

Truth is an Alternative

September 30 2026



Hymn. 482

God created us in His own image, / All the universe is His creation too; / He created us as His reflection, / Filling us with wisdom, bold and true.

Life is made for living to the fullest, / Spirit made us knowing who we truly are, / Knowing how to see reality, / Pure and innocent and free, / Made in the likeness of our God.

REFRAIN / This clear view of man is perfect, / Seen in all the radiance of light; / Here we find our nature revealed, / Spiritual and whole in God's sight.

Everything our Master Jesus taught us / Showed the way to love each other dearly, / When he healed the sick and freed the sinner, / Seeing them in God's own light so clearly.

As we gain the perfect understanding / That eternal Mind is the All-in-all, / We shall come to see reality, / Pure and innocent and free, / Made in the likeness of our God. // REFRAIN

Words: GRAÇA DE MARIA AMORIM DOS SANTOS; ENG. TR. CSPS

Music: Graça de Maria Amorim dos Santos; arr. CSPS

Ps. 91:9 (to 1st), 9 even, 10

Because thou hast made the LORD, ... *even* the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

II Kings 4:38–41 Elisha

... Elisha came again to Gilgal: and *there was* a dearth in the land; and the sons of the prophets *were* sitting before him: and he said unto his servant, Set on the great pot, and seethe pottage for the sons of the prophets. And one went out into the field to gather herbs, and found a wild vine, and gathered thereof wild gourds his lap full, and came and shred *them* into the pot of pottage: for they knew *them* not. So they poured out for the men to eat. And it came to pass, as they were eating of the pottage, that they cried out, and said, O *thou* man of God, *there is* death in the pot. And they could not eat *thereof*. But he said, Then bring meal. And he cast *it* into the pot; and he said, Pour out for the people, that they may eat. And there was no harm in the pot.

Luke 4:14 Jesus

... Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

Luke 12:22 (to 1st), 22 I, 23

¶ And he said unto his disciples, ... I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on. The life is more than meat, and the body *is more* than raiment.

Mark 16:15, 17, 18

And he said unto them, Go ye into all the world, and preach the gospel to every creature. ...

And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.

Matt. 8:14–16 when

... when Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever. And he touched her hand, and the fever left her: and she arose, and ministered unto them. ¶ When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with *his* word, and healed all that were sick:

Luke 8:43, 44, 47, 48

¶ And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any, Came behind *him*, and touched the border of his garment: and immediately her issue of blood stanchèd. ...

And when the woman saw that she was not hid, she came trembling, and falling down before him, she declared unto him before all the people for what cause she had touched him, and how she was healed immediately. And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in peace.

Acts 21:33 the (to ;)

... the chief captain came near, and took him, and commanded *him* to be bound with two chains; ...

Acts 27:1, 2 (to 2nd), 20–22, 44 3rd And

And when it was determined that we should sail into Italy, they delivered Paul and certain other prisoners unto *one* named Julius, a centurion of Augustus' band. And entering into a ship of Adramyttium, we launched, ...

And when neither sun nor stars in many days appeared, and no small tempest lay on *us*, all hope that we should be saved was then taken away. But after long abstinence Paul stood forth in the midst of them, and said, Sirs, ye should have hearkened unto me, and not have loosed from Crete, and to have gained this harm and loss. And now I exhort you to be of good cheer: for there shall be no loss of *any man's* life among you, but of the ship. ...

... And so it came to pass, that they escaped all safe to land.

Acts 28:1–5, 7–9

And when they were escaped, then they knew that the island was called Melita. And the barbarous people shewed us no little kindness: for they kindled a fire, and received us every one, because of the present rain, and because of the cold. And when Paul had gathered a bundle of sticks, and laid *them* on the fire, there came a viper out of the heat, and fastened on his hand. And when the barbarians saw the *venomous* beast hang on his hand, they said among themselves, No doubt this man is a murderer, whom, though he hath escaped the sea, yet vengeance suffereth not to live. And he shook off the beast into the fire, and felt no harm. ...

In the same quarters were possessions of the chief man of the island, whose name was Publius; who received us, and lodged us three days courteously. And it came to pass, that the father of Publius lay sick of a fever and of a bloody flux: to whom Paul entered in, and prayed, and laid his hands on him, and healed him. So when this was done, others also, which had diseases in the island, came, and were healed:

John 8:32 ye

... ye shall know the truth, and the truth shall make you free.

SH 371:30

Truth is an alternative in the entire system, and can make it “every whit whole.”

SH 162:4

Christian Science brings to the body the sunlight of Truth, which invigorates and purifies. Christian Science acts as an alternative, neutralizing error with Truth. It changes the secretions, expels humors, dissolves tumors, relaxes rigid muscles, restores carious bones to soundness. The effect of this Science is to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind.

