



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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A Collection for Kids: July–December 2025

CHRISTIAN SCIENCE SENTINEL

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Back on the water

Virginia Anders

AIDEN LOVED SAILING. He loved the sun on his face and the sound of the sailboat splashing through the water. He had been sailing ever since his dad had first taken him out on a sailboat in the bay. But after being in a bike accident, Aiden wasn't able to go sailing. He hurt, and he was angry.

Aiden attended Christian Science Sunday School and had learned that God loved him. But he didn't feel very loved at the moment. Aiden told his dad how much he missed sailing.

Dad listened to Aiden's disappointment and frustration. Then he asked, "What has to happen before we sail?"

"Well," said Aiden, "we have to rig the sail."

When you rig the sail, it means you set it up or prepare it before you go out on the water.

Aiden's dad asked another question: "How do we 'rig our sails' spiritually to begin an adventure?"

Aiden knew his dad was asking, "How do we prepare our thinking?" He also knew from going to Sunday School that when we prepare our thinking, we can hear God's messages better. And God's messages, like the wind hitting the rigged sail, can move us forward.

Aiden liked to start with knowing that God created us as His children. He'd learned this in Sunday School when they'd read the first chapter of Genesis in the Bible.

Dad said that since God made us, there is nothing that can prevent us from being active and happy. This is because God is good and made us good, like Him.

Then Aiden's dad asked him another question: "What else has to happen before we can sail?"

"We have to untie the line (rope) so the boat isn't tied to the dock."

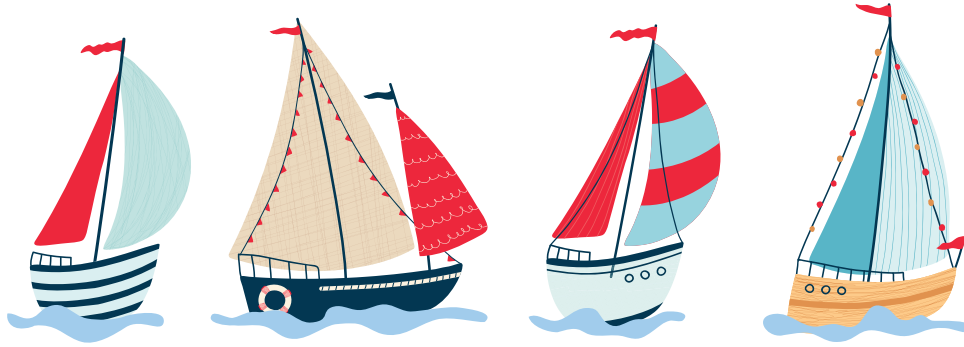
"What 'lines' can keep you tied?" Dad asked.

They talked about all the thoughts that seemed like they could keep him from sailing—thoughts like anger or feeling unloved. Then they prayed, listening for good thoughts from God that would give Aiden freedom.

Aiden knew he couldn't be afraid of anything because God isn't just the biggest power—He is the only power. Aiden also knew he couldn't be in pain because God loved him and gave him only good.

Aiden saw that thoughts of fear and pain were trying to tie him to the dock. As they prayed, each bad thought was untied.

Soon, Aiden was out on the water with his sail in perfect harmony with the wind. Dad watched from the shore, while Aiden sailed along, thanking God for the good thoughts that had healed him. •



