



# 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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SENTINEL**

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# A good idea from God

By Priscilla Kesting Huffman

**W**hen Dwayne was little, one of his favorite things to do was spend time with his shovels, toys, and trucks in his wooden sandbox. It was fun to make roads and move the sand around.

Summer had turned to fall in Dwayne's town. The leaves were beginning to flutter off the trees and blow around. The days were growing colder, and Dwayne needed to wear warmer clothes when he went outside to play. Soon, snow would be coming.

One day Dwayne's mom told him that before long, it would be too cold outside to play in the sandbox. Dwayne was disappointed. He wanted to keep playing in the sand.

In the Christian Science Sunday School, Dwayne had been learning about God, and that God gives us good ideas because God is good. God's goodness is everywhere, and includes everyone. Sometimes it comes to us as these good ideas, which keep us safe and happy. These ideas are for all of us, all the time.

"I have a good idea from God!" Dwayne told his mom one day, as more leaves piled up outside.

"Well, good for you, Dwayne!" his mom said. "What is it?"

"We can move the sandbox inside the house," said Dwayne.

At first Dwayne's mom thought that wouldn't work. The sandbox wouldn't fit in the kitchen. It would make a big mess in the living room. But then Dwayne's mom listened for a good idea from God, too, and was inspired to do something new. And that's when she remembered the basement. "Maybe we could put a sandbox in the basement close to the furnace room, where it's warm," she told Dwayne.

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What happened next was this. The wooden sandbox outside was too big and heavy to move. Instead, Dwayne’s mom was able to buy a plastic wading pool and move the sand, bucket by bucket, from the sandbox outside, through the kitchen, and down the steps to the basement, where the new plastic pool waited.

Dwayne was so happy! He had listened to God and shared his good idea. And now he could play with his trucks and shovels in his new sandbox all winter! Best of all, Dwayne learned how good God is, and that God’s ideas are always there for us when we need them. All we have to do is listen! ●

Originally published in the January 14 & 21, 2019, issue of the *Christian Science Sentinel*.

## 100 percent healed

By Cora

One day in ballet class I hurt my spine and my chest a bit when I tumbled forward.

My daddy called a Christian Science practitioner to help me have a healing through prayer. The practitioner reassured me that there are no mistakes or accidents, because God is always taking perfect care of me at every moment. She told me that Mary Baker Eddy wrote about this in *Science and Health with Key to the Scriptures*, and she shared the passage with me: “Under divine Providence there can be no accidents, since there is no room for imperfection in perfection” (p. 424). The practitioner also said she would pray for me.

Just knowing that I hadn’t made a mistake and that I was always safe in God made me feel better, and I stopped feeling afraid. That night my aunt and I also prayed together before I went to bed.

In the morning I went to my grandma, and she asked how I was doing. I told her, “I’m  $\frac{3}{4}$  healed, Grandma! I’m almost there!”

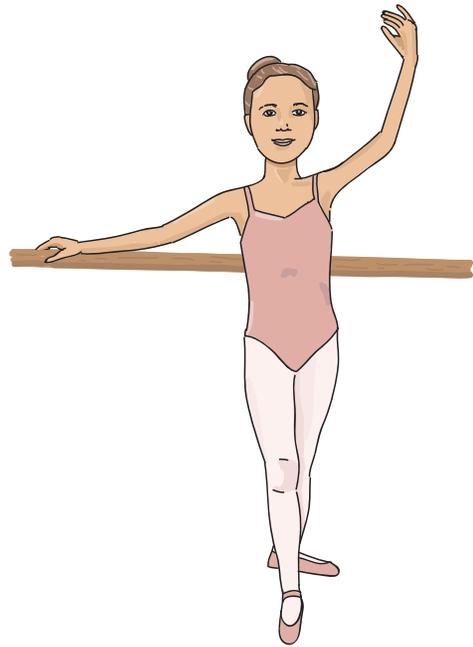
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Then Grandma hugged me, smiled, and said, “Oh, Cora, there are no fractions in healing.” She shared a healing that her mom had had, in which a practitioner had told her that God’s healings are always 100 percent.

After that, my grandma and I sang Hymn 425 from the *Christian Science Hymnal*. The hymn has the words, “Joy cometh in the morning” in it, and it always starts my morning in a wonderful way.

When we finished singing, I realized that my spine and chest were completely healed. I knew the healing had happened right after Grandma had told me about her mom’s healing.

