



Christian Science Sentinel

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

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A Collection for Teens



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A Collection for Teens: January–June 2025

CHRISTIAN SCIENCE SENTINEL

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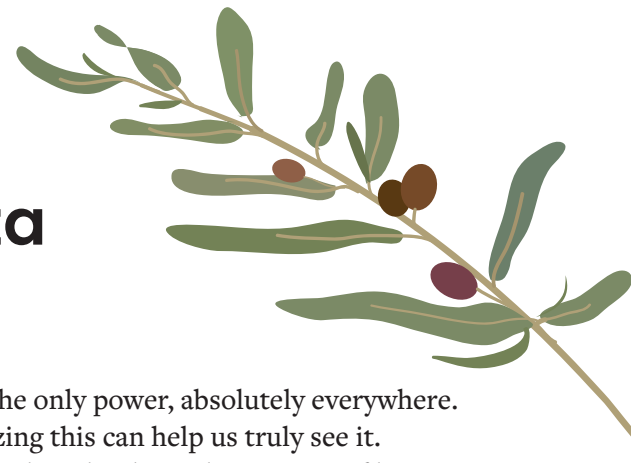
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Praying for a family in Gaza

Katelyn Cleland



LAST YEAR, ONE OF my friends, an exchange student from Lebanon, and I had been discussing the current conflict in Gaza. I hadn't thought about it too much because there are so many debates about which side to support, and I didn't feel educated enough on the topic to talk about it.

I want to have a positive impact on the world and help support peace, but I didn't know what I could do in the case of this conflict, especially because I'm so far away. I knew I could pray for these people, but how would I know if my prayers were making a difference?

Later in the year, I got invited to a party at my friend's house. The party included exchange students, and I was excited to meet them and learn about their countries and cultures. While I was there, I noticed a girl who my friend later told me was from Gaza. I felt a wave of emotion, thinking about the conflict and this girl.

I learned that her family had stayed in Gaza while she traveled to the United States and that she had not been able to contact them very often. I wanted to help, and as a Christian Scientist, I know that how we think about things really does make a difference. Prayer is a way for us to better understand God and His creation, which in turn can change our perspective and bring healing for us and for others.

I recognized that the fear I'd been feeling wasn't helpful for the situation. So I turned to God and prayed. I thought about how God, who is Love, created all of us, which means we all express and can feel His love. Another name for God is Principle, which means that Love isn't just everywhere but, being Principle, is also governing everyone and everything. God as Principle and

Love is the only power, absolutely everywhere. Recognizing this can help us truly see it.

I also thought about the concept of home—that it includes qualities like safety and comfort, which come from God. Home is not just a physical structure. Home is a gift from God that we all have, and knowing this can help us find refuge and feel safe.

As the week went on, I focused on affirming these truths about those involved in the conflict. I did struggle when I heard friends and family talking about news out of Gaza, and I felt fear creeping in again. But I did my best to know that everyone can trust God, and I prayed for everyone to be comforted and safe wherever they were, and for all to find peace.

Sometimes, when something bad is happening, we might feel like begging God to make it end. But I know from going to Christian Science Sunday School that since God created everything good, He never created anything that could harm His beloved children. I tried to pray from this basis and to understand this more clearly. Soon, I didn't feel fear anymore, and I knew that my prayers would help others feel the same.

A week later, my friend told me that this girl's family had been given an opportunity to leave Gaza! It felt like a miracle because it's so hard for people to leave. But I knew that God was leading the way for them, just as He is for everyone. Her family is currently free and safe.

As I went home that day, I thanked God for being our Father-Mother, who protects, comforts, and cares for all of us. I'm grateful to have learned that I can pray about problems in the world, and I know now that my prayers are making a difference. ●

AARON CRANFORD — STAFF

Originally published in the January 6, 2025, issue of the *Christian Science Sentinel*.

Finding my way back to Christian Science

Avery Stewart

I GREW UP ATTENDING Christian Science Sunday School, but at the beginning of my junior year in high school, it was the last place I wanted to be. I made excuses to avoid attending Wednesday evening testimony meetings at church, and I rolled my eyes when my parents brought up anything related to Christian Science. I didn't feel I could talk to them about it, because I thought I would let them down if I told them I wasn't sure about Christian Science.

While I continued to feel disconnected from Christian Science, everything else felt like it was falling apart, too. My schoolwork was challenging and overwhelming; I wasn't progressing in

While I continued to feel disconnected from Christian Science, everything else felt like it was falling apart, too.

my sport; and by Christmas break, one of my closest friendships had ended. When my friend reached out, we worked things out enough that we could be friendly. But I found it hard to forgive her.

My relationship with my boyfriend also felt rocky. At first, we put things on pause. A little while later, we broke up. I was very upset and felt betrayed and alone.

Then, one of my friends suggested that we listen together to a testimony meeting, which includes readings from the Bible and from *Science and Health with Key to the Scriptures* by Mary Baker Eddy along with testimonies of healing and insights from attendees' practice of Christian Science. I was hesitant because I hadn't been to

a testimony meeting in so long. But I ended up listening in.

The main idea I got from the readings was that God supplies us with everything we need and that true fulfillment comes from knowing God. It was just what I needed to hear. I realized for the first time that I don't have to rely on relationships, people, grades, or anything else to feel fulfilled.