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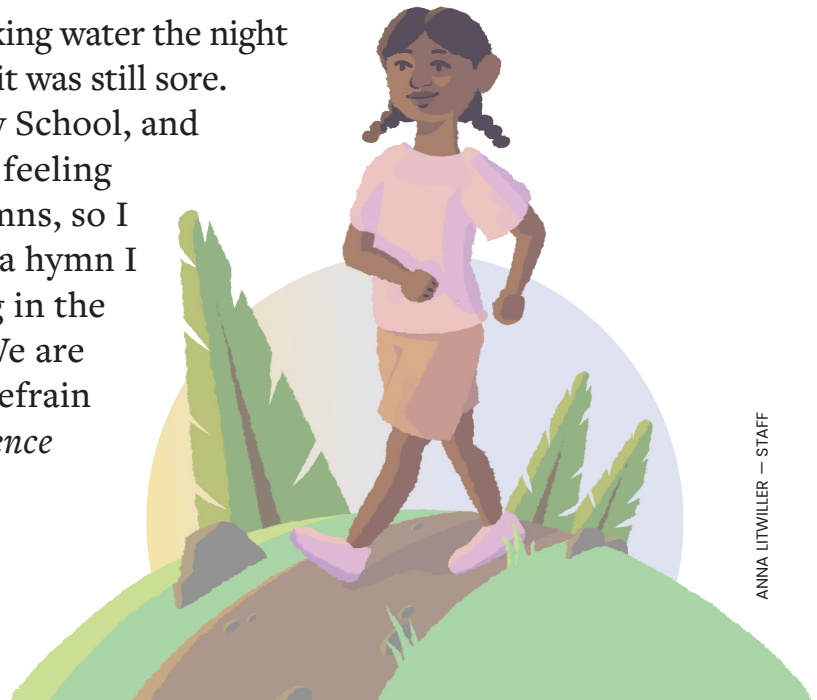
I had a healing at camp

Morena

ONE MORNING WHEN I was at camp, I had a sore throat. I thought it was just dry from not drinking water the night before. But after I drank some water, it was still sore.

I go to Christian Science Sunday School, and I am learning to pray when I'm not feeling well. In Sunday School, we sing hymns, so I went to my bed and thought about a hymn I like. One line says, "We are walking in the light of God." Another one says, "We are praying in the light of God" (Eng. refrain trans. Gracia Grindal, *Christian Science Hymnal: Hymns 430–603*, No. 592, © GIA Pub.).

To me, this means that God is all around us. It also means that when we pray to God, we feel better.



After I thought of that, I knew I couldn't have a sore throat because God is perfect and all good, so He can't be sick, and in Sunday School, we read in the Bible that God created us in His image, so that means we can't be sick either.

When I woke up the next day, my throat wasn't sore anymore. I knew God had healed me.

I continued with all the fun camp activities, knowing that I was expressing God. •

Originally published in the July 21, 2025, issue of the *Christian Science Sentinel*.

When I didn't feel like doing my homework

Jenny Sawyer

SCHOOL WAS OVER for the day. On the kitchen table, I had a plate of apple slices and peanut butter—my favorite after-school snack. I also had a pile of homework. The pile was a big one. And I was dreading it.

Usually, I liked school. Usually, I *didn't* like homework. In the afternoon, I'd rather be riding bikes with my sister or jumping on my neighbor's trampoline. But there was no time for fun until my homework was done, and the more I thought about that, the grumpier I felt.

The grumps rolled in like storm clouds—just a few at first, but my thoughts pretty quickly felt clouded over and heavy. Now I wanted to do my homework even less!

But then something happened: a break in the clouds. Like a flash of sunlight coming through, I suddenly remembered an idea we'd talked about in my Christian Science Sunday School class. It was about choosing which thoughts we let in our mental door. The good ones, from God, we can let right in. These are thoughts like hope, joy, obedience, and a desire to be and do good. The negative ones, like frustration, procrastination, fear, or feeling unmotivated, we can lock out of our mental house instead of inviting them in.

We'd read a passage from what my teacher called the textbook on Christian Science, *Science and Health with Key to the Scriptures* by Mary Baker

Eddy. This is what it says: “Stand porter at the door of thought. Admitting only such conclusions as you wish realized in bodily results, you will control yourself harmoniously” (p. 392).

Could I really choose how I felt about my big pile of homework? The idea seemed a little strange at first. But I remembered that I was used to listening to God about a lot of other things, and that every time I did, I would get ideas or happier feelings or courage or whatever I needed, and that always turned the situation around. It was so much better to listen to God than to what I thought I felt or what everyone else said about something.