I learned that day that there are no fractions in healing! Every healing comes from God and is always 100 percent, all the time! ●



LISA ANDREWS—STAFF

Originally published in the February 4, 2019, issue of the *Christian Science Sentinel*.

*Our God shall wipe all tears away,  
For joy cometh in the morning;  
Sorrow and sighing flee away,  
For joy cometh in the morning.*

*Joy cometh in the morning,  
Joy cometh in the morning;  
Weeping may endure for a night,  
But joy cometh in the morning.*

—M. M. Wienland,  
*Christian Science Hymnal*, No. 425

# How a bully became a friend

By Jennifer Ann Gordon

**D**iane was a bully. Most of the kids were terrified of her. And she singled me out. During gym class one day, she made fun of me and kept tapping me on the head with a tennis racket. There was no escaping her; she followed me everywhere.

When I got home from school that day, I went into my bedroom and thought things through. Diane seemed like an enemy, but I had learned in my Christian Science Sunday School class that Jesus taught us to “love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you” (Luke 6:27, 28, New International Version). That meant loving someone who seemed a little scary, who was acting like an enemy. But how was I supposed to do that?

I’d also learned in my Sunday School class that since God is Love, God couldn’t create His children to be mean. Because we are created in God’s, Love’s, image, we are each loving, loved, intelligent, and good. I knew that seeing someone as God’s loved child—the way they truly are—could heal anything.

So I committed to doing that. I knew God would help me see something deeper than the bullying and meanness. I knew Love would help me love Diane the way Love loved her.

And you know what happened? The fear I was feeling went away, and I did start to feel love for Diane. Yes, I was still a little uneasy when I thought about seeing her the next day. But I knew I was going to school armed with love, and that God would be with me, no matter what.

The next morning at school, I saw Diane in the hall. I smiled a real smile



and said, “Hello!” And ... that was that! Diane decided we were friends. And we were. We had fun together for the rest of the year. She even stopped bullying the other kids, too.

This experience taught me about the spiritual courage that can help each of us see God’s child right where someone is acting unkind. Jesus showed us that with God’s help, this is possible. And the result is healing. ●

Originally published in the February 18, 2019, issue of the *Christian Science Sentinel*.

## I remembered that I could pray

By Madison

I was doing my hair one night, when suddenly my neck felt funny, and it seemed like I might have hurt it. At first I thought it was just a cramp, but as the night went on I felt more and more pain.

We went out for the evening, and when we got home, I thought I would try a heat pack on my neck. But that didn’t help. I went to bed, but slept very badly. When I woke up, I couldn’t move my neck or shoulders at all.

But then I remembered what I’ve learned in the Christian Science Sunday School about how we can pray and be healed. I decided to pray about my neck.

While I was in the shower, I prayed by reminding myself that I am made in God’s spiritual image and likeness. This means that since God couldn’t have any soreness, I couldn’t



LISA ANDREWS—STAFF

have a sore neck. God is perfect, and I affirmed that I am also perfect in every way. Thinking like this made me feel peaceful.

Two minutes after I got out of the shower, the pain was completely gone, and I could move my neck and shoulders normally.

I have learned that every thought counts, and when I hold my thought close to God, who is good, painful situations fade away. ●

Originally published in the March 4, 2019, issue of the *Christian Science Sentinel*.

## The light of Love fills all space

By Friederike

One evening when I was lying in bed in the dark, I suddenly felt a strong pressure on my ribs. I didn't know what it was, but I immediately reached for my *Christian Science Hymnal*, because I always get many inspiring thoughts from it. I opened it up at random and read from Hymn 272 (Isaac Watts, adapt. © CSBD). In the German language, the first verse reads something like this:



Wherever light breaks through the night,  
God reigns in eternal might.  
From sea to sea, from star to star,  
The Lord's light shines clear and pure.



It became clear to me that God reigns everywhere and that His light shines in my room, too. That meant that no pain could be near me, because all space is filled with divine Love.

From one moment to the next the pain disappeared, and I was able to go to sleep right away. And in the morning, there wasn't any pain either—it's never come back. I'm so grateful for Christian Science. ●

Originally published in the March 18, 2019, issue of the *Christian Science Sentinel*.

LISA ANDREWS—STAFF

# A healing at summer camp

By Jacob

Last summer I went to America to attend a summer camp for Christian Scientists. While I was there, my throat got swollen during the night, and it really hurt to breathe.

This caused me a bit of worry, but I just kept praying. I have had previous experiences of healing through prayer, which is why I knew I could rely on prayer for help in this case, too. For instance, once I had a healing after I gashed my knee badly. I've also read about lots of healings in this magazine.