After the service, I looked up a verse from the Bible that had been included. It says, "For a small moment have I forsaken thee; but with great mercies will I gather thee" (Isaiah 54:7). This showed me that even if I'd felt that I was separated from God and couldn't reach out to Him, He was still there, loving and caring for me. If I didn't feel I was specifically hearing God's voice, that didn't mean God wasn't just as present as He'd always been.

But I still struggled with forgiving my friend and my ex and finding peace about these relationships.

A few days later, I was injured at my lifeguarding job. Since it happened while I was on the clock, I was asked to visit a doctor for legal reasons before I could return to work.

The doctor told me I had a severe heel strain. He said that I wouldn't be able to work and that I should limit the amount of walking I did for at least a week. The doctor also encouraged me to take painkillers. He told me that if I wanted a quick recovery, this would be the only way to speed it up. But I wanted to rely totally on Christian Science for healing.

Over the next few days, my parents and I prayed, and my mom shared a passage from *Science and Health* that stood out to me: "Constant toil, deprivations, exposures, and all untow-

ard conditions, *if without sin*, can be experienced without suffering. Whatever it is your duty to do, you can do without harm to yourself. If you sprain the muscles or wound the flesh, your remedy is at hand.” Later on the page it continues: “Any supposed information, coming from the body or from inert matter as if either were intelligent, is

“When Wednesday night church came around again, each of the testimonies shared was relevant to what I’d been through.”

an illusion of mortal mind,—one of its dreams. Realize that the evidence of the senses is not to be accepted in the case of sickness, any more than it is in the case of sin” (pp. 385–386).

This helped me understand that pain or any other discomfort doesn’t come from God. It’s just a mistaken way of thinking about things. And since I am the perfect and spiritual creation of God,

divine Love, I can never be separate from God, so I can never be hurt.

When Wednesday night church came around the next week, the readings were about forgiveness. How perfect! Each of the testimonies shared was relevant to what I’d been through in my own relationships. That night, I felt so calm about everything. I felt I could wholeheartedly forgive my friend and my ex-boyfriend. I really understood that my friend, ex, and I are all children of God—the offspring of Love—with no emotional or physical injuries attached.

The next day, at my follow-up appointment with the doctor, I was cleared to go back to work. This happened in a much shorter time frame than the doctor had predicted. When he asked if I had taken medication, I said no. He seemed surprised because of how quickly I’d recovered.

I was able to return to all my normal activities, including my work, right away.

I am very grateful to have reconnected with Christian Science and to see how my study and practice of it leads to healing. ●



AARON CRANFORD — STAFF

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When a girl stole my best friend

Holly Wayman

I AM SO GRATEFUL for a healing I had of hateful feelings toward a girl I knew in school.

I’d had a best friend in grade school. But then this girl that I came to dislike pushed her way into the role of my best friend’s bestie. Their friendship continued through high school, excluding me completely. I hated that she had become my former best friend’s best friend and that I felt left behind and left out. I had a few friends in high school but kept mostly to myself.

After high school, I thought of this girl once in a while, and every time I did, my thoughts were still negative. I couldn’t get over my anger and hurt.

I don’t know when it happened, but as I studied Christian Science, I realized it wasn’t right to hold on to these negative feelings. I knew that it was possible to change the way I thought about

“The old resentment and hurt were replaced by peace.”

her, and I committed to doing that. I started to see her the way I’d learned that God sees her: gentle, caring, kind, and a good friend. I know that this is how God sees her because it’s how He sees all of us. God is good and made us to be like Him—good and loving.

I also thought about my reasons for letting go of my hurt and anger. A hymn from the *Christian Science Hymnal* puts it so well: “Love one another,—word of revelation;/Love frees from error’s thrall,—Love is liberation” (Margaret Morrison, No. 179, alt. © CSBD).

When we love, it actually helps us feel free. I wanted that feeling way more than any of the negative ones. And Jesus said that we should love our neighbor as ourselves (see Matthew 19:19).

These ideas helped me let go of my negative thoughts about this girl, and the old resentment and hurt were replaced by peace.

About fifteen years later, I saw her again. We chatted, and I made an effort to think kind thoughts about her. I didn’t think much about her after that.

Then one day, out of the blue she called me. She was friendly and warm, asking if I wanted to get together. I was shocked. This girl had never paid any attention to me in high school, and we hadn’t been in touch since we last saw each other. I knew that this was God, Love, in action—and that I was able to receive this blessing as a direct result of allowing Love to change my thoughts about her.

I am so grateful for our new friendship and the healing power of love and forgiveness. ●

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Notes _____

A quick healing during a hockey game

MacArthur Kline

THE SCORE WAS TIED, and my hockey team was doing well.

The other team got a penalty, so my coach told me to jump in for our power play (which means we had a “man advantage”—one more player on the ice than our opponents) on our defensive end of the rink. I took the face-off and won the puck.

I skated to the wall in time to receive a direct pass from a teammate. Then I quickly turned and headed up the ice toward the goal. My opponents disappeared behind me as I skated past them, and then there was just one more defenseman that I had to get by in order to score. As I was going

As a child of God, I express only Him, so since God is good, I express only good, which doesn't allow for injury of any kind.

around him, a different defenseman came out of nowhere and hit my knee, causing me to fall. I tried to get up, but couldn't put any weight on my right leg.

