



CHRISTIAN SCIENCE Sentinel

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

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A COLLECTION FOR KIDS

CHRISTIAN SCIENCE
SENTINEL

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God is powerful!

By Robby

I live in Minnesota, where hockey is king! One day, on a Monday, I had a bad cough, but I could not imagine skipping hockey in the evening.

On Tuesday, though, my mom said, “Maybe you should miss school today.” But I said, “I’m fine.” I like hockey and my school. The kids are nice, and I didn’t want to stay home. So I went to school.

Then my teacher called my mom and said, “Robby has to go home.” My teacher was concerned that I was sick. My mom came to pick me up.

For two days we watched Bible tapes about Moses and Jesus’ story of the good Samaritan. They taught me that God is always with me. My mom also called a Christian Science practitioner to pray for me, and we talked together about God.

On Thursday, my teacher was still worried about me. She called my mom and asked, “Have you been to a doctor yet?” My mom explained that we were praying and I was making progress. I was praying by knowing that God is Truth, and the truth is that I am fine because perfect God means perfect Robby. God told me that I was fine, and I realized my true selfhood as His child. What God says is always true. That was my healing.

We went to the doctor so my teacher wouldn’t be worried. The doctor said, “Robby is fine. He can go to school tomorrow.” My cough was gone, and I could play hockey again, too. See, God is really powerful! ●



Reprinted from the July 10, 2017, issue of the *Christian Science Sentinel*.

'Just because' prayers

By Jenny Sinatra



Have you ever told someone in your family that you love them? Not because you want Dad to scoop you out some more ice cream, or because you want Mom to like you more than she likes your little brother. You say, “I love you,” just because you feel it and you want the people you love to know. You feel happy and grateful, and you want to show it.

Have you ever prayed to *God* “just because”?

What I mean is, Have you ever prayed just because you love God and you want to say: “I love You, God. Thank You for loving me!”

Lots of times we pray for God’s help and wisdom when we feel hurt or scared. Just like we might go to Mom when we need help with homework, or go to our best friend for a hug when we’re having a tough day. But praying “just because” can be a good thing to do, too. And it’s very natural. You don’t even have to have a reason!

I remember praying “just because” prayers a lot when I was learning to go on hikes in the woods. Hiking was new for me, and I was a little nervous at first. It seemed like lots of the other kids at my summer camp had gone on hikes before.

But I decided that was OK. I felt so much joy because I knew that God is Love and Love was with me as I walked each trail.

So when I walked through the forest, I tried to appreciate all the good around me. The friends who were with me. The love I felt in my heart.

I had learned that God makes all the good qualities my friends and I were expressing. This all just made me want to pray, “God, I love You so much!” So I did.

“Just because” prayers were something I did almost every time I was on a hike. There were other times I prayed, “I need Your help, God!” But I learned to see how important and special those “just because” prayers are.

Have you ever prayed a “just because” prayer? Try it! Don’t be surprised if it becomes something you love to do, too. ●

Reprinted from the July 24 & 31, 2017, issue of the *Christian Science Sentinel*.

LISA ANDREWS—STAFF

God is everywhere! Everywhere!

By Serenity

I have one long tooth in front that is getting loose and is probably going to fall out soon. The other day I jumped off the couch. Somehow my knee hit my chin, and my long tooth went right through my tongue.

There was a lot of blood, but I decided not to look in the mirror. Instead, I went straight to my room to get my Bible and *Science and Health with Key to the Scriptures* and started praying. My little sister started praying and singing hymns, too.

My mommy read a sentence from *Science and Health* to me that said, “All that really exists is the divine Mind and its idea, and in this Mind the entire being is found harmonious and eternal” (Mary Baker Eddy, p. 151).

Mommy asked, “Is God everywhere?”

My sister and I both yelled, “Yes!”

Then Mommy asked, “Is God everywhere, everywhere, everywhere?”

We yelled, “Yes!”

Then Mommy asked, “If God is everywhere, can there be any spot where there is a hurt?”

We yelled, “No!”

We prayed together for a few more minutes, thinking about the idea that “there is no spot where God is not,” because God is all that really exists in every spot. Then, suddenly, I felt healed. I told Mommy that it didn’t hurt anymore, and I got up to play. My tongue was all better.

