a letter of introduction to the king of Israel."

So he went off, taking with him about 750 pounds of silver, 150 pounds of gold, and ten sets of clothes.

6 Naaman delivered the letter to the king of Israel. The letter read, "When you get this letter, you'll know that I've personally sent my servant Naaman to you; heal him of his skin disease."

7 When the king of Israel read the letter, he was terribly upset, ripping his robe to pieces. He said, "Am I a god with the power to bring death or life that I get orders to heal this man from his disease? What's going on here? That king's trying to pick a fight, that's what!"

8 Elisha the man of God heard what had happened, that the king of Israel was so distressed that he'd ripped his robe to shreds. He sent word to the king, "Why are you so upset, ripping your robe like this? Send him to me so he'll learn that there's a prophet in Israel."

9 So Naaman with his horses and chariots arrived in style and stopped at Elisha's door.

10 Elisha sent out a servant to meet him with this message: "Go to the River Jordan and immerse yourself seven times. Your skin will be healed and you'll be as good as new."

11 Naaman lost his temper. He turned on his heel saying, "I thought he'd personally come out and meet me, call on the name of God, wave his hand over the diseased spot, and get rid of the disease."

12 The Damascus rivers, Abana and Pharpar, are cleaner by far than any of the rivers in Israel. Why not bathe in them? I'd at least get clean." He stomped off, mad as a hornet.

13 But his servants caught up with him and said, "Father, if the prophet had asked you to do something hard and heroic, wouldn't you have done it? So why not this simple 'wash and be clean'?"

14 So he did it. He went down and immersed himself in the Jordan seven times, following the orders of the Holy Man. His skin was healed; it was like the skin of a little baby. He was as good as new.

Proverbs 16:18

18 First pride, then the crash—the bigger the ego, the harder the fall.

Proverbs 29:23

23 Pride lands you flat on your face; humility prepares you for honors.

King James

Micah 6: 8

8 He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?

Science and Health

588:20-21

**I AM.** God; incorporeal and eternal Mind; divine Principle; the only Ego.

179:6-11

Immortal Mind heals what eye hath not seen; but the spiritual capacity to apprehend thought and to heal by the Truth-power, is won only as man is found, not in self-righteousness, but reflecting the divine nature.

242:15 In – 20

In patient obedience to a patient God, let us labor to dissolve with the universal solvent of Love the adamant of error, — self-will, self-justification, and self-love, — which wars against spirituality and is the law of sin and death.

588: 9-19

**I, or EGO.** Divine Principle; Spirit; Soul; incorporeal, unerring, immortal, and eternal Mind.

There is but one I, or Us, but one divine Principle, or Mind, governing all existence; man and woman unchanged forever in their individual characters, even as numbers which never blend with each other, though they are governed by one Principle. All the objects of God's creation reflect one Mind, and whatever reflects not this one Mind, is false and erroneous, even the belief that life, substance, and intelligence are both mental and material.

70: 7-8

Man is never God, but spiritual man, made in God's likeness, reflects God.

281: 7-17

Error presupposes man to be both mind and matter. Divine Science contradicts the corporeal senses, rebukes mortal belief, and asks: What is the Ego, whence its origin and what its destiny? The Ego-man is the reflection of the Ego-God; the Ego-man is the image and likeness of perfect Mind, Spirit, divine Principle.

The one Ego, the one Mind or Spirit called God, is infinite individuality, which supplies all form and comeliness and which reflects reality and divinity in individual spiritual man and things.

306: 8-12

If God, who is Life, were parted for a moment from His reflection, man, during that moment there would be no divinity reflected. The Ego would be unexpressed, and the Father would be childless, — no Father.

204: 23-29, 20-22

False and self-assertive theories have given sinners the notion that they can create what God cannot, — namely, sinful mortals in God's image, thus usurping the name without the nature of the image or reflection of divine Mind; but in Science it can never be said that man has a mind of his own, distinct from God, the *all* Mind.

When will the ages understand the Ego, and realize only one God, one Mind or intelligence?

The Bible

(The Message)

Psalm 139:1-5, 23-24

1 God, investigate my life; get all the facts firsthand.

2 I'm an open book to you; even from a distance, you know what I'm thinking.

3 You know when I leave and when I get back; I'm never out of your sight.

4 You know everything I'm going to say before I start the first sentence.

5 I look behind me and you're there, then up ahead and you're there, too—your reassuring presence, coming and going.

23 Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I'm about;

24 See for yourself whether I've done anything wrong—then guide me on the road to eternal life.

## Science and Health

8: 28-30

We should examine ourselves and learn what is the affection and purpose of the heart, for in this way only can we learn what we honestly are.