One of my teammates assisted me to the bench, and my coach asked if I was OK. I told him I was fine. But a few minutes later, when it was my turn to get on the ice again, I had to tell the coach that I needed to sit out. While I was now able to walk on the hurt leg, I didn't know if I could skate hard enough to help my team.

I know that turning to God in prayer is effective and brings healing. I closed my eyes and thought about the Lord's Prayer, which is in the book of Matthew in the Bible.

As I was halfway through the prayer, a teammate asked me if I was praying; he knows I'm a Christian Scientist. I said yes, so he said “OK!” and went back to where our defense stood. I prayed the rest of the prayer and affirmed that since God can't be hurt, I can't be either. I've learned from practicing Christian Science that I am a child of God and express only Him. That means that since God is good, I express only good, which doesn't allow for injury of any kind.

I opened my eyes and told my coach I was ready to go back on the ice. I scored a goal and got an assist without any pain.

I am very grateful for God, and for what I've been learning in Christian Science because it's helped me have wonderful healings. I am still learning more about God every day, and healings like this allow me to see and trust God's goodness and power, which keep everyone safe. ●



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What if our path looks different than we expect?

Kaya Equevilley

I THOUGHT I HAD my life planned out. By my senior year of high school, I knew where I was going to college, what I was going to study, and what I wanted to do with my life.

I was confident that this was my path, and I was scared about what might happen if I strayed from it.

As I settled into my dorm during move-in weekend at college, I suddenly felt unwell and incapable of doing anything. I realized that I needed to pray, which is what I do when I'm in a

I was afraid it would disappoint those around me if my life didn't pan out the way I'd planned.

tough situation. Maybe I was just having a bad day, but it felt like it was something else, something deeper.

So I called people who I knew would give me spiritual support: my mom and a Christian Science practitioner. After talking to them, I realized I needed to be real with myself. I didn't want to admit that maybe I'd been wrong—that this school wasn't where I wanted to be—and I was afraid it would disappoint those around me if my life didn't pan out the way I'd planned.

In tears, I tried to read the passages from the Bible and Mary Baker Eddy's writings that the practitioner had shared with me, but I didn't understand anything.

This thought kept coming to me, though: that I should go home. From reading *Science and Health with Key to the Scriptures* by Mrs. Eddy, I knew about angel messages—specific thoughts from God. Before, I'd never been certain that I'd recognized one. This time, however, I was sure this

was one. I felt calmer when I heard that message. In that moment of prayer, I felt so close to God. I knew that because God is good, He would only give me direction that was good and that only blessings could come from following the angel message.

The moment I made the decision to go home, the sickness disappeared. Two days later, I left college.

But after arriving home, I still had no direction, no clue what to do or where to go next, and it felt really scary to be without a plan. It took me a while and a lot of prayer to understand that I wasn't a failure and that this was an opportunity to learn more about God. I also learned how to let go of what I thought was best for me in order to make room for hearing about the good that God had for me.

During my semester off, while I was traveling, my mom suggested I spend a day at a nearby college, so I sat in on some classes on a random Monday. Everything I felt I'd been missing at the other college was present on this campus: the openness of others, opportunities for growth and connection, and an atmosphere of love. I applied to the college before I left.

I started freshman year not knowing my major, and that was OK. I knew that as long as I was in a place where I felt comfortable enough to grow, that would develop. I learned the importance of humility—knowing that everything would work out because I recognized that God is truly the One in control. I see with more clarity now that no matter where we are, ever-present, omnipotent God, Love, is always with us, always guiding us, and that we can let go of our own plans and lean on Him.

Now that I'm nearing the end of my college experience, I'm still trusting God in this new

chapter of my life. I've been thinking about a passage that the Christian Science practitioner shared with me on my very first day on campus. It says: "As an active portion of one stupendous whole, goodness identifies man with universal good. Thus may each member of this church rise above the oft-repeated inquiry, What am I? to the scientific response: I am able to impart truth, health, and happiness, and this is my rock

of salvation and my reason for existing" (Mary Baker Eddy, *The First Church of Christ, Scientist, and Miscellany*, p. 165).

I know that, as part of that "one stupendous whole," I always have a place and a purpose, which I can see more clearly as I continue to listen to God. And even if my path doesn't end up looking the way I thought it would, I know that because it's God-directed, it has to be good. ●



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Stressed about exams?

Heather

AT MY SCHOOL IN Sweden, where I live, I was enrolled in a two-year program in the International Baccalaureate curriculum, a program that helps students prepare for university. It's extremely rigorous, with demanding classwork, many assessments, mock exams, and final exams at the end of the two years. The mock exams at the end of the first year determined whether we would be required to redo that year.

During most of my first year, I handled the work quite well. It was challenging but enjoyable. I was able to meet all of my deadlines for school and extra-curriculars. The closer the mock exams got, though, the more I started to hear comments from my classmates like "I can't do this," "I'm going to fail," "I don't have time," and, "This is impossible"—and I started to believe the same things for myself.

As the exams got even closer, I had more to do and less time to do it. The more I did, the less I remembered and understood and the more stressed I felt.

At first, I didn't turn to God in prayer for help or comfort. I just tried to tough it out. But after having many late nights, wasting hours through procrastination, and feeling extremely tired, I was stuck. It was then that I started to pray.

