

## Self-improvement Plan? Don't Forget to Include the Christ!

October 19, 2011

### The Bible

John 6:63 (to :)

63 It is the spirit that quickeneth; the flesh profiteth nothing:

Jonah 1:1-12,15,17

1 Now the word of the Lord came unto Jonah the son of Amittai, saying,

2 Arise, go to Nineveh, that great city, and cry against it; for their wickedness is come up before me.

3 But Jonah rose up to flee unto Tarshish from the presence of the Lord, and went down to Joppa; and he found a ship going to Tarshish: so he paid the fare thereof, and went down into it, to go with them unto Tarshish from the presence of the Lord.

4 ¶ But the Lord sent out a great wind into the sea, and there was a mighty tempest in the sea, so that the ship was like to be broken.

5 Then the mariners were afraid, and cried every man unto his god, and cast forth the wares that were in the ship into the sea, to lighten it of them. But Jonah was gone down into the sides of the ship; and he lay, and was fast asleep.

6 So the shipmaster came to him, and said unto him, What meanest thou, O sleeper? arise, call upon thy God, if so be that God will think upon us, that we perish not.

7 And they said every one to his fellow, Come, and let us cast lots, that we may know for whose cause this evil is upon us. So they cast lots, and the lot fell upon Jonah.

8 Then said they unto him, Tell us, we pray thee, for whose cause this evil is upon us; What is thine occupation? and whence comest thou? what is thy country? and of what people art thou?

9 And he said unto them, I am an Hebrew; and I fear the Lord, the God of heaven, which hath made the sea and the dry land.

10 Then were the men exceedingly afraid, and said unto him, Why hast thou done this? For the men knew that he fled from the presence of the Lord, because he had told them.

11 ¶ Then said they unto him, What shall we do unto thee, that the sea may be calm unto us? for the sea wrought, and was tempestuous.

12 And he said unto them, Take me up, and cast me forth into the sea; so shall the sea be calm unto you: for I know that for my sake this great tempest is upon you.

15 So they took up Jonah, and cast him forth into the sea: and the sea ceased from her raging.

17 ¶ Now the Lord had prepared a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

Jonah 2:1,2,6-10

1 Then Jonah prayed unto the Lord his God out of the fish's belly,

2 And said, I cried by reason of mine affliction unto the Lord, and he heard me; out of the belly of hell cried I, and thou heardest my voice.

6 I went down to the bottoms of the mountains; the earth with her bars was about me for ever: yet hast thou brought up my life from corruption, O Lord my God.

7 When my soul fainted within me I remembered the Lord: and my prayer came in unto thee,

into thine holy temple.

8 They that observe lying vanities forsake their own mercy.

9 But I will sacrifice unto thee with the voice of thanksgiving; I will pay that that I have vowed. Salvation is of the Lord.

10 ¶ And the Lord spake unto the fish, and it vomited out Jonah upon the dry land.

Jonah 3:1-3 (to .)

1 And the word of the Lord came unto Jonah the second time, saying,

2 Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee.

3 So Jonah arose, and went unto Nineveh, according to the word of the Lord.

Ps 103:1-8

1 Bless the Lord, O my soul: and all that is within me, bless his holy name.

2 Bless the Lord, O my soul, and forget not all his benefits:

3 Who forgiveth all thine iniquities; who healeth all thy diseases;

4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

5 Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

6 The Lord executeth righteousness and judgment for all that are oppressed.

7 He made known his ways unto Moses, his acts unto the children of Israel.

8 The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

Luke 19:1-10

1 And Jesus entered and passed through Jericho.

2 And, behold, there was a man named Zacchaeus, which was the chief among the publicans, and he was rich.

3 And he sought to see Jesus who he was; and could not for the press, because he was little of stature.

4 And he ran before, and climbed up into a sycamore tree to see him: for he was to pass that way.

5 And when Jesus came to the place, he looked up, and saw him, and said unto him, Zacchaeus, make haste, and come down; for to-day I must abide at thy house.

6 And he made haste, and came down, and received him joyfully.

7 And when they saw it, they all murmured, saying, That he was gone to be guest with a man that is a sinner.

8 And Zacchaeus stood, and said unto the Lord; Behold, Lord, the half of my goods I give to the poor; and if I have taken any thing from any man by false accusation, I restore him fourfold.

