

 Good News Translation

Ps. 42:5-11

Why am I so sad?

Why am I so troubled?

I will put my hope in God,
 and once again I will praise him,
 my savior and my God.

6-7 Here in exile my heart is breaking,
 and so I turn my thoughts to him.

He has sent waves of sorrow over my soul;
 chaos roars at me like a flood,
 like waterfalls thundering down to the Jordan
 from Mount Hermon and Mount Mizar.

8 May the Lord show his constant love during the day,
 so that I may have a song at night,
 a prayer to the God of my life.

9 To God, my defender, I say,
 “Why have you forgotten me?

Why must I go on suffering
 from the cruelty of my enemies?”

10 I am crushed by their insults,
 as they keep on asking me,
 “Where is your God?”

11 Why am I so sad?
 Why am I so troubled?

I will put my hope in God,
 and once again I will praise him,
 my savior and my God.

 Matt. 26:36-44

36 Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." 37 He took with him Peter and the two sons of Zebedee. Grief and anguish came over him, 38 and he said to them, "The sorrow in my heart is so great that it almost crushes me. Stay here and keep watch with me."

39 He went a little farther on, threw himself face downward on the ground, and prayed, "My Father, if it is possible, take this cup of suffering from me! Yet not what I want, but what you want."

40 Then he returned to the three disciples and found them asleep; and he said to Peter, "How is it that you three were not able to keep watch with me for even one hour? 41 Keep watch and pray that you will not fall into temptation. The spirit is willing, but the flesh is weak."

42 Once more Jesus went away and prayed, "My Father, if this cup of suffering cannot be taken away unless I drink it, your will be done." 43 He returned once more and found the disciples asleep; they could not keep their eyes open.

 John 16:20-22

20 I am telling you the truth: you will cry and weep, but the world will be glad; you will be sad, but your sadness will turn into gladness. 21 When a woman is about to give birth, she is sad because her hour of suffering has come; but when the baby is born, she forgets her suffering, because she is happy that a baby has been born into the world. 22 That is how it is with you: now you are sad, but I will see you again, and your hearts will be filled with gladness, the kind of gladness that no one can take away from you.

 Rom 5:1-5

Now that we have been put right with God through faith, we have[a] peace with God through our Lord Jesus Christ. 2 He has brought us by faith into this experience of God's grace, in which we now live. And so we boast[b] of the hope we have of sharing

God's glory! 3 We also boast[c] of our troubles, because we know that trouble produces endurance, 4 endurance brings God's approval, and his approval creates hope. 5 This hope does not disappoint us, for God has poured out his love into our hearts by means of the Holy Spirit, who is God's gift to us.

 II Cor. 1:3-7

Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! 4 He helps us in all our troubles, so that we are able to help others who have all kinds of troubles, using the same help that we ourselves have received from God. 5 Just as we have a share in Christ's many sufferings, so also through Christ we share in God's great help. 6 If we suffer, it is for your help and salvation; if we are helped, then you too are helped and given the strength to endure with patience the same sufferings that we also endure. 7 So our hope in you is never shaken; we know that just as you share in our sufferings, you also share in the help we receive.

 Ps. 46:1-3 (to 1st .), 5-7 (to 1st .)

God is our shelter and strength,
always ready to help in times of trouble.
2 So we will not be afraid, even if the earth is shaken
and mountains fall into the ocean depths;
3 even if the seas roar and rage,
and the hills are shaken by the violence.
4 There is a river that brings joy to the city of God,
to the sacred house of the Most High.
5 God is in that city, and it will never be destroyed;
at early dawn he will come to its aid.
The Lord Almighty is with us;
the God of Jacob is our refuge.

 Ps. 30-4-6

Sing praise to the Lord,
all his faithful people!

Remember what the Holy One has done,
and give him thanks!

5 His anger lasts only a moment,
his goodness for a lifetime.

Tears may flow in the night,
but joy comes in the morning.

SH 304:9–14

9 This is the doctrine of Christian
Science: that divine Love cannot be deprived of its
manifestation, or object; that joy cannot be turned into
12 sorrow, for sorrow is not the master of joy; that good can
never produce evil; that matter can never produce mind
nor life result in death.