Thank You, God, for this quick healing and for being everywhere, filling every spot all the time. ●



LISA ANDREWS—STAFF

Reprinted from the August 14, 2017, issue of the *Christian Science Sentinel*.

How big is God's love?

By Jutta Hudson

When William goes to visit his grandma, Omi, they take a train journey together. Omi travels to the station of William's hometown, where William and his dad meet her. Together, William and Omi board the train that takes them to the city where Omi lives. William usually has a picnic on the train. Sometimes he and Omi play a guessing game called "I spy with my little eyes." William loves train journeys, and he and Omi always have fun.

Once when Omi met William at the station, he wasn't his usual happy self. He slept throughout the train journey, cradled in her arms. When they arrived at her house, he wanted to go straight to bed. Omi prayed for him, and the next day William put on a brave face, and together they walked to the nearby park, where he tried the swings and the slide. But it wasn't as much fun as usual.

Back at home after the park, William still didn't feel well, and as Omi prayed she had an idea. She fetched one of his favorite books and started reading it to him. The book is called *Guess How Much I Love You* and is a story about Little and Big Nutbrown Hare. At bedtime, Little Nutbrown Hare and Big Nutbrown Hare tell of their love for each other. On the last page, Little Nutbrown Hare sleepily says that he loves Big Nutbrown Hare "right up to the moon." Big Nutbrown Hare draws close to him and whispers, "I love you right up to the moon and back."

As they read the story together, Omi had a thought from God. She realized that God's love for all His children, small ones and big ones, is even bigger than love that goes to the moon and back. God, divine Love, cares for every one of His children, cherishes them, and holds them dear. His love is so big that He could give us only good, never sickness. Turn page →



LISA ANDREWS—STAFF

Omi remembered Hymn 144 from the *Christian Science Hymnal*. The last verse says:

For God, immortal Principle,
Is with us everywhere;
He holds us perfect in His love,
And we His image bear.
(adapt. © CSBD)

Omi shared these prayer thoughts with William, who was still sitting on her lap. Together they rejoiced in God's great love for everybody: for William and Omi, and for mummies and daddies, brothers and sisters, grandmas and grandpas, all William's friends, and even strangers. No one was left out, not even the animals.

It wasn't long before William slid off Omi's lap and started to play. He was healed! And the rest of Omi and William's visit was lots of fun—full of God's great love for them both. ●

Reprinted from the August 28, 2017, issue of the *Christian Science Sentinel*.

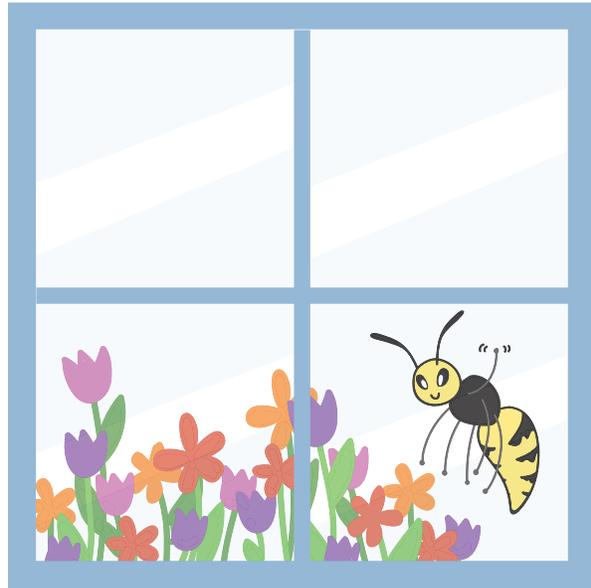
Scared of bugs? Not anymore!

By Ethan

It was a warm and sunny day. We had just set up our pool, and we were so excited to swim. Well, the water wasn't so warm! I jumped out as quickly as I had jumped in, but when I went to go back in the house, there was a wasp flying around. I was afraid to go in and I was afraid to stay out. My dad finally convinced me I was safe, and I made it inside. I wish I hadn't gotten so scared. It was only a bug, but I just didn't like bugs!

