



# CHRISTIAN SCIENCE Sentinel

*"What I say unto you I say unto all, Watch."* — JESUS

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**A COLLECTION FOR KIDS**

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## God always helps us

I was on vacation in the south of France last year.

One morning I woke up and I went to take a swim with my family. After that, I started having an earache. I told my mom, and she asked me to sit down quietly and not to be afraid.

She said that she would pray for me, and she reminded me of some important things about my health. As a child of God, I reflect God at all times. That is, I reflect all good and all health. I knew that God is always with me, so I trusted in my mom's prayer as well as in mine.

A little later, I wasn't feeling much better. Mom brought me back to the hotel. I watched a little TV. Then we went to the restaurant to eat a something, but I was not yet completely well. So we went back to the room and continued to pray together.

The pain soon went away, and I fell asleep. And then I had a very good vacation!



**Alec, 10**  
Geneva,  
Switzerland

I am very grateful for this healing, which taught me that God helps me at all times. ●

*Alec's testimony was first written in French and published in the November 2012 editions of The Herald of Christian Science.*

## 'Put God first'

One day, I was at the playground running around. I ran up a slide. When I got to the top, I jumped over a hole and my foot did not make it. My foot went inside the hole and got hurt. I knew God protects His children, and I wasn't afraid and stopped crying right away. My mom took me home and we prayed. I learned to put God first and not error. The next day, my foot was all better because God helped me. ●



**Kaitlyn Jane, 6**  
Cedar Bluff,  
Alabama

Originally published in the January 7, 2013, issue of the *Christian Science Sentinel*.

# God—always #1

**While at summer camp, I was going on a caving trip in what is called Panther Cave.** I had never gone caving before, so I thought that it would be no big deal. I was excited to try something new.

Before we started caving, we were each given a number. Every so often, we would stop in the cave and yell out our number to make sure everyone was accounted for. I thought it was neat that my counselor's number was two, because God is always number one!

The cave walls were really wide when we started, and the walls closed in really fast. I started to get very afraid when we were walking through tight spaces in the cave. I wanted to leave the cave—I just wanted to go back out. But my counselors kept telling me that I could do it, that I didn't need to go back, and to just keep going. I was still scared, even after they were encouraging me.

So, I started praying with Hymn 53 from the *Christian Science Hymnal*. It was the first hymn I thought of, because it was one that I learned as a little kid. It begins:

Everlasting arms of Love  
Are beneath, around, above;  
God it is who bears us on,  
His the arm we lean upon.

I kept praying with that first verse and repeating it over and over. As I did, the walls started to open up and I could eventually stand instead of having to crawl through tight spaces. I knew no matter how tight the walls got, God was still surrounding me. And I was not afraid anymore. I just kept walking through the cave, and it ended up not being as far as I thought it would be.

Eventually we got to the end of the cave. Once I got out, I really wanted to do it again, because I realized how much fun I had had going caving with my cabin mates. ●



**Carter, 12**  
Madison,  
Wisconsin

Originally published in the January 14 & 21, 2013, issue of the *Christian Science Sentinel*.

*Jesus said, “Let the children come to me, and do not hinder them; for to such belongs the kingdom of heaven.”*

Matthew 19:14, Revised Standard Version

## I finished the dance healed

**I was at my school participating in a dance performance for Colonial Day in front of the whole school.** I had been practicing for several weeks for this event. During the square dance performance, I hurt my ankle. But I felt I should keep going because I didn't want to spoil the performance. It hurt so bad I started to cry.

And then I remembered that God is All, and that God is Spirit, so I am spiritual, too. I learned in Sunday School that I am God's child and I am “the spiritual image and likeness of God” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 591). We learn that we are a reflection of God. That means my foot could not really hurt because I'm spiritual, not material. I can reflect only good, because God is only good.

After praying, I was able to finish the dance. My foot was fine and did not hurt anymore. I went home and told my mom about it. I'm grateful for this healing because it helped me learn that God is All-in-all. ●

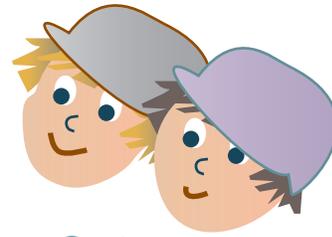


**Cate, 9**

McLean, Virginia

Besides square dancing, Cate also enjoys hip-hop dancing and playing the clarinet and the piano.

Originally published in the February 4, 2013, issue of the *Christian Science Sentinel*.