So what *was* God saying about my homework? The first thought I had when I asked that question was that I always liked learning new things. That was true. Pop! I felt one of those mental storm clouds disappear. Another



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Notes

Riding with Love

Tessa Frost

NAOMI WAS ALMOST three years old when she went to camp for the first time with her family.

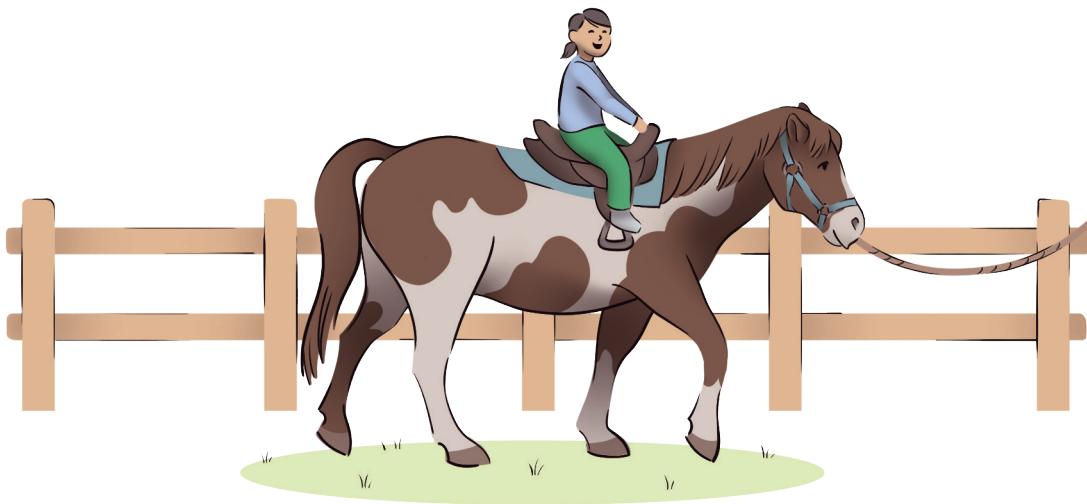
One afternoon, at the corral, she got ready to ride a sweet sorrel horse named Spaghetto. She was excited! But when it was time to get up on the saddle, Naomi got scared. She'd seen pictures of people riding horses. But she had never actually ridden a horse. Spaghetto was big. The saddle was far off the ground. Also, there wasn't much to hold on to. Naomi didn't feel safe and held tightly to her mom.

The camp wrangler said it was OK if Mama held Naomi and walked next to Spaghetto as they followed the other horses and riders, including her big sister, Mazie, around the arena. While they walked, Mama and Naomi prayed. Naomi has learned that praying to God helps us when we feel scared.

Mama reminded Naomi that God is Love. Love fills all space because God is everywhere. So there isn't even a tiny place for fear. Here's how it says this in the Bible: "Where God's love is, there is no fear, because God's perfect love takes away fear" (I John 4:18, International Children's Bible).

After that, Naomi wasn't afraid anymore. She got right up on Spaghetto's saddle. And she had such a big smile and a fun ride!

What Naomi learned that day can help all of us. There is nothing to be afraid of when we know that we are always surrounded by divine Love, God. •



ANNA LITWILLER — STAFF

Originally published in the August 4, 2025, issue of the *Christian Science Sentinel*.

Seeing the true view

Carol A. Miller

SHANNON LOVED TO visit the local zoo and park. There were many interesting animals at the zoo, and some she could even pet! In the park, she had fun going on rides.

The park also had a house of mirrors that she liked to visit. The mirrors created illusions, which means that what she saw in them looked different than what was real. The first mirror made her body look short and her head appear really big. In the next mirror, her head looked small and her legs looked super long. Shannon laughed at the way the mirrors made her look silly.