In the Christian Science Sunday School, I'm learning that I don't ever have to believe in a power bigger than God or a power other than God. That's why I love the story of Daniel in the lions' den (see Daniel,

chapter 6). Daniel, a good man who loved God, was put into a den of lions because he refused to worship anyone but God. What I love about this story is that Daniel was safe. The lions never hurt him. When we talk about the story in Sunday School, we talk about God's love for Daniel and God's love for the lions, too. Daniel knew that God controls all creatures and that his only job was to always put God first. He was following the first of the Ten Commandments: "Thou shalt have no other gods before me" (Exodus 20:3). To me this commandment means that we don't ever have to be scared or believe that there could be a power besides God.



One day at school, I saw another wasp flying around. I tried to ignore it, but other people saw it and started getting excited. The wasp landed on the carpet right next to me and then flew to my head. That's when I got really scared. I've never been stung, but everyone says it hurts.

But then I suddenly remembered that I know God wouldn't hurt me, so I can also know that God's creatures can't hurt me either! God is good, and everything He made is harmless. Right then the wasp flew off my head without stinging me! My teacher got a book and used it to carry the wasp outside without anyone getting hurt.

When I got home that day, I was so excited to tell my mom what happened. She gave me a big hug, and we talked about a passage in *Science and Health with Key to the Scriptures* by Mary Baker Eddy: "Understanding the control which Love held over all, Daniel felt safe in the lions' den, and Paul proved the viper to be harmless. All of God's creatures, moving in the harmony of Science, are harmless, useful, indestructible" (p. 514).

I used to dislike most bugs until this wonderful healing. Now, when I see bugs, I'm not so scared. I know each day that God, Love, surrounds me and controls everything in my day, even the bugs! ●

Reprinted from the September 11, 2017, issue of the *Christian Science Sentinel*.

HAYLEY BALL—ILLUSTRATOR

Prayer stopped the fighting

By Charlene Anne Miller

My three brothers and I were stuck. Them against me. During summer vacations, they wanted to watch only their movies. Any movie I wanted to watch was silly.

“Majority rules,” they said.

I said, “Not fair!”

No matter how much I tearfully pleaded and begged, my parents repeated, “Majority rules.” That was just the way things were in our house. Tears were not the right way to solve this. Prayer was.

One day, when I was upset yet again because my brothers wouldn’t let me watch a certain movie, I went to my bedroom. I asked God for help. I wanted to end the tears and fighting.

I flipped open my copy of *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Through tears, here’s what I read: “When we wait patiently on God and seek Truth righteously, He directs our path” (p. 254).

I felt calmer, so I continued listening to God. I obeyed what I had just read. I waited for God to give me directions.

And He did. Three thoughts came. First, follow the Golden Rule: “Do unto others as you would have them do unto you.” This is from Jesus’ Sermon on the Mount (see Matthew 7:12).

Under the Golden Rule, everyone can have harmony and peace and feel loved. How? Through unselfish love that embraces all. Obeying the Golden Rule makes us fairer, more open, more just. And best of all, it helps us be more loving and thoughtful toward others.

Then the second right idea popped into my head. “Majority rules” isn’t always fair. In my case, it was always three boys against one girl. And we liked different things. So let the minority (me) choose one movie to watch each week. My brothers could watch with me or go do something else.

This was a brand-new idea! But would Mom agree? I had tried and tried before, but I’d always failed.

Now the third idea hit me. A right idea comes from God, so it

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already has His support! I could trust God to guide my parents in a way that was loving and fair.

I felt at peace. This told me that I was headed in the right direction.

I went to my mom and calmly explained the idea. She asked me a few questions. Then she said yes! She told my brothers that I could choose one movie or TV show weekly. They could join me or go read a book.