Got a  
question?

write to [kids@cspss.com](mailto:kids@cspss.com)

Kids ask ...

## Did Jesus really raise Lazarus from the dead?

Ricky, age 9

Every time I read the story of Lazarus in the Bible I'm amazed. It reads just like an action movie! Eyewitnesses, people who were actually there, must have told others what happened that day—there are so many precise details given. We hear what good friends Jesus and Lazarus and his family were. We learn how the sisters, Martha and Mary, responded differently when Jesus arrived. And then there are those amazing two words about Jesus that you can't find anywhere else in the Gospel stories: "Jesus wept" (John 11:35). This shows us that Jesus loved Lazarus so much that he cried. Or, was he maybe crying for another reason? Was he sad that people had so many doubts about who he was? But those doubts didn't stop him. Even when everyone else saw Lazarus as dead, Jesus looked to God and thanked Him for hearing his prayer. Then Jesus called Lazarus out of his tomb—and out he came!

I think it would have been pretty hard for someone to make this story up! But there's a more important reason I believe Jesus really did raise Lazarus—because his disciples were able to follow his example (see Acts 9:40; 20:9, 10). And this has been happening in Christian history ever since.

Do you know, for example, that Mary Baker Eddy raised her good friend Calvin Frye from the dead (see *Christian Healer*, pp. 256–258)? Maybe you don't feel ready to do something like this just yet. But you can begin by refusing to believe that good of any kind can ever come to an end. When you catch just a glimpse of this truth, you're on your way to following Jesus' example of raising the dead! ●

**Chet Manchester**, Ballwin, Missouri

*Chet is a Christian Science practitioner and teacher. Right now he's President of The Mother Church. He's also a dad who loves helping kids learn lots about God and Jesus.*

Originally published in the February 18, 2013, issue of the *Christian Science Sentinel*.

## I can talk to God, too!

One night, last year, I couldn't fall asleep because my tummy was bothering me when I went to bed. I was praying and thinking of God. My mommy came into my room. She sang "Shepherd, show me how to go ..." by Mary Baker Eddy (Hymn 307 in the *Christian Science Hymnal*). It made me feel safe. I also wanted her to read the book *Travis Talks with God* to me, so I know that I can talk to God, too. I learned that God's love is everywhere.

When Mommy left my room, I still thought about God. And God told me that He healed me. Then I felt all better and went to sleep. ●

Originally published in the March 4, 2013, issue of the *Christian Science Sentinel*.



**Ashlyn, 6**

Redondo Beach,  
California

Ashlyn loves to  
draw and plays  
the piano.

## I knew my healing would come

When we were visiting my grandmother in Delaware, we went to see a big ship, like a pirate ship, called the *Kalmar Nyckel*. When we left the ship, I was running really fast, and I ran into the railing on the dock headfirst. It was made of steel. I had a lump on my forehead. My dad carried me home, took care of me, and prayed with me. He told me I was OK because God is everywhere. If God is everywhere, then He is always here. God was taking care of me right then. When we got to Grammy Winnie's house, my dad asked if I was ready to eat dinner. I wasn't yet, because I was waiting for my healing. I knew it would come.

The next morning the lump was gone and I was healed. ●

Originally published in the March 4, 2013, issue of the *Christian Science Sentinel*.



**Winter, 7**

St. Paul,  
Minnesota

Winter likes to ice  
skate, swim, make  
snow forts, play in  
the woods, camp,  
and play with his  
friends Charlie  
and Drew.

## God takes good care of us!

Hello! I want to tell you about a healing through prayer that I had two years ago. In school, I started having a very high fever. My teacher was worried and wanted to take me to the hospital. The school principal called my parents, but both their phones were shut off, and he could not reach them.

So I was allowed to stay in school for a while. I didn't want to be taken to the hospital, and at first the principal thought I was scared of needles, or of being left alone. But I told him I'm a student in the Christian Science Sunday School and my family is used to praying when we are sick. I know that God is Love. His infinite presence is always with me. God created me perfect and healthy. I told the principal that God is the best physician there is and that I trust Him completely.

My teacher brought me to a quiet room and stayed with me. I laid my head down on a desk.

When my mom came to pick me up, I was singing a little prayer that I'd made up: "God is good to me, God is good to me, He sustains me and holds my hand, God is good to me

because He is Love." My mom reassured everyone that I would be well cared for. She told them that God surrounds all His children with His tenderness and nothing bad can happen to us in God's care.