When I pray, I talk to God truthfully about whatever comes to my thoughts. I also listen for good ideas from God. One night, I had the idea to visit someone. So the next morning, I told my sister what was going on. She suggested I talk to a lovely woman who was the camp mum. This lady was there for comfort and good ideas. She talked to me for a while and asked if I wanted to visit the Christian Science practitioner who was there at the camp and could help me by praying for me. I said yes, and the practitioner and I walked together along the trail by the lake so we could have a talk about what was bothering me.

As we walked, the practitioner asked me what I would do if I was a practitioner and someone came to me with a similar problem. I told him I would tell the person that the issue is just a costume, and you can take it off at any time. It isn't part of you because it is evil, and evil has to be nothing because God didn't create it. And I would pray knowing those same things. The practitioner told me that that's exactly what he would say and do. We continued walking for a little



LISA ANDREWS—STAFF

while, and as we walked, I began to feel better. The practitioner told me to get to my next activity and to come and see him at dinner.

By the time I reached my next activity, which was fishing, the others were already halfway through. As I thought about all the good ideas we'd talked about and all God's love for me, I caught a fish. This was incredible, since I have only ever caught one fish before. It made me feel very loved and close to God to have experienced something so wonderful.

I went to dinner feeling full of excitement and telling everyone about the fish. Eating was easy; I had no problems swallowing. That night I went off to sleep and had absolutely zero issues. My throat was completely clear.

This was an amazing healing, and really helped me feel closer to God. ●

Originally published in the April 1, 2019, issue of the *Christian Science Sentinel*.

*I know Thy presence every passing hour,  
I know Thy peace, for Thou alone art power;  
O Love divine, abiding constantly,  
I need not plead, Thou dost abide with me.*

—Bertha Woods, *Christian Science Hymnal*, No. 7

# Listen for your Shepherd

By Annette Dutenhoffer

**S**pring is here! The flowers are peeking out of the ground. The birds are singing. And the best thing? The new lambs are being born!

One of my friends used to raise sheep. In the spring, the mommy sheep at my shepherd-friend's farm had little lambs. Those lambs were so cute with their stubby, rough wool.

When I visited the sheep, they knew I was a stranger. They didn't want to come see me. Even if I called them they wouldn't come, because they didn't recognize my voice. So instead I waited quietly and stayed very still by the fence.

My shepherd-friend went into the sheep pen and called to them. They knew his voice because he was their shepherd. They knew he gave them everything they needed to be safe and well. They trusted him. He took some grain in his hand, and they followed him to the fence. Then he put grain in my hand, and those little lambs nibbled it all up. It tickled! I also got to pat their woolly backs.

When I was a little girl attending the Christian Science Sunday School, I learned that we can think of God like a shepherd, just like it says in the Bible: "The Lord is my shepherd" (Psalms 23:1). Mary Baker Eddy, who discovered Christian Science, loved to think of God as a shepherd. She wrote a hymn that we sang in Sunday School. Do you know it? It starts, "Shepherd, show me how to go / O'er the hill-side steep." One part of the hymn that I like to think about says, "I will listen for Thy voice / Lest my footsteps stray" (*Christian Science Hymnal*, No. 304). To me that means I make a promise to God, my Shepherd, to listen only to His voice. And I know I can make that promise because God's voice is comforting, trustworthy. It guides me and keeps me safe.

One time one of my shoulders hurt a lot, and it made me feel like crying. But I knew I could be just like one of God's loved little lambs and listen only to what He was telling me. The pain made me think, *Ouch*. But when I listened to God, I heard Him say, "You and I are

always together. You can trust Me. I always keep you safe and well. My love for you is forever.”

Listening to God made me see how He guides my thoughts to what is good and true, just like a good shepherd guides his sheep. That right thinking hushed the voice of fear and pain, and I was healed just like that!

I made a promise to listen only for God’s voice, and you can, too. Just like my shepherd-friend’s sheep, who followed his voice because they trusted him, we can follow God’s voice because we know He is only good. That’s why we trust Him. When we listen to our Shepherd, He always keeps us safe. ●

Originally published in the April 15, 2019, issue of the *Christian Science Sentinel*.



LISA ANDREWS—STAFF

# No more scary thoughts

By Sophie

I used to be scared of a lot of things. I was scared of going up the stairs at my school if no one was with me, and of going into the girls' bathroom alone. I was also scared of going upstairs to my bedroom if nobody was with me, and of falling asleep at night by myself in my dark room after Mommy and Daddy put me to bed. My house and school seemed so big and scary, and I felt like there was a monster following me everywhere I went.

