



Looking for Wisdom, Understanding, and Peace of Mind? Ask God, and Receive it!

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Looking for Wisdom, Understanding, and Peace of Mind? Ask God, and Receive it!
Metaphysical Lesson Application Ideas for the Christian Science Quarterly Bible Lesson:

“Mind”

February 13 – 19, 2023

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INTRODUCTION, GOLDEN TEXT, AND RESPONSIVE READING

As I listen to reports from around the world — whether it be the earthquake in Turkey and Syria or areas plagued by war and political upheaval, I realize how very important it is to understand that Mind always has solutions. Love is revealing and making manifest these solutions. Our job — the way we can help — is to understand the omnipotence, omnipresence, and omniscience of, and man’s oneness with, Mind. That is enough to break down every barrier, including the destruction, conflict and divisiveness that seems to be so prevalent everywhere we look.

There is also a lot of concern these days about what is being called a mental health crisis. This can take so many forms — from mild confusion, insecurity, and self-doubt to severe depression and thoughts of suicide. But, each individual truly is being tenderly held in Love as a complete Idea of Mind. *No-one* is alone. Concern about students having been hurt as a result of an interruption in their school experience during the pandemic is also a challenge. The list goes on. But, things are *not* hopeless! As students of Christian Science, we can (and must) defend ourselves and our fellow man from these impositions, and help bring healing. This week’s Bible Lesson is hugely helpful in teaching us how to pray about whatever discord or limitation would impose itself on us. Ultimately, the message is that there is only *one* Mind. This Mind is infinite. And man and the universe fully *express* this all-good and all-knowing Mind. As we seek wisdom and understanding from our infinite, all-loving Father-Mother Mind, answers will be revealed.

The **Golden Text** this week is a prayer of blessing from 2nd Timothy. It says: “... may the Lord give you understanding in all things”. It occurred to me how useful this idea is anytime we face what seems to be a lack of understanding, or a sense of confusion or conflict. It may be that we feel a need to have a better grasp of an academic subject, or of a situation we’re dealing with. Or, it may be that we aren’t seeing eye to eye with someone we’re having dealings with. In the first instance, we can simply ask God to give *us* understanding. But, in the second, we can pray that *all* parties can understand God’s revealing, thus avoiding a battle of wills or irreconcilable differences.

The Greek word translated “understanding” here is *synesis* (*soon’-es-is*). It can be thought of as, “a mental putting together”. So, it is *God* that brings ideas together — that gives *everyone* insight and understanding — the ability to know what needs to be known all the time, in *all* things! So, whether we feel we need to understand something better, or that our lives are at the mercy of another (such as a government official or any variety of professionals), or that our whole world is in trouble, the key is to acknowledge God (Mind) as the source of *all* understanding, and ask God to reveal that wisdom and understanding to us and to all!

In the **Responsive Reading** we find Job searching for wisdom in ways similar to how people might search for it today (*whenever internet searching is not an option...*). Is it to be bought? Is it to be found in the opinions of others, in historical records, or in scientific theories? It’s possible that human means will become apparent as we pursue an understanding of a particular subject, or try to figure out how to navigate a particular path. The key, though, as we read in Job, is to realize that the only true place to find wisdom and understanding is in God (Mind). I love what the *New Living Translation Study Bible* says about wisdom, as viewed from God’s perspective. It says, “When God looks throughout the whole earth, He sees His own wisdom expressed in His creation” (Job 28:23). It is *God’s* wisdom! But, that wisdom is fully *expressed* and seen throughout God’s universe, including being expressed by all living things.

Wisdom and understanding are ours — baked into us, like sugar and butter are baked into cookies. But, how do we experience them when they seem to be lacking? The citations from Proverbs tell us that we need to cry out for insight, and *ask* for understanding. That involves a true yearning and a willingness to really accept that Mind knows and is known! We need to get in the habit of asking and trusting *Mind* to give us direction in everything we do, *more* than we trust human opinions or even human research. What we hear as a result of wholeheartedly asking and then listening *may* agree with what others are telling us. But, it may not. We’ve heard the expression, “Trust your gut.” Sometimes we hear God’s voice as a deep-seated intuition and a quiet sense of conviction that a certain direction is the right one. As we learn to trust that, we discover that truly the Lord *does* give wisdom, knowledge, and understanding — to *all!*