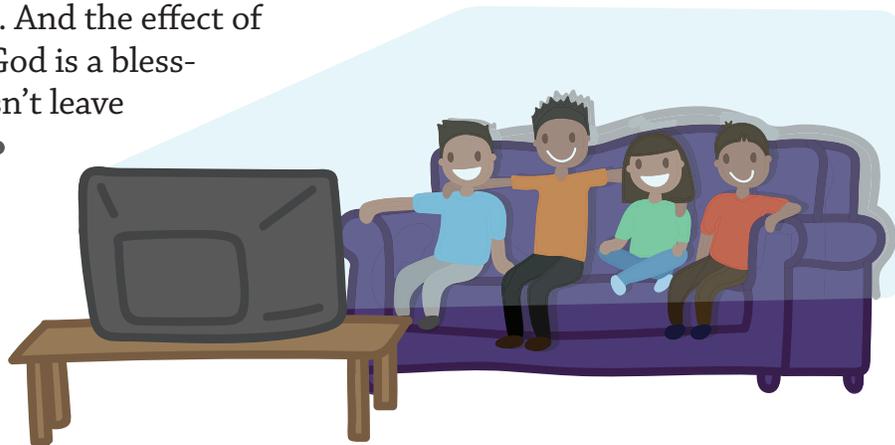
My voice was heard! Prayer—a heartfelt listening to God—helped me hear God’s direction and ended the fighting.

Afterward, Mom shared this with me: “The right way wins the right of way, even the way of Truth and Love whereby all our debts are paid, mankind blessed, and God glorified” (Mary Baker Eddy, *The First Church of Christ, Scientist, and Miscellany*, p. 232).

The right way keeps us close to God. It makes us peaceful and happy. Why? Because the right way isn’t our way, but God’s way—“the way of Truth and Love” that blesses all.

Understanding this, even a little, helped me in school, too. In the classroom and on the playground, sometimes other kids were unfair. But my classmates liked hearing that the right way—fair, honest, just to all—governs and blesses all of us. Respect and courtesy are natural to each of us as God’s loving, lovable child.

That summer I learned that even when we feel stuck, prayer can always steer us in the right direction. It may take courage to obey and move forward, but God will guide us in every step. And the effect of listening to God is a blessing that doesn’t leave anyone out. ●



HAYLEY BALL—ILLUSTRATOR

Reprinted from the September 25, 2017, issue of the *Christian Science Sentinel*.

On the day of the talent show

By Jeremy

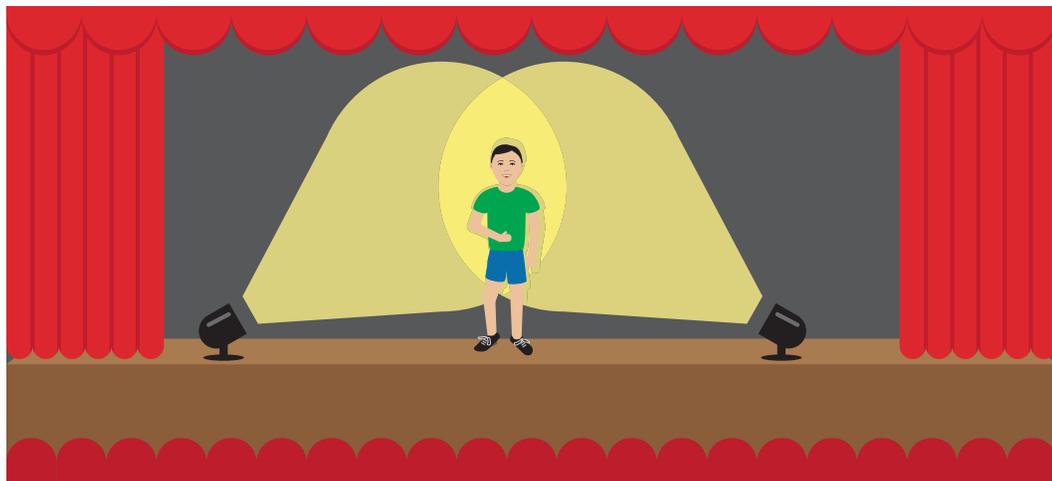
It was the day of the talent show. I was at recess when I bumped my head on a pole at the playground. A kid nearby saw me and asked if I was OK. I didn't know I was bleeding until I saw some blood on my hand from where I'd touched my head.

When I went to the teacher, she told me to sit on a bench and wait for the school nurse. As I sat, I thought about what I'd been learning in the Christian Science Sunday School. I realized that the thoughts that said I was hurt were untrue, because God is good and gives us only good thoughts about ourselves. I knew that God wouldn't let anything bad happen to me.

When the nurse came, I was surprised she had a wheelchair with her. I told her I didn't need it, but she insisted that I sit in it. Once we got to her office, she started checking me out. My mom came soon after, and the nurse said that I needed to go to urgent care and get stitches. The school said I couldn't come back without a doctor's note saying I could.