But then one day I suddenly had the idea of saying a simple prayer to myself. I had learned in the Christian Science Sunday School that God is Love and fills all space. So my prayer was, "God is with me. God is with me."

At night, when my mom was putting me to bed, we would pray the Lord's Prayer and say a little rhyme that I'd also learned in Sunday School: "There is no spot where God is not."

I realized that God is always with me wherever I go, and since God is all around, there is no room for bad thoughts—or scary monsters!

The next day, when I went to school, I went into the girls' bathroom and was all alone. I didn't feel scared. In fact, I didn't even remember that I had ever been scared at all. And now I can go up the dark stairs and play in my room or fall asleep at night without being scared even when I'm all by myself, because I know that God is holding my hand and keeping me safe wherever I go.

I'm so grateful to God that I'm not afraid of being alone anymore. ●



LISA ANDREWS—STAFF

Originally published in the April 29, 2019, issue of the *Christian Science Sentinel*.

## Learning about the Bible helped us!

*We are two sisters and a brother, and we go to the Christian Science Sunday School. Every week, we read the Bible and learn about different stories and characters. The stories in the Bible happened a long time ago, but they still have healing lessons for us today. Here's how they helped us!*

My favorite Bible character is **Elisha**. I like when he helped the soldier who had a disease all over his body. When Elisha told him to wash in the Jordan River, the soldier didn't want to do what Elisha said. But when he was obedient, he was healed (see II Kings 5:1–15). That story reminds me of how listening to God and being obedient help me when I need healing.

—Natalie

My favorite Bible character is **Noah**. He had to find all the kinds of animals and put them on his boat to save them from the flood (see Genesis 6–8).

One time I lost the keys to my jewelry box. I was very upset. I looked everywhere but couldn't find them. I thought that finding all those animals must have been hard for Noah, but God helped him. Then I had a very clear thought to open my jewelry box. I found it was not locked, and my keys were inside! I listened to God like Noah did, and God helped me just like He helped Noah.

—Genevieve

I like the story of **Adam** and **Eve** because it helped me at school.

Adam and Eve couldn't live in the garden anymore, because they ate the food that God told them not to eat. They ate it because the snake tricked them (see Genesis 3).

Sometimes one of my friends at school says "potty words," which aren't very nice. But I don't get tricked. I don't say those words, because I know it's not right, and I want to be good.

Sometimes it's hard to know what is good and what is bad. But when we listen to God, He tells us how to be good.

—Xavier

Originally published in the May 13, 2019, issue of the *Christian Science Sentinel*.

# My prayer turned into a poem

By Jocelyn

One night I had an uncomfortable feeling inside me. It did not feel good, and I couldn't get to sleep. So Mommy took care of me and prayed for me. She helped me by singing some hymns and talking about God.

She sang me lots of different hymns from the *Christian Science Hymnal*, like hymns by Mary Baker Eddy, and also Hymn 136, which starts out like this:

I love Thy way of freedom, Lord,  
To serve Thee is my choice,  
In Thy clear light of Truth I rise  
And, listening for Thy voice,  
I hear Thy promise old and new,  
That bids all fear to cease:  
My presence still shall go with thee  
And I will give thee peace.  
(Violet Hay, © CSBD)

The hymns made me feel comforted and close to God at the same time. Feeling close to God is when you feel loved by God, and you feel just great. After a lot of hymns, I was able to fall asleep.



But when I woke up early in the morning, it still hurt. Mommy kept praying for me. And she told me that “God is good. God is great.” And then I said, “God is good. God is great. God is what we demonstrate.”

Mommy said, “That would be a good poem.” And I remembered what a Christian Science practitioner who has helped me told me about writing. She said that you can write about your prayers or your healings and maybe even write them like a poem. And that poem could get published and help other kids.

So I decided to write my prayers down. I wrote the rest of the poem by myself. This is what I wrote:

God is good. God is great.  
God is what we demonstrate.  
God is here, never fear.  
Evil has to disappear.  
God is there. God is here. God is everywhere!  
So never fear, because God is here.

After I wrote the poem, the hurting was gone. I was healed, and I felt really close to God. ●

Originally published in the May 27, 2019, issue of the *Christian Science Sentinel*.