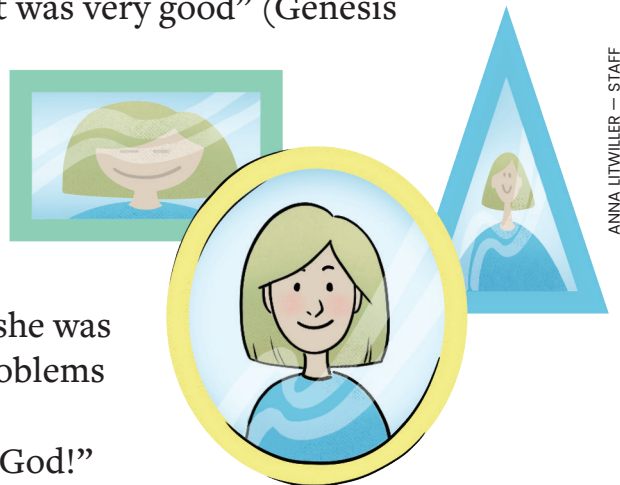
Mommy asked Shannon if she was worried about what she saw in the mirrors.

“Of course not, Mommy,” Shannon replied. “That’s not me!”

One day, Shannon fell from a climbing structure and hurt her wrist. She called her mom, who came to pick her up. When they started praying, they talked about how, just as Shannon didn’t need to change the silly reflection in the fun house mirrors, this injury also wasn’t the true view of her. These are ideas Shannon was familiar with because of what she was learning in Christian Science Sunday School. She had read in the Bible that “God saw every thing that he had made, and, behold, it was very good” (Genesis 1:31). The true view is that God made us perfect and very good. Nothing can ever change that.

After she had prayed this way for a few days, Shannon’s wrist didn’t hurt anymore. She had focused only on the true view of her—God’s view. When Shannon was older, she was a competitive gymnast and never had any problems with her wrist!

Shannon and Mommy said, “Thank you, God!” for showing them the true view. •



ANNA LITWILLER — STAFF

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A goodnight prayer

Westley

MY NAME IS Westley, and I am nine years old. I go to Christian Science Sunday School, where I learn about God and how to pray. I like to pray because it helps me—and other people, too.

You can pray anywhere or anytime. One time when I like to pray is before I go to bed, because it helps me sleep peacefully without bad dreams. I thought I would share my bedtime prayer with you, in case it could help you, too. Here it is:

I will have a sweet sleep, a peaceful sleep.
God gives me everything I need before I ask for it.
I will trust in the Lord with all my heart.
I will only dwell in peace, love, safety, happiness, joy, truth,
and honesty, and with all good thoughts from God.

Sleep well! •



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Originally published in Spanish

The Lord's Prayer helped me

Mora

MY NAME IS MORA.

I live in Merlo, Argentina, and I go to Christian Science Sunday School. I have learned that the Lord's Prayer is very helpful when I need to pray urgently. (You can find the Lord's Prayer in the Bible in Matthew 6.)