SH 151:20–24

Every function of the real man is governed by the divine Mind. The human mind has no power to kill or to cure, and it has no control over God’s man. The divine Mind that made man maintains His own image and likeness.

SH 388:12–16, 22–24, 31–5

Admit the common hypothesis that food is the nutriment of life, and there follows the necessity for another admission in the opposite direction, — that food has power to destroy Life, God, through a deficiency or an excess, a quality or a quantity. ...

The fact is, food does not affect the absolute Life of man, and this becomes self-evident, when we learn that God is our Life. ...

If mortals think that food disturbs the harmonious functions of mind and body, either the food or this thought must be dispensed with, for the penalty is coupled with the belief. Which shall it be? If this decision be left to Christian Science, it will be given in behalf of the control of Mind over this belief and every erroneous belief, or material condition.

SH 228:3–6

The transmission of disease or of certain idiosyncrasies of mortal mind would be impossible if this great fact of being were learned, — namely, that nothing inharmonious can enter being, for *Life is God*.

SH 328:20–24

Understanding spiritual law and knowing that there is no material law, Jesus said: “These signs shall follow them that believe, . . . they shall take up serpents, and if they drink any deadly thing, it shall not hurt them.

SH 384:30–11

Sickness, sin, and death must at length quail before the divine rights of intelligence, and then the power of Mind over the entire functions and organs of the human system will be acknowledged. It is proverbial that Florence Nightingale and other philanthropists engaged in humane labors have been able to undergo without sinking fatigues and exposures which ordinary people could not endure. The explanation lies in the support which they derived from the divine law, rising above the human. The spiritual demand, quelling the material, supplies energy and endurance surpassing all other aids, and forestalls the penalty which our beliefs would attach to our best deeds.

SH 243:30

Sickness, sin, and death are not the fruits of Life. They are inharmonies which Truth destroys. Perfection does not animate imperfection. Inasmuch as God is good and the fount of all being, He does not produce moral or physical deformity; therefore such deformity is not real, but is illusion, the mirage of error. Divine Science reveals these grand facts. On their basis Jesus demonstrated Life, never fearing nor obeying error in any form.

SH 423:8–26

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 alterative, reaching to every part of the human system. According to Scripture, it searches “the joints and marrow,” and it restores the harmony of man.

The matter-physician deals with matter as both his foe and his remedy. He regards the ailment as weakened or strengthened according to the evidence which matter presents. The metaphysician, making Mind his basis of operation irrespective of matter and regarding the truth and harmony of being as superior to error and discord, has rendered himself strong, instead of weak, to cope with the case; and he proportionately strengthens his patient with the stimulus of courage and conscious power. Both Science and consciousness are now at

work in the economy of being according to the law of Mind, which ultimately asserts its absolute supremacy.

SH 243:27

Truth, Life, and Love are a law of annihilation to everything unlike themselves, because they declare nothing except God.

SH 475:6–7 Man, 11 (only, to ;), 13–15 (to ;), 19–20 2nd that (to ;)

... Man is not matter; he is not made up of brain, blood, bones, and other material elements. ... Man is spiritual and perfect; ... Man is idea, the image, of Love; he is not physique. He is the compound idea of God, including all right ideas; ... that which has not a single quality underived from Deity; ...

SH 463:12–13

A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive.

SH 302:14–18

Continuing our definition of *man*, let us remember that harmonious and immortal man has existed forever, and is always beyond and above the mortal illusion of any life, substance, and intelligence as existent in matter.

SH 157:28–31

Christian Science impresses the entire corporeality, — namely, mind and body, — and brings out the proof that Life is continuous and harmonious. Science both neutralizes error and destroys it.

SH 380:4 (only)

Truth is always the victor.

Hymn. 206

O God, our Father-Mother, Love, / Purge Thou our hearts from sin, / That in Thy radiancy divine / We may with eyes undimmed define / Thy will, reality.

O God, our Father-Mother, Truth, / Send forth Thy light sublime, / That in its pure and cleansing rays / We may, with thought attuned to praise, / Behold reality.

O God, our Father-Mother, Life, / Reveal in us Thy might, / That henceforth we may live to Thee, / In all our ways reflecting Thee, / And know reality.

Words: DUNCAN SINCLAIR

Music: Henry L. Morley

Hymn. 15

As gold by fire is tested, / Its purity shown forth, / So cleansing fires of Truth may prove / To man his native worth.

And as a mirror shows us / A likeness clear and bright, / So God forever sees His child / Revealed in radiant light.

/ 'Twas thus the loving Master / Saw man's perfection shine, / Beheld God's child forever pure / In radiance all divine.

Words: BASED ON THE DANISH OF BERNHARD S. INGEMANN

Music: C. Christian Hoffman

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