When I heard I might have to get stitches, I freaked out. But then I realized that I am always OK because God is everywhere. He is always with me, keeping me safe. I knew my mom was praying for me, and in the car we talked about how everyone at school was just trying to help, and I didn't need to be afraid or worry. We could know that I am spiritual and completely fine already.

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LISA ANDREWS—STAFF

We went straight to an urgent care place, and when the doctor looked at me, he told me I didn't need stitches and would be fine. I was already healing! I was so happy.

We had to hurry back to school, but I made it in time for the talent show and did two dance performances.

I was very happy at the end of the day. I learned that Christian Science can help me with problems I might face—and that it's fast and effective! ●

Reprinted from the October 9, 2017, issue of the *Christian Science Sentinel*.

I could take my test

By Tarun

The night before my final exam, I went to my friend's house to see his parrot. I was so happy to see the bird that I could not stop myself from touching it. But as I came closer, the parrot bit my finger.

My finger hurt and was bleeding, so I went home. I asked my mother to pray for me. She told me that because God's creation is all good, God's creatures must be harmless.

I was worried because the parrot had bitten me on my writing hand, and I had my test the next day. My mother cared for me and told me not to worry; she was praying and that all was well because God was taking care of me. I am a regular student in the Christian Science Sunday School, where I've learned that God loves His children and always protects them.



CHRISTIAN COKER — STAFF

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So, I went back to playing, but I was praying with “*Love is reflected in love*” from Mary Baker Eddy’s spiritual interpretation of the Lord’s Prayer (*Science and Health with Key to the Scriptures*, p. 17). I thought that I could feel only love, not pain. As I played, I totally forgot about my finger, and later I noticed the bleeding had stopped and the pain was gone.

The next day I was getting ready for school, and I found there was not even a mark on my finger. I was so happy that I could do my test easily. I thank God for this quick healing and for His love. ●

Reprinted from the October 9, 2017, issue of the *Christian Science Sentinel*.

‘Everything about me is beautiful!’

By Gillian

I had these bumps on my hand and I didn’t know what they were. I asked my dad what they were and he said they were warts. I tried to get rid of them because I didn’t like them. Then I forgot about them for a while. But my friends at school didn’t like me because of the warts.

I talked to a Christian Science practitioner. We started praying. She told me that God is all good. She also told me that everything about me is beautiful because God created me—spiritual and all good. When she told me these truths, I felt loved and I didn’t think about the bumps for a long time.

Then one day, within a month or so, I noticed the warts were gone—all of them! I am grateful for this healing. I am grateful for the practitioner and for God’s goodness. ●



Reprinted from the October 9, 2017, issue of the *Christian Science Sentinel*.

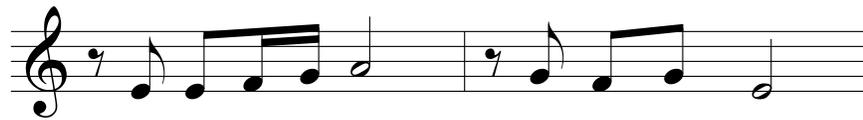
LET'S SING!

Be a clear transparency

By Patty Turner



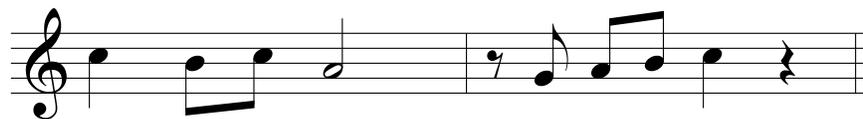
Be a clear trans - par - en - cy.