SECTION 1: MAN COEXISTS WITH INFINITE MIND THAT IS GOD

The theme of intelligence, wisdom, and understanding coming from God — and the need for us to turn to God, Mind, to find them — continues in this first section. The fourth citation, from Job, has been translated: “there is [a vital force] a spirit [of intelligence] in man, and the breath of the Almighty gives men understanding” (citation B4, Job 32:8 *AMPC*). I love the idea that this vital force of intelligence is already within us. It’s not something we need to *get*. So, when we’re asking God for wisdom, aren’t we really asking for that which is already established to be revealed? To me, that’s not the same as pre-destination. It is simply knowing that everything we need is already at hand, and can be realized at just the right moment. An internet search on our computers simulates this sort of instant-knowledge, but God’s ability to reveal answers is *way* bigger. It is infinite — limitless (cit. B1, Psalm 147:1,5, cit. S2, 310:10).

We touched on the fact that the universe, including man, is the *expression* of God’s wisdom. But, here we see the oneness — the *coexistence* — of God and man. There is no separation. *That’s* why we can expect to always know what we need to know when we need to know it. If Mind knows (and Mind knows all that can be known), God’s expression, man, knows. We’re not the *same* as God. But, every quality of God is baked into us. A few weeks ago, Christie shared the analogy of a drop of water being distinct from the ocean, but including every element of the ocean. As we read in citation S5, “God and man are not the same, but in the order of divine Science, God and man coexist and are eternal. God is the parent Mind, and man is God’s spiritual offspring” (cit. S5, 336:1-2, 6-12, 28). So, there is nothing Mind knows that we can’t know!

One more important thing in this first section is the introduction of the idea that “intelligence is omniscience omnipresence, and omnipotence” (cit. S4, 469:8). Omniscience includes “the quality of knowing all things at once; knowledge unbounded or infinite.” Omnipresence is “the state of being present in all places at all times.” And, omnipotence is “the state of having unlimited influence or authority” (*Webster’s 1828 Dictionary*). That leaves no room for lapses or gaps. Claim this Mind as the *only* Mind and there is nothing that can’t be known or done by any of us!

SECTION 2: TO BE ALL YOU CAN BE, ASK GOD FOR WISDOM

It seems to me there is a human tendency to think either too highly of our abilities, or too little of them. Neither is healthy. We’re always in trouble if we are seeing them as *our* abilities, or *our* understanding of things. Solomon gives us such a great example. In a dream, God offers to give Solomon anything he wants as he sets off on this adventure of kingship. Because he was young and inexperienced (some suggest he was 19 or 20), and because he knew a big part of his job would be to serve as judge, Solomon asks for “an understanding heart ... that I may discern between good and bad” (cit. B6, 1st Kings 3:5-7,9-12).

The Hebrew word translated as understanding here includes the ideas “to listen; to hear intelligently; discern; obey”. All of these qualities indicate a sense of humility, and an understanding that God (Spirit, Mind) is the source of all we need. So, like Solomon, all we need to do — regardless of what it is we’re facing — is to ask God to give us this kind of understanding. The purpose of asking is simply to acknowledge the source. It’s not a matter of whether or not God (Love) will *grant* such a request.

As we read in the Christian Science textbook, “Mind is God ... all power, all presence, all Science. Hence, all is in reality the manifestation of Mind” (cit. S8, 275:20). A knowledge of this then “raises the thinker into his native air of insight and perspicacity” (cit. S11, 128:14). I love that idea that insight (a deep intuitive understanding) and perspicacity (an acute mental vision or discernment) are part of our natural state — baked in! Asking God for them is simply acknowledging their true source, so neither pride nor insecurity can cloud things!

SECTION 3: THE FACT THAT GOD IS THE ONLY MIND ELIMINATES CONFLICT

Throughout the Bible one message resounds over and over ... there is ONE God. I find the analogy given in James very helpful in seeing that, given the fact that there is one God and accepting that God is Mind, only good can proceed from that Mind. I think we can all agree that a fountain doesn’t spout fresh water and salt water at the same time and a fig tree doesn’t bear olive berries, etc. (cit. B7, James 3:11-17. Soooo, *only* good — clarity, productivity, harmony, as well as timely, intelligent and innovative action — can proceed from Mind! There is no *other* mind.