462: 23-24, 25-30

Are thoughts divine or human? That is the important question.

The anatomy of Christian Science teaches when and how to probe the self-inflicted wounds of selfishness, malice, envy, and hate. It teaches the control of mad ambition. It unfolds the hallowed influences of unselfishness, philanthropy, spiritual love.

571: 16-18

Know thyself, and God will supply the wisdom and the occasion for a victory over evil.

## The Bible

(King James Version)

Matthew 5: 1, 2, 5

1 And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him:

2 And he opened his mouth, and taught them, saying,

5 Blessed are the meek: for they shall inherit the earth.

## The Bible

(The Message)

John 13:1-17

1 Just before the Passover Feast, Jesus knew that the time had come to leave this world to go to the Father. Having loved his dear companions, he continued to love them right to the end.

2 It was suppertime. The Devil by now had Judas, son of Simon the Iscariot, firmly in his grip, all set for the betrayal.

3 Jesus knew that the Father had put him in complete charge of everything, that he came from God and was on his way back to God.

4 So he got up from the supper table, set aside his robe, and put on an apron.

5 Then he poured water into a basin and began to wash the feet of the disciples, drying them with his apron.

6 When he got to Simon Peter, Peter said, "Master, *you* wash *my* feet?"

7 Jesus answered, "You don't understand now what I'm doing, but it will be clear enough to you later."

8 Peter persisted, "You're not going to wash my feet—ever!"

Jesus said, "If I don't wash you, you can't be part of what I'm doing."

9 "Master!" said Peter. "Not only my feet, then. Wash my hands! Wash my head!"

10 Jesus said, "If you've had a bath in the morning, you only need your feet washed now and you're clean from head to toe. My concern, you understand, is holiness, not hygiene. So now you're clean. But not every one of you."

11 (He knew who was betraying him. That's why he said, "Not every one of you.")

12 After he had finished washing their feet, he took his robe, put it back on, and went back to his place at the table.

Then he said, "Do you understand what I have done to you?"

13 You address me as 'Teacher' and 'Master,' and rightly so. That is what I am.

14 So if I, the Master and Teacher, washed your feet, you must now wash each other's feet.

15 I've laid down a pattern for you. What I've done, you do.

16 I'm only pointing out the obvious. A servant is not ranked above his master; an employee doesn't give orders to the employer.

17 If you understand what I'm telling you, act like it—and live a blessed life.

### Science and Health

30:30-3

We cannot choose for ourselves, but must work out our salvation in the way Jesus taught. In meekness and might, he was found preaching the gospel to the poor. Pride and fear are unfit to bear the standard of Truth, and God will never place it in such hands.

272: 3-5

The spiritual sense of truth must be gained before Truth can be understood. This sense is assimilated only as we are honest, unselfish, loving, and meek.

270: 22-24

The pride of priesthood is the prince of this world. It has nothing in Christ. Meekness and charity have divine authority.

568: 30-32

Self-abnegation, by which we lay down all for Truth, or Christ, in our warfare against error, is a rule in Christian Science.

8: 20-22, 14-18

Praying for humility with whatever fervency of expression does not always mean a desire for it.

If we feel the aspiration, humility, gratitude, and love which our words express, — this God accepts; and it is wise not to try to deceive ourselves or others, for "there is nothing covered that shall not be revealed."

142: 18-20

As in Jesus' time, so to-day, tyranny and pride need to be whipped out of the temple, and humility and divine Science to be welcomed in.

The Bible

(The Message)

Proverbs 15:33

33 Fear-of-God is a school in skilled living— first you learn humility, then you experience glory.

Ephesians 3:20-21

20 God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us.

21 Glory to God in the church! Glory to God in the Messiah, ...! Glory down all the generations! Glory through all millennia! Oh, yes!

I Corinthians 8:1-3 We

1 ...We sometimes tend to think we know all we need to know to answer these kinds of questions—

2 *but* sometimes our humble hearts can help us more than our proud minds.

3 We never really know enough until we recognize that God alone knows it all.

James 4:6 God gives

6...God gives grace to the willing humble.

Science and Health

7:23 (only)

God is not influenced by man.

17: 14-15

*For God is infinite, all-power, all Life, Truth, Love, over all, and All.*

119:31-1 man

man...is but the humble servant of the restful Mind, though it seems otherwise to finite sense.

143: 26-31

Mind is the grand creator, and there can be no power except that which is derived from Mind. If Mind was first chronologically, is first potentially, and must be first eternally, then give to Mind the glory, honor, dominion, and power everlastingly due its holy name.

The Bible

(King James Version)

James 4:10 King James

10 Humble yourselves in the sight of the Lord, and he shall lift you up.