Prayer isn't asking God to change things but rather listening to what God, Spirit, is telling us about our true, spiritual identity as His child. And since He created this identity, it's wholly good, peaceful, and intelligent. Praying this way helps us to recognize what's real and what's unreal.

I'd learned from studying Christian Science that what's real is our identity as the reflection of

God—created, the Bible tells us, in His image and likeness. As His reflection, we already have everything we need. Up to that point, I hadn’t realized that I had the ability to do everything I needed to do to pass. But prayer enabled me to replace my fears about these exams with what I know is true.

This passage from *Science and Health with Key to the Scriptures* by Mary Baker Eddy also helped me: “If delusion says, ‘I have lost my memory,’ contradict it. No faculty of Mind is lost. In Science, all being is eternal, spiritual, perfect,

and harmony because we are the expression of God. The imperfect model is the view that we are material—flawed and limited. Lifting our thoughts to see the perfect model allows us to realize that we can accomplish anything when we rely on God.

I realized that I didn’t have to limit myself by thinking that I was unable to remember or understand something. The truth is that I am capable—that we all are capable of all good because God’s infinite intelligence is expressed in all of us.

These ideas also helped me stay on track after the exams, while I was trying to meet some extra deadlines before the summer. They allowed me to contradict all of the stress and fear and instead feel calm and confident.

On top of finishing all my deadlines for the summer, I passed all my exams!

Sometimes I get caught up in a pessimistic attitude, especially around exam season, when others around me are sharing negativity. But I have learned to be vigilant—to be aware of what is going on in my thoughts and not let fear or doubt creep in. When I focus on God and see myself as He sees me, there’s no place for fear. ●

At first, I didn’t turn to God in prayer for help or comfort. I just tried to tough it out.

harmonious in every action. Let the perfect model be present in your thoughts instead of its demoralized opposite. This spiritualization of thought lets in the light, and brings the divine Mind, Life not death, into your consciousness” (p. 407).

To me, the “perfect model” is the understanding that we reflect infinite capacity, intelligence,



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Notes

How can I show my friends that Christian Science is “for real”?

Hilary Harper-Wilcoxon

Q: SOMETIMES I FEEL awkward because I’m a Christian Scientist, and it seems like everyone is watching me when I’m working on a healing to see if Christian Science really is “for real.” I’m not sure how to get past that feeling.

A: Oh, I hear you!

I was feeling that way not too long ago when my eye became puffy and swollen, and it was hard to see. I was praying about it, but I knew I was going to be around other people that day and didn’t want them to think about my eye or ask me

“I suddenly had the thought that God didn’t need me to stick up for Him. He’s God, for heaven’s sake!

what I was doing about it. That’s when it starts to get awkward, right? Relying on prayer for healing is a foreign concept to a lot of people, and I didn’t want to have to explain myself.

But as I brushed my teeth that morning, I suddenly had the thought that God didn’t need me to stick up for Him—to sort of prove that He really is omnipotent. He’s God, for heaven’s sake!

My husband is a coach and says that on successful teams there is “role definition and role acceptance.” At that moment, I realized I had completely reversed the roles. God was not relying on me to prove that He exists and is all good. The truth is that I exist because God exists, and nothing can change or diminish or hide that—even if I felt I was imperfectly demonstrating that truth!

It felt like a burden lifted off of me, and it reminded me of a healing I’d had a while ago when I was an aerobics instructor in New York City. A friend from my local church had helped me get the

job, so everyone at the studio knew I was a Christian Scientist, even before I started.

At one point, I lost my voice and wasn’t able to talk above a whisper. It was hard for me to teach like that, but I kept going—and I kept praying. A couple of weeks went by, and the condition just got worse. Some of the clients wondered why I wasn’t having medical treatment.

One evening, I had finished teaching my class and was all alone in the studio, feeling like a total failure as a Christian Scientist because I still hadn’t been healed. I was also worried that everyone would think poorly of Christian Science because of me. I called the Christian Science practitioner who’d been praying for me and whispered my fears to him.

He stopped me and said something I’ll never forget: “Hilary, you do not support this church; this church supports you. Get it straight.” I knew he was referring to Mary Baker Eddy’s spiritual definition of *Church in Science and Health with Key to the Scriptures* that says Church is “the structure of Truth and Love” (p. 583).

Truth and Love are names for God, and the practitioner went on to ask if I really thought I could somehow hurt Truth. How about Love? Really?

I laughed at that and thanked him.

Later that evening, I went to a service at my local Christian Science church. For weeks I hadn’t been able to sing in church, but that night I sang all three hymns with complete freedom. I was healed!

The practitioner’s clarity about what was doing the supporting shook me out of my ignorance, pride, and fear. It woke me up to the false sense of responsibility I’d been holding on to and put the care of our church, Christian Sci-

It's funny how we sometimes need to keep learning the same lessons as we move forward. The day when I was fearful of having others comment on and wonder about my eye passed without anyone saying or apparently noticing any-

thing. Within a short time, the eye problem was healed, and I was grateful for yet another lesson showing that the teachings of Christian Science and the countless healings others have experienced through applying those teachings are “for real”—and truly do support us. Not the other way around. ●



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Notes

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I wanted to be happy again

Amy Richmond

I FELT LIKE I needed a break from Christian Science. I'd had some big healings in my life; I had no doubt that prayer heals. But after a series of life events that pretty much decimated me, I wanted something different. Really different.