Mom brought me home, carrying me on her back since I did not feel up to walking on my own.

On our way home, we sang together Hymn 207, from the *Christian Science Hymnal*.

The words of this hymn are by Mary Baker Eddy, and it starts like this: "O gentle presence, peace and joy and power."

When we were close to home, I asked Mom if I could walk on my own. She thought that I might be ashamed to be carried. But, in fact, I was feeling much better. When I got home, I rested a while. Then I played for

the rest of the evening because I had no fever and no headache any more.

The next day, I went back to school. Everyone was surprised to see me laugh and play as if nothing had happened. I am very grateful to our Father-Mother God, who takes such good care of us! ●

*Exaucé's healing was originally written in French and published in The Herald of Christian Science, February 2013.*



**Exaucé, 9**  
Kinshasa,  
Democratic  
Republic of  
Congo

*Exaucé likes  
his English and  
computer classes,  
and loves to run  
with his friends.*

Originally published in the March 18, 2013, issue of the *Christian Science Sentinel*.

# The first Easter and Jesus' love

by MARY TRAMMELL

One time, thousands of children, men, and women followed Jesus into the lonely desert, hoping for a glimpse of him. They also hoped that he'd heal the many sick people among them. All day they hiked, only to find the Master deep in prayer. He wanted time alone to pray because he was sad about losing his cousin, John the Baptist, who'd been killed by enemies. (See Matthew 14.)

But when Jesus saw the tired crowd, he cared so much about their suffering that he healed every one who was sick. Not only that, as darkness fell and the crowds got hungry, Jesus took the only food his disciples could find nearby—a little bread and fish—and served supper to everyone!

That's the way Jesus was. His love was so powerful and tied to God's love that it naturally healed people and took care of them. Especially, Jesus loved kids. "The kingdom of Heaven belongs to little children like these!" he said (Matthew 19:14). Jesus even loved his worst enemies, and told his followers to do the same. "Do good to those who hate you," he said (Luke 6:27).

That's where Easter comes in. The enemies that killed John the Baptist were after Jesus too. Before long they captured and crucified him. Even on

the cross, though, Jesus kept right on loving his enemies. "Father, forgive them;" he said, "they do not know what they are doing" (Luke 23:34).

After that, everybody thought Jesus was gone forever—buried in a cave with a huge rock at the entrance. But three days later, two of his closest followers saw an angel push the rock aside and announce that Jesus had risen from the dead! (See Matthew 28.)

Jesus appeared several times to his disciples. This showed them that good really wins out over evil, life over death, and love over hate. Like Mary Baker Eddy said, it was Christ Jesus' "practical affection and goodness"—his spiritual love—that was the real power behind his resurrection (*Science and Health with Key to the Scriptures*, p. 24).

You and I celebrate Easter best when we feel that same kind of love. Sure, it's good to love friends and family and neighbors. But it's especially good to love people that it's hard to love, like bullies and people who act mean to us. That's the kind of love that heals!! ●

*Mary Trammell loves praying for people, big and little, and teaching them about Christian Science.*

*The Bible citations are all from The New Testament in Modern English, Revised Edition, by J.B. Phillips.*

Originally published in the April 1, 2013, issue of the *Christian Science Sentinel*.

## Things I've learned in Sunday School

**G**od is good. There is no one else. God is Love. You can't change that. God expresses His love in you. And you can't change that. God is pure, so I am pure. God made me, and there is no one like me. It is true, we say God is in heaven. But heaven is spiritual. So guess where heaven is? It's here. And everywhere!

God is everything about love. And love is everything about you and me. ●



**Britney, 9**  
Covington, Kentucky  
Britney loves animals.

Originally published in the April 15, 2013, issue of the *Christian Science Sentinel*.

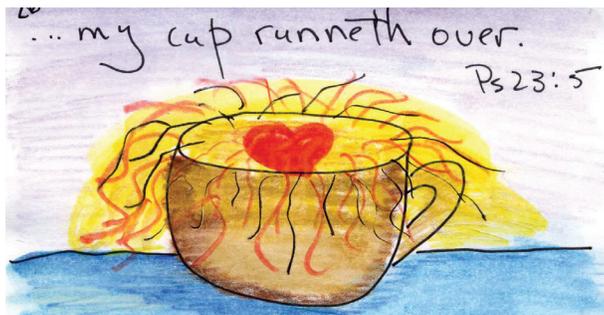


**Alexander, 11**  
Northbrook, Illinois  
Alexander likes art and playing the viola.

## My Bible poem

**B**e forgiving.  
**I** love studying the Bible in church.  
**B**e passionate about good.  
**L**ove each other.  
**E**rror is kicked out the door.