SH 14:16–22

Sorrow

is turned into joy when the body is controlled by spir-
18 itual Life, Truth, and Love. Hence the hope of the
promise Jesus bestows: “He that believeth on me,
the works that I do shall he do also; . . . because I
21 go unto my Father,” — [because the Ego is absent from
the body, and present with Truth and Love.]

SH 57:18

18 Happiness is spiritual,
born of Truth and Love. It is unselfish; therefore
it cannot exist alone, but requires all mankind to
21 share it.

Affection's
demands

SH 232:3

3 Many theories relative to God and man neither make
man harmonious nor God lovable. The beliefs we com-
monly entertain about happiness and life
6 afford no scatheless and permanent evidence

Denials of
divine power

of either. Security for the claims of harmonious and eternal being is found only in divine Science.

SH 298:16–20

This human belief, alternating between a sense of pleasure and pain, hope and fear, life and death, never
18 reaches beyond the boundary of the mortal or the unreal.
When the real is attained, which is announced by Science, joy is no longer a trembler, nor is hope a cheat.

SH 246:1–3

1 Man is not
a pendulum, swinging between evil and good, joy and
3 sorrow, sickness and health, life and death.

SH 548:9

9 How little light or heat reach our earth when clouds cover the sun's face! So Christian Science can be seen only as the clouds of corporeal sense roll away.
12 Earth has little light or joy for mortals before Life is spiritually learned. Every agony of mortal error helps error to destroy error, and so aids the apprehension
15 of immortal Truth. This is the new birth going on hourly, by which men may entertain angels, the true ideas of God, the spiritual sense of being.

The clouds dissolving

SH 60:2, 24–11

Science inevitably lifts one's being higher in the scale of
3 harmony and happiness.

24 An ill-attuned ear calls discord harmony, not appreciating concord. So physical sense, not discerning the true happiness of being, places it on a false basis.
27 Science will correct the discord, and teach us

Spiritual concord

life's sweeter harmonies.

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. We cannot circumscribe happiness within the
limits of personal sense. The senses confer no real
3 enjoyment.

The good in human affections must have ascendancy
over the evil and the spiritual over the animal, or happi-
6 ness will never be won. The attainment of
this celestial condition would improve our
progeny, diminish crime, and give higher aims to ambi-
9 tion. Every valley of sin must be exalted, and every
mountain of selfishness be brought low, that the highway
of our God may be prepared in Science.

Ascendancy
of good

SH 262:17

Job said: "I have heard of Thee by the hearing of the
18 ear: but now mine eye seeth Thee." Mortals will echo
Job's thought, when the supposed pain and
pleasure of matter cease to predominate. They
21 will then drop the false estimate of life and happiness, of
joy and sorrow, and attain the bliss of loving unselfishly,
working patiently, and conquering all that is unlike God.
24 Starting from a higher standpoint, one rises spontane-
ously, even as light emits light without effort; for "where
your treasure is, there will your heart be also."

The true
sense

SH 125:12–16

12 As human thought changes from one stage to an-
other of conscious pain and painlessness, sorrow and
joy, — from fear to hope and from faith to understand-

15 ing, — the visible manifestation will at last be man gov-
erned by Soul, not by material sense.

SH 76:22–26

The sinless joy, — the perfect harmony and immortality
of Life, possessing unlimited divine beauty and goodness
24 without a single bodily pleasure or pain, —
constitutes the only veritable, indestructible
man, whose being is spiritual.

Immaterial
pleasure

Hymn. 425:1

O weary pilgrim, lift your head,
For joy cometh in the morning;
For God in His own Word hath said
That joy cometh in the morning.

Hymn. 500:1

I awake each morn to a brand-new day,
Singing Hallelujah! as I go on my way,
For my heart is fixed on this one guarantee:
The Love that is All holds me tenderly.

Hymn. 263:1

Only God can bring us gladness,
Only God can give us peace;
Joys are vain that end in sadness,
Joy divine shall never cease.
Mid the shade of want and sorrow
Undisturbed, our hearts rejoice;
Patient, wait the brighter morrow;
Faithful, heed the Father's voice.