9 And Jesus said unto him, This day is salvation come to this house, forsomuch as he also is a son of Abraham.

10 For the Son of man is come to seek and to save that which was lost.

Mark 8:22-25

22 ¶ And he cometh to Bethsaida; and they bring a blind man unto him, and besought him to touch him.

23 And he took the blind man by the hand, and led him out of the town; and when he had spit on his eyes, and put his hands upon him, he asked him if he saw ought.

24 And he looked up, and said, I see men as trees, walking.

25 After that he put his hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly.

Luke 6:12,13,17-23,27-31,35 love (to :),36

12 And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God.

13 ¶ And when it was day, he called unto him his disciples: and of them he chose twelve, whom also he named apostles;

17 ¶ And he came down with them, and stood in the plain, and the company of his disciples, and a great multitude of people out of all Judaea and Jerusalem, and from the sea coast of Tyre and Sidon, which came to hear him, and to be healed of their diseases;

18 And they that were vexed with unclean spirits: and they were healed.

19 And the whole multitude sought to touch him: for there went virtue out of him, and healed them all.

20 ¶ And he lifted up his eyes on his disciples, and said, Blessed be ye poor: for yours is the kingdom of God.

21 Blessed are ye that hunger now: for ye shall be filled. Blessed are ye that weep now: for ye shall laugh.

22 Blessed are ye, when men shall hate you, and when they shall separate you from their company, and shall reproach you, and cast out your name as evil, for the Son of man's sake.

23 Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets.

27 ¶ But I say unto you which hear, Love your enemies, do good to them which hate you,

28 Bless them that curse you, and pray for them which despitefully use you.

29 And unto him that smiteth thee on the one cheek offer also the other; and him that taketh away thy cloak forbid not to take thy coat also.

30 Give to every man that asketh of thee; and of him that taketh away thy goods ask them not again.

31 And as ye would that men should do to you, do ye also to them likewise.

35 love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest:

36 Be ye therefore merciful, as your Father also is merciful.

Phil 4:4-7

4 Rejoice in the Lord alway: and again I say, Rejoice.

5 Let your moderation be known unto all men. The Lord is at hand.

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

**Science & Health, with Key to the Scriptures, by Mary Baker Eddy**

466:26

The Science

27 of Christianity comes with fan in hand to separate the  
chaff from the wheat. Science will declare God aright,  
and Christianity will demonstrate this declaration and  
30 its divine Principle, making mankind better physically,  
morally, and spiritually.

7:18-21

18 If spiritual sense always guided  
men, there would grow out of ecstatic mo- Emotional  
ments a higher experience and a better life utterances  
21 with more devout self-abnegation and purity.

60:29-1

Soul has infinite resources with which to bless mankind,  
30 and happiness would be more readily attained and would  
be more secure in our keeping, if sought in Soul. Higher  
enjoyments alone can satisfy the cravings of immortal  
1 man.

2:1,15

1 What are the motives for prayer? Do we pray to  
make ourselves better or to benefit those who hear us,  
3 to enlighten the infinite or to be heard of Right  
men? Are we benefited by praying? Yes, motives  
the desire which goes forth hungering after righteous-  
6 ness is blessed of our Father, and it does not return  
unto us void.

15 Prayer cannot change the Science of being, but it  
tends to bring us into harmony with it. Goodness at-  
tains the demonstration of Truth. A request that  
18 God will save us is not all that is required. The mere  
habit of pleading with the divine Mind, as one pleads  
with a human being, perpetuates the belief in God as  
21 humanly circumscribed, — an error which impedes spirit-  
ual growth.

11:8-10

The moral law, which has the Remission  
of penalty  
9 right to acquit or condemn, always demands restitu-  
tion before mortals can "go up higher."

10:5-16

The world must grow to the spiritual understanding  
6 of prayer. If good enough to profit by Jesus' cup of  
earthly sorrows, God will sustain us under these sor-  
rows. Until we are thus divinely qualified and are  
9 willing to drink his cup, millions of vain repetitions  
will never pour into prayer the unction of Spirit in  
demonstration of power and "with signs following."  
12 Christian Science reveals a necessity for overcoming the  
world, the flesh, and evil, and thus destroying all error.

Seeking is not sufficient. It is striving that enables  
15 us to enter. Spiritual attainments open the door to a  
higher understanding of the divine Life.