Originally published in the April 15, 2013, issue of the *Christian Science Sentinel*.



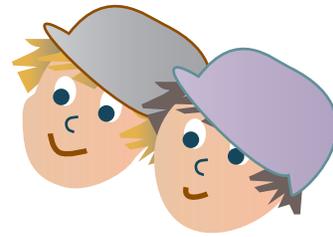
Drawing by **Kaiana, 14**  
Corvallis, Oregon

Originally published in the April 15, 2013, issue of the *Christian Science Sentinel*.

*Kids ask ...*

## Why is there only one God?

*Timothy, age 4*



**Got a question?**

[write to kids@cspcs.com](mailto:write_to_kids@cspcs.com)

**B**ecause God fills all space. Let's think about what that means. If you take a jar and fill it with water up to the top, it's full, and there's no room for anything else. That is what God is like. God fills all the space there is. And there is no room for more than that one God. So think about when you go outside and look up into the sky. Is there more than one sky? That's a silly question, isn't it? There is only one sky, just like there is only one God.

You see, God is not a person, like the people we see around us. If God were a person, like that, then there might be more than one God. But God is Spirit the Bible tells us. And even though we can't see God, the one Spirit is everywhere, like the air we breathe. ●

**Mark Unger**, *Ashland, Massachusetts*

*Mark is a Christian Science practitioner. That means kids and adults call or e-mail him to ask him to pray with them when they feel bad or sick. Mark is also the Sunday School superintendent of The Mother Church.*



**Four kids, who go to Sunday School in Concord, Massachusetts, also answered this question.**

**Because ...**

God is all and God is good. *Joey, 10*

No other gods are needed to get rid of error. *Gracie, 9*

God is Love, and there is no space for another god. *Alexine, 9*

God knows, sees, and understands everything. *Emily, 10*

Originally published in the April 29, 2013, issue of the *Christian Science Sentinel*.

# Where was Annabelle?

by LOIS DEGLER

When that little puppy wriggled over to Susan, she said to herself, “I have to have her.” The puppy was a tan and white Lucas Terrier with floppy ears and a short stubby tail. She named her Annabelle Leigh, but everyone just calls her Annabelle.

Annabelle and Susan are wonderful friends. One time Annabelle went missing for a long time. Susan didn’t know where she was. And Annabelle couldn’t tell her. Here’s what happened.

One night when Annabelle was staying with Susan’s family, someone left the back door open by mistake and Annabelle got out. (And she wasn’t wearing her collar.)

The family all loved Annabelle and they did everything they could think of to find her. They drove around looking for her and put up signs in the neighborhood. They called all the animal shelters.

But they didn’t find Annabelle.

At first Susan was so sad—and afraid for Annabelle. She was also a little angry that her family hadn’t taken better care of her dog.

But then Susan remembered that she could pray, and that would be very important to do. So Susan prayed every morning when she woke up, and she prayed every night before she went to bed.

Susan knew that God is Love and that God’s love was surrounding Annabelle. Annabelle was always at home—where she belonged—with God. So she was always safe.



Very soon Susan was sure of God’s protecting and loving care. She stopped being worried and afraid for Annabelle and was no longer even thinking that anyone had done something wrong. She just knew that whether she saw Annabelle again or not, God was taking care of her.

Then one day, several weeks later, a college girl was driving through a busy intersection and she saw a dog

Turn page →

in the middle of all the traffic. She was frightened for it, so she opened her car door and called, “Come here.” And Annabelle jumped in. When the college girl got home she called the animal shelters and described the dog she’d found.

When Susan’s family got the call, they went to get Annabelle. Of course the family called Susan right away. Susan had tears of joy, but wasn’t really surprised. She had been so sure that God was taking care of Annabelle.

Annabelle needed a bath and a good dinner, but settled right back in. Remembering Annabelle’s story, Susan knows she can’t ever doubt that God is always keeping His creation safe from harm. She loves that promise in the Bible that says that “we live, and move, and have our being” (Acts 17:28) in God. And that means all of us, including Annabelle. ●

*Lois Degler loves to teach children about God. She’s a Christian Science practitioner from Franklin, Tennessee.*

Originally published in the May 13, 2013, issue of the *Christian Science Sentinel*.