## We helped with our church's Christian Science lecture!

By Sandrina, Beatrice, MacArthur, Harrison, Hazel, and Sandy

**O**ur church, First Church of Christ, Scientist, in Beverly, Massachusetts, gave a Christian Science lecture at our town library. People come together to listen to a Christian Science lecture so they can understand more about Christian Science and its Founder, Mary Baker Eddy. A lecture is a way to help people learn



about Christ Jesus, how to experience healing through Christian Science, and how to pray.

We knew one of the things the lecturer was going to talk about was childlike qualities that come from God, and how God made us to express those qualities. One Sunday before the lecture, our whole Sunday School stayed after class to make a list of all the childlike qualities we could think of. We thought of 54! And even talked about what they mean.

**Sandrina:** “We looked up a word that Mary Baker Eddy used to describe children. It was *tractable*. I had never heard that word before, but I learned that it means ‘easy to teach.’”

**Beatrice:** “It was very helpful for kids and grown-ups to know that we can all express childlike qualities. Sometimes other kids seem mean, but Christian Science helps us see that childlike qualities from God are real, not the meanness.”

**MacArthur:** “My favorite quality is ‘kindness.’”

**Harrison:** “My favorite quality is ‘helpful,’ because I like to be helpful with my new baby sister.”

**Hazel:** “I like ‘active.’ I’m active.”

**Sandy:** “I like ‘honest.’”



After we talked about the qualities, we had the idea to make a poster board with flowers. Each petal of the flowers had a quality written on it. We had more petals than flowers! So we put those up, too. Then we filled four baskets with flower petals with childlike qualities written on them, and we passed them out after the lecture to all the people who came.

We had fun learning more about how we can all express childlike qualities every day. And we loved helping people in our community learn more about Christian Science! ●

LISA ANDREWS—STAFF

Originally published in the June 10, 2019, issue of the *Christian Science Sentinel*.

# 'I felt God's love comforting me'

By Tarun

I have been attending the Christian Science Sunday School in Chandigarh, India, since I was little. There I have learned about God and God's goodness, and also about how to pray. I want to share a healing I had through prayer.

A few years ago, I went to a hill station in South India with my family. A hill station is a town in the low mountains where the weather is cooler and it is nice to take a holiday.

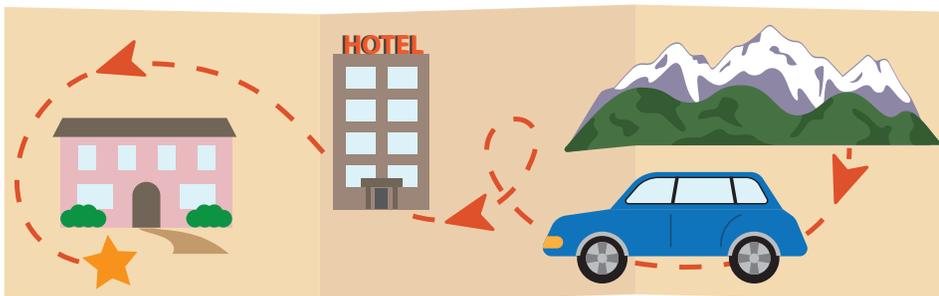
I enjoyed this trip, but on the last day, while we were traveling, my stomach became upset. I was trying to continue participating in Antakshari—a game of songs—with my family, but the symptoms were very bad.

I was praying the way I had learned to pray in Sunday School. I prayed that I am a child of God. This means God cares for me and protects me. My mother was also praying. Very soon I fell asleep in the car. And when we reached our hotel room and I woke up, I was feeling better.

Then, at midnight I started throwing up again. I prayed to understand that God loves me as He loves all His children and meets their needs. After that I felt God's love comforting me, and I was able to sleep peacefully. I was completely healed and felt fine during the rest of our trip back to Chandigarh.

I thank God for this healing, and I also thank my Sunday School teachers for teaching me how to pray.●

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LISA ANDREWS—STAFF

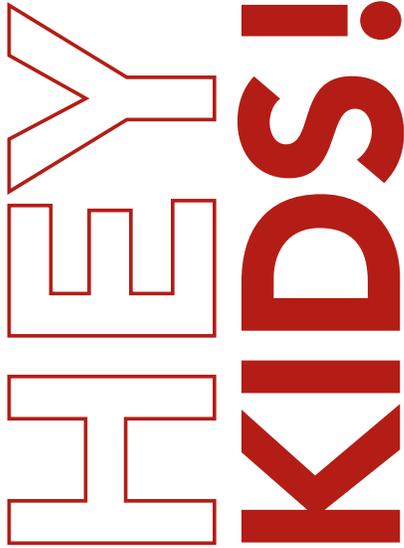
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