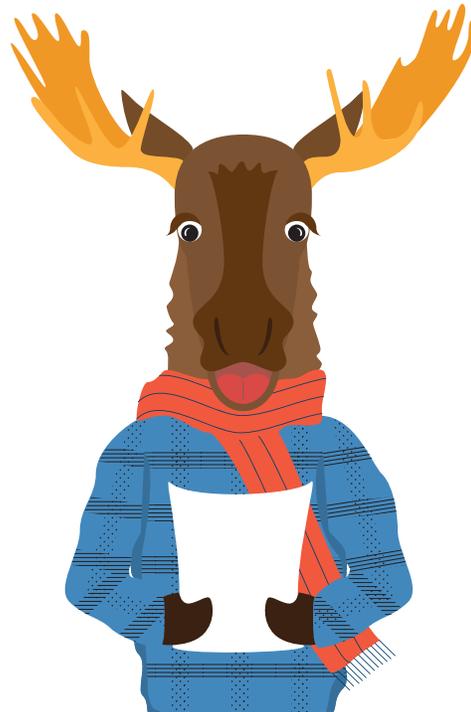
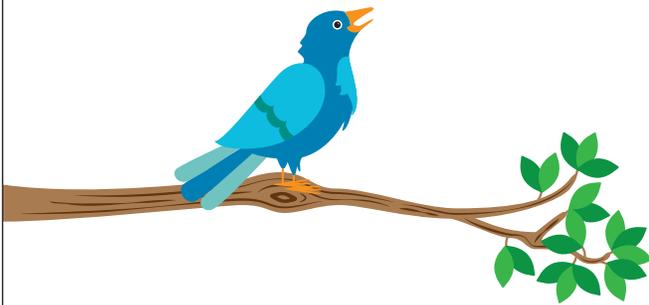
In all that you do, Let God shine through.



Be not a - fraid, Nor be dis - mayed.



Great good tran - spires As God in - spires!



transparency: something clear like glass that light can shine through.

dismayed: without courage.

transpires: takes place.

Reprinted from the October 9, 2017, issue of the *Christian Science Sentinel*.

LISA ANDREWS—STAFF

Abby, the no-fear horse!

By Joan Ware

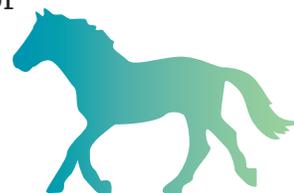
A bby was just a little horse. She was scared of almost everything! She was afraid of blowing leaves and trash. (Maybe they were chasing her!) She was afraid of puddles. (Maybe she would disappear if she stepped into one!) She was afraid of big noisy trucks. (Maybe they were trying to catch her!) Everything made her want to run away as fast as she could. That made it very scary to ride her!



So I had to teach Abby how not to be afraid. In prayer, I asked God how I could help her. The idea came to use the word *garbage* for anything that seemed scary to Abby but wasn't going to hurt her.

So I tried it. Each time she began to get all jumpy and scared, I would say very firmly, "Abby, garbage! It's just garbage. It's all right." Then I would pat her gently, and she would calm down. We could go on our ride with joy. Soon I could just say, "Abby, garbage," and on we could go. She stopped being afraid because she knew it was all right. She trusted me.

When I was little, I was often like Abby: afraid of almost anything new or different. I was afraid of meeting new people, doing new things, going new places, and especially talking in front of groups or playing the piano for others.



But I was going to a Christian Science Sunday School and learning about God. I liked learning that God is Love, and that it was God's love that "casts out fear," so I didn't have to get rid of it on my own (see I John 4:18). I also learned that God never gave us a spirit of fear "but of power, and of love, and of a sound mind" (II Timothy 1:7).

I took these ideas with me and relied on them any time fear tried to barge in and bully me. It wasn't easy, and it took a while. But I stopped getting pushed around by fear as I felt more and more of God's love instead.



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Now I can play the piano for others and not be afraid. I can talk in front of groups and not feel fear. I can go new places and know that God's love is already there.

If Abby could learn not to be afraid, and so could I, then you can, too. We can all learn not to be afraid, because God is Love. And that all-powerful Father-Mother Love is always right with each of us. We can find this Love every time we ask. It doesn't matter where you are, whom you're with, or what you're doing.

Now I'm big. Do I ever get tricked into fear? Yes. But not as often. Now I'm more interested in sharing love with others than worrying about myself. I'm more watchful about which thoughts to let in and keep. Sometimes I even use the word *garbage* for whatever is trying to bully me. I say, "That's just garbage!" Then I trash that thought and go on my way.

We don't need to carry around any fear. We have the God-given power to listen to Love, trash the fear, and share our naturally free, happy self with everyone. As Abby taught me, it's exactly how God made us—free and fearless! ●

Reprinted from the October 23, 2017, issue of the *Christian Science Sentinel*.