I started reading a lot of self-help books, and they all seemed to have so much promise in them. Sometimes they had easy steps to follow or questionnaires to fill out, and I had big hopes that I was going to have just as much success as the people in the books had had. I'd go to the bookstore and be in the self-help section for hours, always going home with a stack of new titles that made me feel I was finally going to be OK.

Unfortunately, my initial euphoria that things were going to get better faded, as I saw that none of the new "life plans" really changed anything. The ideas in the books didn't have the kind of lasting impact I'd been hoping for.

After a couple of years, I started to realize that I had this kind of low-level discontent and unhappiness underlying everything that I did. And

problems. And not only was I not seeing any solutions to those problems, but there just *weren't* any solutions.

Life with Christian Science had been different. Sure, there were still problems to deal with. But I'd had confidence that, even if I didn't see the solution right then, there always *was* a solution. Always. I realized that I'd been happy because I grew up thinking that healing is always possible, and I longed to feel that innocence and trust again.

At first, I didn't think I could get that back. I felt like it was too late because I thought that once innocence and trust in God were gone, they were gone. But I started to take tentative steps forward because my goal was happiness and I now believed that God and what I'd learned about Christian Science were the way I was going to find it.

So I started turning to God more. And I started to attend church periodically. But this time, it wasn't because I felt it was what was expected of me. Now I was more engaged. Sometimes what I heard didn't line up with my recent experiences. But that made me pay attention, and I thought—and prayed—about those ideas. Over time, I embraced them.

My problems didn't all disappear once I started turning to God again, but I did have some decisive healings pretty quickly: healings of a severe migraine, medically diagnosed appendicitis, and overwhelming money problems.

I was discovering that real contentment isn't based on life conditions, but on Life, which is God. As I learned more about my forever-oneness with Life, things naturally started to adjust. It wasn't always quick, but I felt more trust in God. And I felt my spiritual growth was steady.

And this was key. Before pulling away from Christian Science, I'd primarily relied on my parents' prayers and those of the various Christian Science practitioners I'd called. My own prayers

I started to realize that I had this kind of low-level discontent and unhappiness underlying everything that I did.

I started thinking, When was the last time I was really happy? Obviously, it wasn't when I'd had all those problems. But it was when I was growing up with two parents who were Christian Scientists, and I'd had this feeling of security that came from knowing that God was always with me.

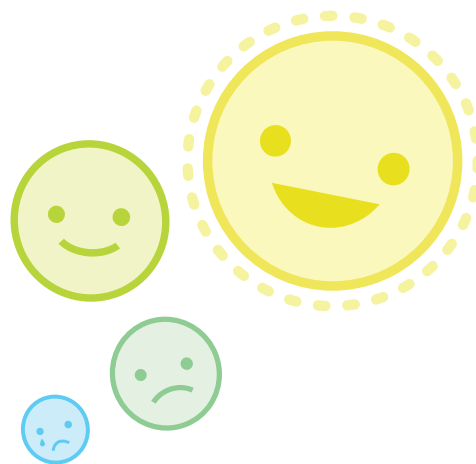
I realized I wanted to feel that happiness again—and not just that but also innocence. I felt that without Christian Science, I was immersed in

had felt more on a surface level. But now it was my journey, my communion with God, that propelled me forward. I asked a lot of questions of God, and I always got answers. Not always immediately. But God, my Father-Mother, has never let me down when I've turned to Her.

I discovered that I didn't need "10 easy steps" to happiness but that every answer I need is found in the Bible and in *Science and Health with Key to the Scriptures* by Mary Baker Eddy. I've learned that the ideas they contain are potent and can bring healing for any type of issue.

Have I felt happy every day since returning to my practice of Christian Science? No. But I have felt steady trust in God and in what Christian Science teaches about God. And there is an unshakable contentment that's at my core. There is a lot of joy in my life, too. I laugh a lot and regularly

have a lot of fun. But it's all the outgrowth of this deeper sense of happiness that I've gained: the understanding that happy is the way God made me, so I can never lose it. ●



AARON CRANFORD — STAFF

Originally published in the March 31, 2025, issue of the *Christian Science Sentinel*.

Finding healing of depression at college

Anna Matthys-Pearce

I WAS SO EXCITED for my first year of college. It was a fresh start in a new place, and I was looking forward to studying engineering.

I had been away from home for months at a time before, so I wasn't concerned about the possibility of feeling homesick. But after the first month at college, meeting new people and going to fun events quickly got old, and I felt very alone.

At times, everything around me felt so cold and dark that I couldn't get myself to leave my room. I felt hopeless but was embarrassed about that, so I didn't tell anyone.

My one comfort was turning to God for help. When I felt a wave of sadness, I would open the

weekly Bible Lesson from the *Christian Science Quarterly* or look up an article on JSH-Online.com (the home of the Christian Science magazines) to find some ideas I could pray with. Also, on Sundays, I would have great, comforting discussions in my Christian Science Sunday School class. Although the ideas we read and talked about brought moments of peace, afterward another wave of sadness would hit me. I just really wanted to go home.