271:21-30

21 When the Science of Christianity  
appears, it will lead you into all truth. The  
Sermon on the Mount is the essence of this  
24 Science, and the eternal life, not the death of Jesus, is  
its outcome. New  
Testament  
basis

Those, who are willing to leave their nets or to cast  
27 them on the right side for Truth, have the opportunity  
now, as aforetime, to learn and to practise  
Christian healing. The Scriptures contain it. Modern  
evangel  
30 The spiritual import of the Word imparts this power.

183:21

21 Divine Mind rightly demands man's entire obe-  
dience, affection, and strength. No reservation is made  
for any lesser loyalty. Obedience to Truth gives man  
24 power and strength. Submission to error superinduces  
loss of power.

43:11-12,21

Jesus' last proof was the highest, the most convincing,  
12 the most profitable to his students.

21 Jesus rose higher in demonstration because of the cup  
of bitterness he drank. Human law had condemned  
him, but he was demonstrating divine Science. Divine  
24 Out of reach of the barbarity of his enemies, victory  
he was acting under spiritual law in defiance of mat-  
ter and mortality, and that spiritual law sustained him.  
27 The divine must overcome the human at every point.  
The Science Jesus taught and lived must triumph over  
all material beliefs about life, substance, and intelli-  
30 gence, and the multitudinous errors growing from such

beliefs.

34:18-23

18 Through all the disciples experienced, they became more  
spiritual and understood better what the Master had  
taught. His resurrection was also their resur- Fellowship  
21 rection. It helped them to raise themselves and with Christ  
others from spiritual dulness and blind belief in God into  
the perception of infinite possibilities.

21:1-4,9

1 If Truth is overcoming error in your daily walk and  
conversation, you can finally say, "I have fought a  
3 good fight . . . I have kept the faith," be- Moral  
cause you are a better man. victory

9 If the disciple is advancing spiritually, he is striv-  
ing to enter in. He constantly turns away from ma-  
terial sense, and looks towards the imperishable things  
12 of Spirit. If honest, he will be in earnest from the  
start, and gain a little each day in the right direction,  
till at last he finishes his course with joy.

## Hymns

Hymn 423:0-3

### Hymn 69, 423

James J. Rome

SONG 24  
Orlando Gibbons  
PENITENTIA  
Edward Dearle

Give me, O Lord, an understanding heart,  
That I may learn to know myself in Thee,  
To spurn the wrong and choose the better part  
And thus from sinful bondage be set free.

Give me, O Lord, a meek and contrite heart,  
That I may learn to quell all selfish pride,  
Bowing before Thee, see Thee as Thou art  
And 'neath Thy sheltering presence safely hide.

Give me, O Lord, a gentle, loving heart,  
That I may learn to be more tender, kind,  
And with Thy healing touch, each wound and smart

With Christly bands of Love and Truth to bind.

Hymn 376:0-2

**Hymn 376, 377**

M. Fannie Whitney

RELIANCE

Arr. from F. Mendelssohn-Bartholdy

GOSTERWOOD

English Traditional Melody

We thank Thee, heavenly Father,  
For Thy correcting rod,  
Which guides us in our journey  
And leads us home to God.  
It tells us not of anger,  
The weapon mortals sway,  
But Love divine, that helps us  
To keep the better way.

O may we tread the pathway,  
Nor ever turn aside,  
Allured by ways of error,  
Whose paths are broad and wide.  
Toward Thee, while pressing onward,  
The way will brighter grow,  
For Thou throughout the journey  
Thy loving care wilt show.

Hymn 66:0-4

**Hymn 66, 421**

Violet Hay

SINE NOMINE

R. Vaughan Williams

Music from Songs of Praise: By permission of the Oxford University Press

SARUM

Joseph Barnby

From these Thy children gathered in Thy name,  
From hearts made whole, from lips redeemed from woe,  
Thy praise, O Father, shall forever flow.  
Alleluia! Alleluia!

O perfect Life, in Thy completeness held,  
None can beyond Thy omnipresence stray;

Safe in Thy Love, we live and sing alway  
Alleluia! Alleluia!

O perfect Mind, reveal Thy likeness true,  
That higher selfhood which we all must prove,  
Joy and dominion, love reflecting Love.  
Alleluia! Alleluia!

Thou, Soul, inspiring — give us vision clear,  
Break earth-bound fetters, sweep away the veil,  
Show the new heaven and earth that shall prevail.  
Alleluia! Alleluia!