Prayer for my goat

By Dasha

Hil I'm Dasha. I own a goat named Belladonna (Bella for short). One day last spring we let Bella graze in our yard to help cut the grass. The next day we noticed that Bella was standing totally still and that there were other signs that she'd eaten something she shouldn't have. When Bella had not moved for an hour, we started to worry.

I am a member of the local 4-H club. (4-H is a national organization with local clubs where kids and teens can do projects ranging from

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cooking to raising animals.) So I contacted a local teen leader to help me understand what was going on with Bella. She recommended that we call a vet. We did and scheduled an appointment. The appointment was for later in the day, so we had plenty of time to pray. We chose to pray because my family has had many good experiences when we've turned to God for guidance. I've also had my own healings in the past.

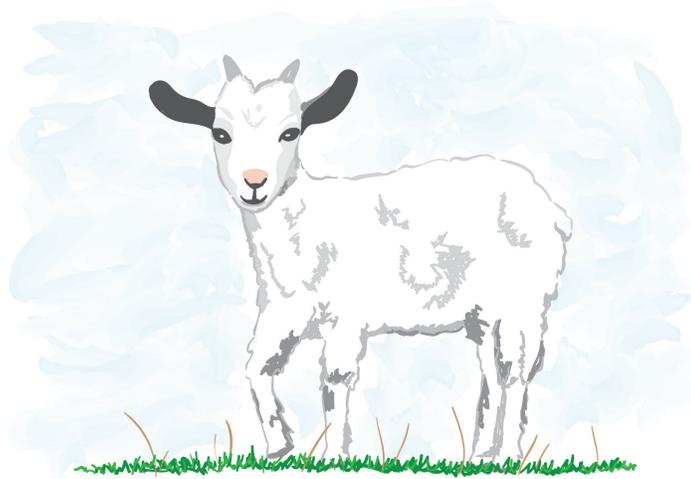
My mom and I sat with Bella and sang the hymn "Feed My Sheep" by Mary Baker Eddy in the *Christian Science Hymnal* (No. 304). We chose this hymn because we thought it showed that God can heal any situation. My favorite parts for Bella were, "I will listen for Thy voice, / Lest my footsteps stray," and, "Shepherd, wash them clean."

After we sang the hymn a few times, Bella started to accept the water I was giving her.

That evening, our church was hosting a Christian Science lecture on the topic "How to make change for the better." This sounded like a good topic for Bella, so when I was given the option to go to the lecture or the vet, I decided to go to the lecture with the expectation that Bella could be quickly and completely healed.

The lecturer shared many wonderful stories, including healings of animals. One part that stood out to me was when she mentioned an article that she'd read in which another woman had overcome a major allergy by saying "no" to the suggestion of the problem and affirming that she could be whole—healed. The lecturer told us about how she'd had her own healing of a reaction to food by praying with similar ideas. This was so helpful in praying for Bella. We continued praying for Bella.

When we got home from the lecture, we were happy to see Bella totally healed—eating, drinking, and running around happily again! ●



LISA ANDREWS—STAFF

Reprinted from the November 6, 2017, issue of the *Christian Science Sentinel*.

'I am safe in God'

By Michelle Hudson

My mum just found a testimony that I wrote when I was a child, and I wanted to share it. This healing still means so much to me. It reminds me of how powerful it is to know that God's love surrounds us all. Here it is:

My special healing

I woke up one morning with a headache and a tummy ache. So I crawled into Mummy's bed and asked her if she would help me pray. Mummy got out the *Christian Science Quarterly* so we could read that week's Bible Lesson together. This verse from the Bible caught our attention: "Thou [God] art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance" (Psalms 32:7). I knew this meant that I was safe in God and nothing bad could touch me or hurt me. I felt that God's love was all around me and that I could never be separated from His love.

We also sang Hymn 99 from the *Christian Science Hymnal*, which is based on the ninety-first Psalm. The last verse really helped me. It reads:



He gives His angels charge o'er thee,
No evil therefore shalt thou see;
Thy refuge shall be God most high;
Dwelling within His secret place,
Thou shalt behold His power and grace,
See His salvation ever nigh.
(Tate and Brady, adapt. © CSBD)



Soon afterward I realized that all the pain had gone, and I felt much better. The rest of the day I was busy doing things, and at bedtime I thanked God for a lovely healing. The next day, when I went to Sunday School, I was so happy that the first hymn we sang was number 99!