After a great winter break, I was dreading going back to school. I wanted my second semester to be different from my first, but I didn't know how to make that happen. After a couple of

days back at school, I already felt sad again, so I sat on my bed and tried to quiet those negative thoughts. Then I felt inspired to write down all the things I had discovered about God during the previous semester.

One idea came from an article I'd read in *The Christian Science Journal* called, "Spiritual growth brings fulfillment and healthy relationships" (Zandra Krysha, January 2024). It opened my eyes to a new concept: that even our darkest hours can be beneficial for spiritual growth. God had seemed so far away while I felt lonely and depressed. But I realized that these moments had actually brought me closer to God because I had been praying every day and learning how to trust God.

I understood that instead of thinking things like "Why is this happening to me?" it was more important to turn my thoughts steadfastly to God. I knew I could experience a spiritual joy that nothing could take away. It was hard to see in that moment, but I knew I'd always had this joy because it's a quality of God, and I express Him.

Another idea that helped me is from *Science and Health with Key to the Scriptures*:
"As a drop of water is one
with the ocean, a ray
of light one with
the sun, even
so God and

man, Father and son, are one in being" (Mary Baker Eddy, p. 361). I had been spending so much time thinking about how my surroundings were influencing me that, of course, things felt dark and cold. Instead, I needed to focus on sharing my light. I realized that as the expression of God, I can never feel empty or sad. I shine the light of God! And that light is always a blessing—not just for me but also for others. Each one of us is the irreplaceable expression of divine Love.

I also thought about how only God can fulfill our needs. Looking to people for love, joy, and comfort will never be truly satisfying. But in *Science and Health* I found this promise: "Soul has infinite resources with which to bless mankind, and happiness would be more readily attained and would be more secure in our keeping, if sought in Soul" (p. 60). To me this meant that each day is filled with joy and love from God. They might not come in the ways I expect, but they are still everywhere because they are as ever present as God is.

Writing down these ideas, I put my whole heart into trusting God and let go of my fears.

After that, I naturally began to open up more to people around me and to feel supported by my peers at school. I now knew that this support and love are sourced in God. I was so grateful to see them expressed through new friends and to recognize how many blessings I had in my life. I see now that infinite divine Love truly is wherever I am.

I had a wonderful second semester filled with new opportunities like joining the rock climbing team. Without the fear that a wave of sadness could suddenly take me away from divine Love—which it couldn't—I found real joy in so many different ways.

I'm so grateful for this experience because it gave me a strong foundation of trust in God and a budding understanding of my true spiritual identity, which includes joy. •

Originally published in the April 28, 2025, issue of the *Christian Science Sentinel*.

How listening to God kept me safe

Wendy Neubert

HAVE YOU EVER WONDERED if you've heard God speaking to you or felt God's guidance? I've had many experiences where I've had a strong feeling of direction in time of need. I attribute that to God. These divine nudges or spiritual messages are what the Bible calls the "still small voice" (I Kings 19:12) of God. Sometimes, it might seem that the direction makes little or no sense in the moment. But when I'm willing to listen and be obedient, I'm always grateful later!

Recently, I was driving in a mountainous region that was unfamiliar to me. I was listening to that week's Bible Lesson from the *Christian Science Quarterly* as I drove. There were blue skies and crisp temperatures, and the landscape was beautiful in every direction. As I listened to the part of the Lesson about Moses feeling inadequate to share God's message and lead the Israelites out of Egypt, I thought about how every day the same sort of inadequacies try to present themselves to our thought as who we are. But if we truly understand that we are the image and likeness of God—as the Bible tells us—then no inadequacy is possible. We reflect God, good, including all His qualities, and can never be without what we need. It was a very simple thought, but I loved thinking about it.

It wasn't much later, as I was traveling along at the speed limit, that I got this feeling that I needed to slow down—*now*. There were no cars following me, and I couldn't see any vehicles ahead. Yet that very strong feeling of needing to slow down came to me. I knew it was from God because it didn't make me feel scared, but it did feel compelling.

I've learned that obeying these divine directives is always beneficial, so I slowed quickly and safely. As I rounded a blind

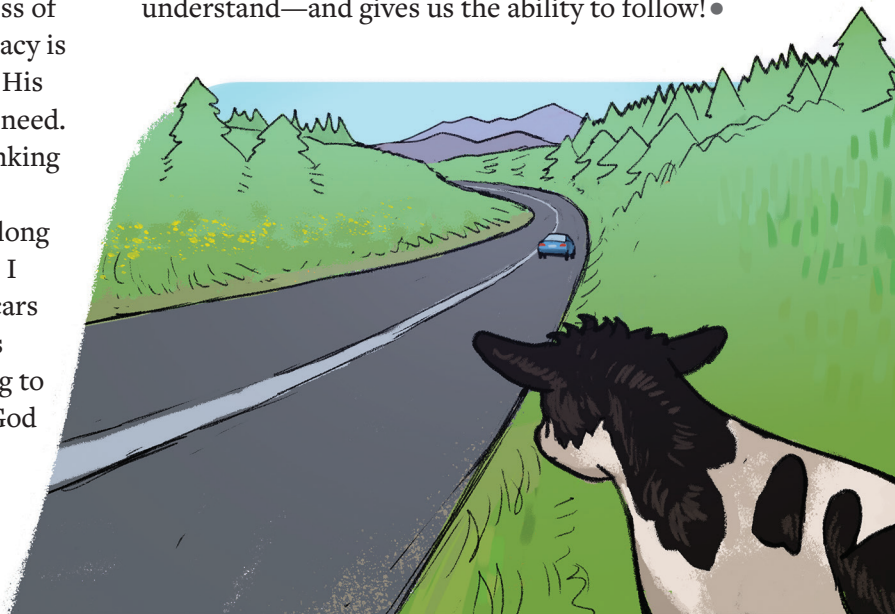
curve, I saw that there were three large cows in the road. Two were lying down in my lane and the third was standing in the other lane. It was completely unexpected, as I hadn't seen any horse or cow pastures for a while, but because I had listened, I was able to stop in time.