## God is good

by JUDY WOLFF

**W**hat do you love most about God? If I had to pick one thing, it would be that God is good. Maybe this is what I love most about God, because I really know it is true. Many times, God has helped me and shown me that He is good. For example, I have been healed of colds, allergies, warts, and food poisoning by realizing that none of these things are good and therefore they are not from God. Since God is good, and God is all powerful, then God’s goodness is power. Goodness, or the presence of God, is the power that makes everything good.

Turn page →

When I say, “I feel good,” what I’m really saying is that I feel God with me. God gives me joy, health, and love. These things are all good and they make me feel close to God—and that really does feel good!

But when I say, “I don’t feel good,” actually what I am saying is that I don’t feel God—that He doesn’t seem close. So when I don’t feel good, the solution is to understand God better and feel God’s presence.

Recently the flu was going around, and some of my friends told me about their symptoms and how awful they felt. Then one night, right before I was to fly out for a family vacation, I came down with symptoms of the flu. I was up most of the night, but I was praying the best I knew how. The next morning, I was doing better and able to get to the airport and on my flight. All I wanted to do on that plane was sleep. But I knew that sleep, like drugs, or anything material, wouldn’t help me know God better. So instead I read the Christian Science Bible Lesson for that week, which was on Life, another name for God.



That Lesson reminded me how God is my life, my strength, and my help. This verse from the Bible sums up what I needed: “Find out for yourself how good the Lord is. Happy are those who find safety with him” (Psalms 34:8, Good News Translation). I was finding out how good our Lord, God, is and that made me happy and safe. By the time I got off the plane, I was completely healed. I had a really busy, fun time, and for the rest of the vacation, I felt God with me—and that feels so good! ●

*Judy Wolff is a Christian Science practitioner and teacher. As a trustee, she also helps oversee the work of The Christian Science Publishing Society.*

Originally published in the June 10, 2013, issue of the *Christian Science Sentinel*.

*Soliana loves soccer, rock climbing, and reading.*



**Soliana, 11**  
Falls Church, Virginia

## My spiritual armor was protecting me

Once when I was sleeping, I started to cough and I couldn't go to sleep. So the next morning, I told my mom about my cough keeping me awake. My mom prayed for me, and she told me to read some healings from other children in a book called *My Treasury*. When I was looking through the book, I saw a prayer that helped me, called "God is with me through the night" by Kathryn Crosby Escruceria. It went like this:

God is with me through the night  
See you in the morning light  
All around me are His arms  
Guarding me from any harm.

God is here and I am dear  
God is Love—I cannot fear  
See you in the morning light  
God is with me through the night.

This prayer helped me to know that God is with me not only through the day but also at night. Since God loves me, that means I couldn't be afraid, even of falling asleep or of a cough, because God is with me all the time. I used good thoughts, my spiritual armor, given to me by God to protect me from any fearful thoughts. I said the prayer so much to myself that I memorized it. The next night I slept more easily.

I kept on saying the prayer to myself. And I thought about what my mom shared with me. She said that I live and move and breathe in God.

A couple of days later, I was completely healed. I was so grateful that I was feeling well and ended up teaching my mom the prayer. ●

Originally published in the May 27, 2013, issue of *The Christian Science Sentinel*.

*Xander likes to play baseball and basketball, pray, cook, and collect sports cards.*



**Xander, 9**  
Lake Forest,  
California

## With God's light

When I read Psalms,  
I feel safe in God's palms.

When I listen to God, Mind,  
I am very kind.

With God's light,  
my path is shining bright.

In God's sight,  
I'm protected day and night.

Spirit's omnipresence  
is God's essence.

God's love helps me share,  
and I show others I care.

It helps me when I pray.  
I feel God every day!

*Imogen loves her little dog, Bokkie, and she likes to dance and play hockey.*



**Imogen, 9**  
Wollongong,  
Australia

## My song of praise

Today and every day,  
God is with me.  
God frees me and heals me of  
everything,  
even if it looks broken.

Today and every day,  
God's love is with me.  
Love will guide me back home  
if I am lost.  
God shows me how I can love  
my father, mother, sister,  
and everyone.

Today and every day,  
God's truth is with me.  
I know love and truth exist  
everywhere  
making everything perfect.  
I am made spiritual and good.

Today and every day,  
I love and praise God!

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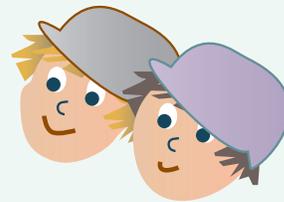
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