I am very grateful to know that God's love is all around me. ●

Reprinted from the November 20, 2017, issue of the *Christian Science Sentinel*.

LISA ANDREWS—STAFF

When my dog ran away

By Matthew



It was smoky in our house because we were cooking dinner. We opened the garage door to air the house out, and our family dog, Sobaka, ran off through the open garage door.

My family talked about God. Mom and Dad said we didn't need to be afraid because God knew right where Sobaka was. But she was still missing after a few hours.

I have been learning the Lord's Prayer in Sunday School (see Matthew 6:9–13). The Lord's Prayer helps me remember that God is everywhere. I asked my family to pray the Lord's Prayer together, and we did. I knew God was with Sobaka.

Soon after, someone found our dog in a deep pit with water and saved her! I was very happy to see Sobaka again. I was thankful to God for taking care of Sobaka. God protected Sobaka, and I am grateful for that. ●

Reprinted from the December 4, 2017, issue of the *Christian Science Sentinel*.

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever.

—Matthew 6:9–13



God's angels come at Christmas— and every day!

By Charlene Anne Miller

Angels! At Christmas they are everywhere. On Christmas cards, in store windows, and even in the carols we sing. Some have halos, harps, and wings. They always wear white robes and look happy.

Christmas isn't the only time when we think of angels. I learned about angels in the Christian Science Sunday School. That's where I found out that angels don't really have harps and wings. Angels are actually God's pure, spiritual messages to His children that come as good thoughts. They guide us to safety. They steer us into making the right choices. And many times they bring healing and joy.

Hymn 9 in the *Christian Science Hymnal* assures us that God

... knows the angels that you need
And sends them to your side
To comfort, guard and guide.
(Violet Hay, *Christian Science Hymnal*)

So we don't see these angels with our eyes. We feel them in our thoughts and hearts.

Right before Christmas one year, I was very unhappy and I had a cold. So I prayed. I listened quietly for God's angels, His healing ideas.

The first angel message reminded me to sweep fear out of my thinking. Fear would block the good thoughts that God is always giving us. I knew that God is good. He is in charge of everything and everyone. So I could trust Him completely. Knowing we can trust God, and doing so with all our heart, wipes out fear. Then we are wide open to the right ideas flowing freely from God to us.

Turn page 

Because it was almost Christmas, it was also natural to think about Christ Jesus. Jesus knew that God's child—and that means each of us—is purely spiritual. Healthy, strong, and happy—always. And just as Jesus wasn't frustrated by or scared about sickness, I knew that I didn't have to be, either. Jesus stuck to the truth of the way God made His children, and how much He loves them. And so can we.

All of these good thoughts were God's angel messages. They lifted my thought higher. They freed me from fear through a deeper trust in God's goodness. They assured me that I was not alone. God was there with me.

Then an angel message clearly spoke to me through this Bible verse: "Rejoice in the Lord alway: and again I say, Rejoice!" (Philippians 4:4).

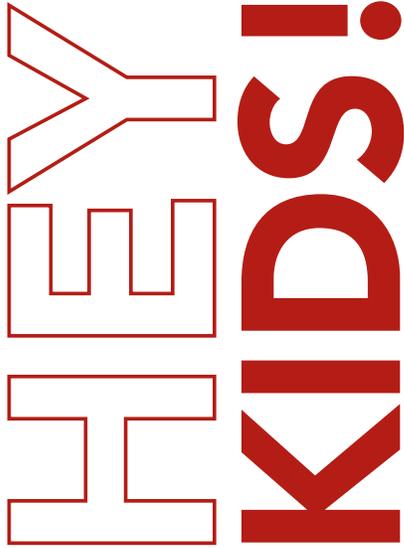
The unhappiness melted away. I was full of joy! God's gentle presence warmed and comforted me. And all of the cold symptoms were gone. I was healed.

This Christmas season, and every day after, we can rejoice that God and His angel messages are always by our side. As we listen and obey, they bring us priceless gifts: healing and comfort and joy. ●

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