The cows eventually moved to one side of the road, allowing me to pass. As I continued downhill, I encountered a semi—a large truck—on its way uphill. I was grateful that I was able to get the driver's attention and warn him about the cows in the lane that he was driving in. He thanked me and said he'd be careful.

This experience was another example to me of why listening and being obedient to God, the infinite intelligence who is also Love, is so vitally important. I'm very grateful for the inspirations and insights that I had gained from the weekly Bible Lesson before this incident because they had enabled me to be receptive.

God always speaks to us in a way we can understand—and gives us the ability to follow! ●

AARON CRANFORD — STAFF



Originally published in the April 14, 2025, issue of the *Christian Science Sentinel*.

Learning another language wasn't scary anymore

Angel Chopra

I AM A SUNDAY School student at the Christian Science Society in Chandigarh, India. I always feel inspired in Sunday School, and I find spiritual solutions to issues in my life, including my studies. I get good marks on my exams and have always been confident in all subjects—except Hindi.

Last year, whenever I had to take a Hindi exam, I felt fearful before the test and would not get a good score. Then one day in Sunday School, we talked about this verse from the Bible: “God hath not given us the spirit of fear; but of power, and of love, and of a sound mind” (II Timothy 1:7).

I was inspired by this idea. God doesn't make us to be fearful, so how could I be scared or nervous? But I still struggled to feel better as I tried

Whenever I had to take a Hindi exam, I felt fearful before the test and would not get a good score.

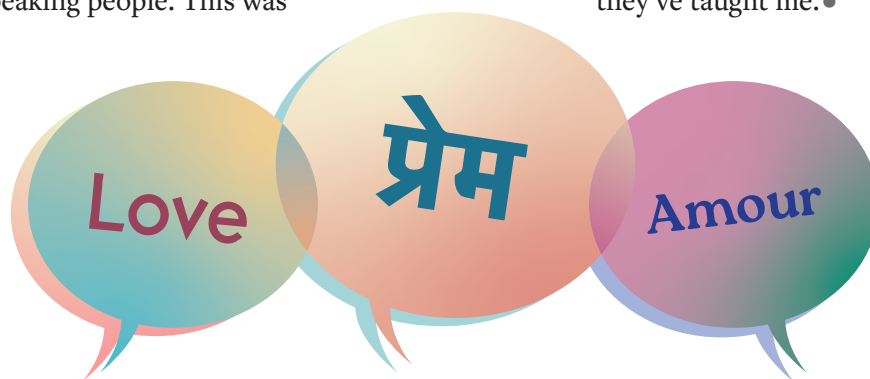
to learn this language, so I spoke to my Sunday School teacher about it. She told me that she knew that I love sharing Christian Science, and learning Hindi would make it easier for me to talk about it with Hindi-speaking people. This was

a good and loving motivation for learning the language. She also pointed out that I am learning French and English, so why be afraid of Hindi, which is the national language of my country?

My teacher told me that I could pray and think about this idea from *Science and Health with Key to the Scriptures*: “Mind is not necessarily dependent upon educational processes. It possesses of itself all beauty and poetry, and the power of expressing them” (Mary Baker Eddy, p. 89). I've learned in Sunday School that Mind is another name for God. I was happy to know that because God, Mind, is good, and I am Mind's expression, I express everything that is good. And I have the God-bestowed power to express Mind in all ways—including writing, reading, and speaking in languages. That was the end of my fear.

The next time I took my Hindi exam, I felt fearless and confident, and I knew I could score a good mark. And I did!

I love attending Sunday School and never miss going, even during my exams. It always helps me feel very good. I am grateful to God for all the healings I've had—including this one—and am thankful to my Sunday School teachers for all they've taught me. ●



Originally published in the May 12, 2025, issue of the *Christian Science Sentinel*.

When the future is looming

Courtlyn Reekstin

ARE YOU FEELING LOST, confused, or unsure about your future?

If you know the story of Moses in the Bible, maybe you relate to the way he felt when God directed him to lead the Israelites to the Promised Land (see Exodus 3).

At first, Moses didn't want to be the one to lead them; he didn't see how he could do it. But finally, he listened to God, and God showed Moses that He was really the one leading the way. And when Moses and his people faced challenges and

It seemed like I didn't have a clear path forward in so many areas of my life.

felt they were wandering wearily in the desert, God was always there, guiding them every step of the way.

There was a time in my life when I felt pretty lost. I didn't have a sense of direction about what was next in my career, where I was going to live, or what further educational opportunities I should pursue. It seemed like I didn't have a clear path forward in so many areas of my life.