Think about how many problems in this world arise from the belief that there are many separate minds thinking and attempting to solve problems on their own. What immediately comes to thought are suggestions of personal inadequacies, confusion, divisions among family, friends, and in the political arena. And then there is outright war, and lots more. Taking it one step more, health problems arise from the belief that there is mind in matter. All forms of conflict and discord basically boil down to the assumption that there is something outside of the harmony of Mind.

Solutions to any and all of these suggestions come as we accept the fact that “In Science [that is in Truth], Mind is *one*, including noumenon and phenomena, God and His thoughts” (cit. S13, 114:1-17). That means there is no separation between what God knows and what is known. What God knows about and for His creation constitutes the nature of the creation and

is expressed as that creation. Mortal mind (posing as individual personal minds or “sick and sinful humanity”) is a false sense of Mind.

We’re told in *Science and Health* that “it is wise earnestly to consider whether it is the human mind or the divine Mind which is influencing one” (cit. S12, 82:31-2). If it is the divine Mind (good, harmonious and blessing all), we pay attention. If it is the human mind, we need to question and dispute the testimony. As Paul wrote to the Romans, “For to be carnally minded is death; but to be spiritually minded is life and peace” (cit. B8, Romans 8:5-9). As I understand it, the terms carnal mind and mortal mind can be used interchangeably. I found this statement in *Science and Health* eye-opening in regard to why Mary Baker Eddy uses the term *mortal* mind. She writes, “Because in obedience to the immutable law of Spirit, this so-called mind is self-destructive, I name it mortal” (*Science and Health* 210:21-23). There is *one* Mind! Evil (in any form) has no intelligence. As we realize this, error is exterminated in consciousness — just like unwanted bugs are exterminated in your home (cit. S15, 469:13-17).

SECTION 4: THE FALSITY OF MENTAL IMBALANCE EXTERMINATED

The gospels offer several examples of those dealing with disturbed thought — described as “those which were possessed with devils” or “those who were lunatic” — coming to Jesus and being healed (cit. B9, Matthew 4:23,24). This week, once again we have the account of Jesus freeing the man known as Legion because “many devils were entered into him” (cit. B10, Luke 8:22, 26-35). When stories show up frequently in our Lessons, I find it important to not gloss over them, but look for fresh insights. This time, it occurred to me that by having the devils leave the man and enter the swine, and the swine drowning in the lake, it showed the absolute impossibility of relapse!

Later, I found another helpful thought in the February, 2023 *Christian Science Journal*, in an article titled, “These are not my thoughts!” By Karen Neff. The author refers to the same story as told in Mark 5:1-15. She writes: “Jesus saw clearly that this unclean spirit was not the man’s true self and ordered it out. Then it began bargaining, asking for the many evil thoughts holding the man hostage to be allowed to pass into the herd of swine nearby. Jesus agreed, making it possible for the self-destructive thoughts to be evident as the swine ran down into the sea and drowned. This account illustrates the power of the Christ to eternally silence fear and false beliefs and cast them out. Jesus’ command, ‘Come out of the man, thou unclean spirit,’ clearly indicates that the evil thoughts never truly belonged to the man but were an imposition on him.”

We learn in Christian Science that it doesn’t matter what form evil presents itself as. If it’s not good, Mind doesn’t know it. And, if Mind, the all-knowing, doesn’t know it, it can’t truly be known. We can’t know it. As Mary Baker Eddy writes, “The Christian Scientist, understanding scientifically that all is Mind, commences with mental causation, the truth of being, to destroy the error. This corrective is an alternative, reaching to every part of the human system. According to Scripture, it searches ‘the joints and marrow,’ and it restores the harmony of man” (cit. S21, 423:8). A false belief without a believer ceases to be even a belief. And, so it follows that the evil belief must disappear.

Today we find people dealing not only with insanity, but also with depression, memory loss, and other kinds of mental health issues. Surely, these claims of mortal mind can be, and are being, healed today as they were in Jesus’ time. One example of such modern-day healing appears in an article titled, MENTAL ILLNESS HEALED, By Jon L. Larson in the December 1, 2012 *Christian Science Sentinel*. Here is a shareable link:

<https://journal.christianscience.com/shared/view/dw5wr9s5j0?s=copylink>

It is true what we read in 2nd Timothy, “God hath not given us the spirit of fear; but of power, and of love, and of a sound mind” (cit. B11, 2nd Timothy 1:7).