As a student of Christian Science, it was natural for me to turn to God in prayer during this time. When I called a Christian Science practitioner to pray with me, she shared the idea that I am not a weary wanderer. And here's the reason why, from the Christian Science textbook, *Science and*

Health with Key to the Scriptures: "Spirit, God, gathers unformed thoughts into their proper channels, and unfolds these thoughts, even as He opens the petals of a holy purpose in order that the purpose may appear" (Mary Baker Eddy, p. 506).

To me, this means that God has a purpose for each of us and blesses us with opportunities to express Him. As the expression of God, who is Mind, we reflect the wisdom to know our purpose. All we need to do is listen and be obedient to Mind's direction, which is always good.

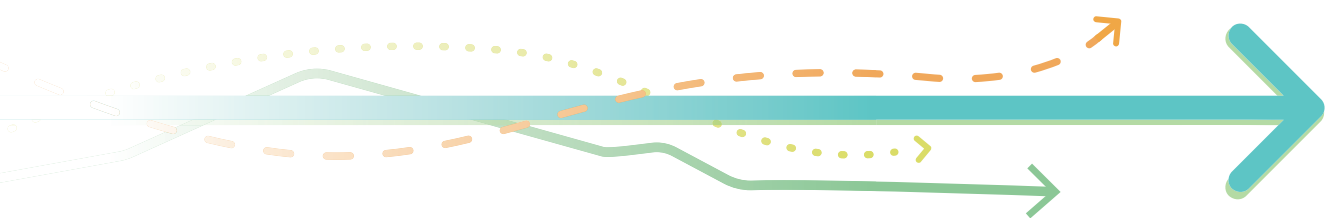
Praying with these ideas ultimately led to a mental shift and brought me peace about my future. When I understood that I was not a weary wanderer but was always guided by God, new career opportunities unfolded that I could never have outlined. This then opened the way for new housing opportunities that had previously seemed impossible. And I even found direction related to my postgraduate education.

In addition to these practical blessings, knowing that God was providing me with these opportunities helped me feel less stressed. I stopped looking for the next thing and focused on staying present in my daily activities and being grateful for them.

When I understood that God never leaves any of us to wander, I trusted God more, and as a result, was able to see more of His goodness expressed in my life.

I am so grateful to have learned that I am not a weary wanderer—and neither are you! •

AARON CRANFORD — STAFF



Originally published in the June 9, 2025, issue of the *Christian Science Sentinel*.

Learning that God is always with me

Eva Knapwurst

THIS YEAR, MY MOM signed me up for a piano federation, which is an amazing opportunity in which pianists showcase their skills and are evaluated by judges.

On the day of the federation, I sat in a quiet hallway, and my heart raced as I waited for my turn to play. My whole body shook with nervousness. Just then, a reassuring voice echoed through my thoughts: “Eva, you’ve worked so hard practicing for this moment; you have nothing to fear! Just relax.”

In an instant, the tension melted away, and a soothing calm enveloped me. I knew this thought was God speaking to me, because I’ve learned

“That message from God made me feel stronger and more confident that I could play my piece well.”

in Christian Science Sunday School that God is always there for us and gives us the exact ideas we need for comfort, peace, and healing. That message from God made me feel stronger and more confident that I could play my piece well. I’ve also learned in Sunday School that we are the expression of God. So I know that God is all good and the source of all talent and that I’m always expressing Him, including when I play the piano.

When it was time for my performance, I took a deep breath and confidently walked into the room. A kind judge greeted me with a warm smile, creat-

ing a comforting atmosphere. I sat at the piano, my fingers poised over the keys, ready to bring the music to life.

As I began to play, my fingers glided through the notes, and it felt like they were telling a story. I could feel the rhythm pulsing in my chest, while my thoughts soared in perfect harmony with every chord I played. I was lost in the music, and to my surprise, I didn’t make a single mistake.

After finishing, I walked out of the room with a smile spread across my face. I felt a rush of emotions—relief, joy, and gratitude. I knew I had done my best, and God had been with me with every note I played, even without my needing to ask Him for help. Later, in Sunday School, I learned a powerful passage from the Bible’s book of Matthew that explains what happened: “Your Father knoweth what things ye have need of, before ye ask him” (6:8).

Those words touched my heart deeply. They were a gentle reminder that I am never, ever alone in my journey. Even if I feel nervous, I have nothing to worry about because I can do anything with God. ●

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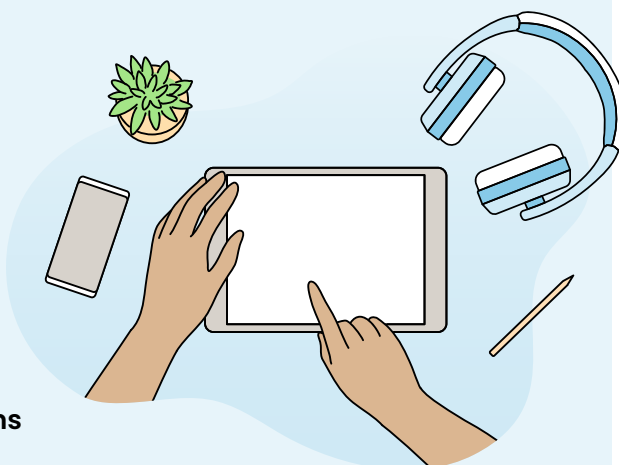
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