SECTION 5: HAVING THE MIND OF CHRIST WE EXPERIENCE ONENESS

Jesus understood God to be the Father of *all* — and thus rejected the belief of division, and the “we/they” mentality, which was common in *his* time, as it is in ours. As we understand that “all men have one Mind, one God and Father, one Life, Truth, and Love” as Jesus did, we can expect to see an end to war and conflict, and recognize the true brotherhood of man (cit. S23, 467:9). Jesus taught the importance of obeying the command “Thou shalt love thy neighbor as thyself”. This can only be done as we “solemnly promise to watch and pray for that Mind to be in us which was also in Christ Jesus; to do unto others as we would have them do unto us; and to be merciful, just and pure” (cit. S27, 497:24).

Recently an article was shared with me that gave me an entirely different perspective on what it means to love my neighbor as myself. The title of the article is “Who Is My Neighbor?” and was written by L. Ivimy Gwalter. It is from the November 18, 1967 *Christian Science Sentinel*. Here’s a link to the shareable version:

<https://sentinel.christianscience.com/shared/view/14a5km4re3u?s=copylink>

The article points out that “[the lawyer to whom Jesus was speaking] was not to see and love his neighbor as an erring or afflicted mortal outside himself. But rather he was to see his own true self in God’s likeness so clearly and love it so much that he constantly manifested this self and so was neighbor to others, blessing all within the radius of his thought.” To me, maintaining that true sense of our own identity — and thus being able to see the true identity of others — is having the Mind of Christ. It is recognizing the ideal man (the Christ) in ourselves and in others. And, it is living according to the guidelines given to the Ephesians, “Conduct yourselves with all humility, gentleness, and patience. Accept each other with love;” (cit. B12, Ephesians 4:1-6,13, *CEB*) As we do this, the political, educational, economic, racial and cultural differences that would divide us are seen to be of no importance.

We must learn, as Peter learned before he met Cornelius, that “[we] should never think of anyone as inferior” (cit. B13, Acts 10:1-5,25-28,34,35, *TLB*). What a blessing to our world to realize the truth of this statement: “We are all parts of one body, we have the same Spirit, and we have all been called to the same glorious future” (cit. B12, Ephesians 4:4, *TLB*).

SECTION 6: CLAIM THE ONE MIND AS THE MIND OF ALL

We all have *one* Father/Mother ... *one* Mind ... and are all loved, lovable, and loving! No matter how much evidence to the contrary the material senses throw at us, “the children of God have but one Mind” (cit. S28, 470:16). We are *all* the children (the offspring and full expression) of “the God of love and peace” (cit. B16, I Corinthians 13:11). I love the fact that the Lord *gives* wisdom, knowledge, and understanding. God keeps Her children safe and gives them good judgment and a sense of peace. *Because* this is the case, *everyone* “will know what is right, just, and fair. [Everyone] will know what [they] should do” (cit. B15, Proverbs 2: 6-9, *GNT*).

Regardless of how lost we (or others) may feel at times, affirming that there is one Mind, and that there is no other mind, *does* bring healing! Let’s love our ourselves, our neighbor, and our world enough to defend it from any suggestion to the contrary. Love makes it all possible! Mind knows us and holds us safe and sound. And that is true for ALL!

GEMs of BIBLE-BASED application ideas (from COBBEY CRISLER & others) will now be POSTED throughout the week and EMAILED later in the week as a summary string. You can always check for current GEMs at [CedarS INSPIRATION website](#), whether or not you’ve [SUBSCRIBED here for this free offering](#).

Also later in the week, look for Ken Cooper's
"POETIC POSTLUDE"
contributions related to this Bible Lesson.

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Thanks to you and to God, CedarS had another best-summer and fall yet! Your needed, ongoing support — whether it's one-time, monthly, or forever (though an **[Endowment Matched gift](#)**), will help us continue to "love into view" SUSTAINABLE, DIFFERENCE-MAKING BLESSINGS for hundreds of families and thousands of individuals, for generations to come, all across the U.S. and the world.

After hosting this Fall another wonderful Bible Study Workshop, a touching and joyous Celebration of Life Service, and a great Methodist Women's Retreat, CEDARS IS SEEKING TO UPGRADE OUR NORTH STAR DINING ROOM TO BE A MISSION-WORTHY CONFERENCE CENTER TO SERVE other SUCH EVENTS. For more about supporting this upgrade, or about making a planned gift, a required IRA distribution or an endowment gift (that will all be MATCHED), feel free to call or text me (Warren Huff) anytime at 314-378-2574