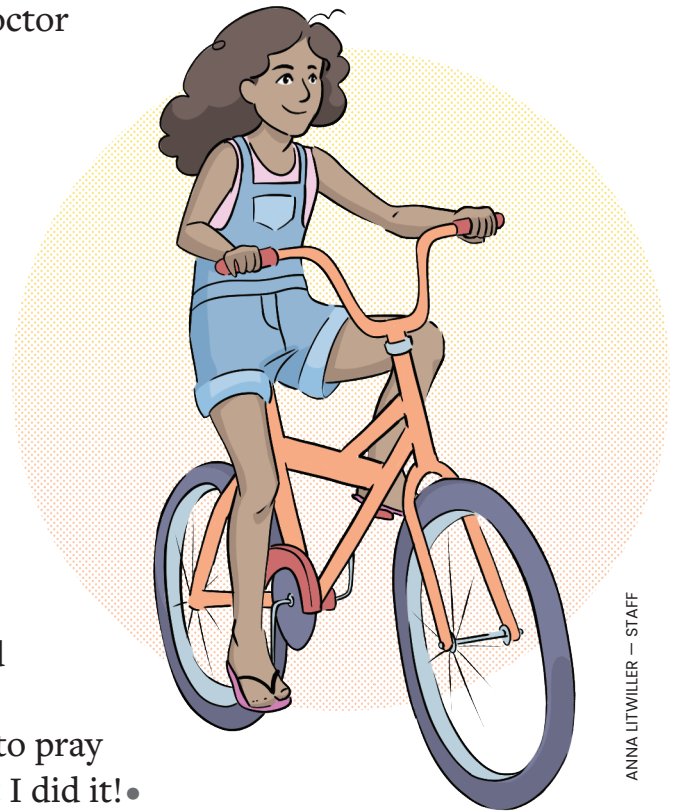
One night, my brother and I were riding our bikes. My brother was going very fast, and I was following him. I didn't see a step on the sidewalk because it was nighttime, so I hit it with my bike and fell. I was in a lot of pain, and I went to my parents to tell them what had happened. I showed them a mark I had on my ribs from the fall.

My mom was very worried and took me to the hospital. I got an X-ray, and the doctor said that I had cracked my rib.

After that, I went to my grandmother's house, and we prayed together. I was sure that prayer would help because I knew that God is always with me and caring for me. Praying made me feel comforted. After a while, the pain was gone.

The next morning, when I went to Sunday School, I told my teacher what had happened, and she asked me how I had prayed. I told her that I had prayed with the Lord's Prayer and that it had helped and healed me.

Soon, I got back on my bike. I had to pray a little more to overcome my fear, but I did it! •



ANNA LITWILLER — STAFF

Originally published in the September 22, 2025, issue of the *Christian Science Sentinel*.

Originally published in Spanish

My healing of an earache

Máximo

MY NAME IS MÁXIMO, and I am five years old and go to Christian Science Sunday School here in Argentina. Every Sunday, I learn that God holds us in His love. I also learn stories from the Bible about how God protects everyone.

One of my favorite Bible stories is David and Goliath. David was a shepherd boy who listened to God and obeyed Him.

Goliath was a giant Philistine who asked any of the people of Israel to fight him. Goliath was a lot bigger and taller than everyone else. He wore heavy armor and carried a sword and a spear, and no one wanted to fight him.

One day, David heard Goliath and decided to go against him because David knew that God was with him. So he grabbed some stones and his sling and went to Goliath and was not afraid of him. He slung one of the stones, and it hit Goliath in the forehead, so Goliath fell down.

This story helped me one night when I woke up with a pain in my ear. My mom was with me, and we said the Lord’s Prayer together (see Matthew 6). Then she reminded me of David and Goliath. She told me that the earache was like Goliath. She said we could think of the stones that David carried in the story as spiritual truths that can help us when we have a problem. Spiritual truths are good thoughts from God that we hear as we pray.

The “stone,” or truth, my mom and I prayed with was, “Because I am the perfect expression of God, this pain is a lie.” I felt calm.

Then my mom hugged me, and I fell asleep. When I woke up the next day, the pain was gone.

I am happy to learn about Bible stories and to feel that God is always holding me and everyone in His love.●



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Originally published in the October 20, 2025, issue of the *Christian Science Sentinel*.

God's thoughts healed me

Olive

I'M VERY GRATEFUL for a healing that I had at camp this past summer. I'd like to tell you about it.

Around dinnertime, one of the head counselors told us to go to our cabins and shut the windows because there was going to be a storm. I went to my cabin with my counselor, and as I was closing one of our windows, I stepped on a thumbtack, and it went into my foot.

I got really freaked out about it because I had never stepped on anything that sharp before. I started to cry and hugged my counselor. She pulled out the thumbtack, comforted me, and told me we could pray.

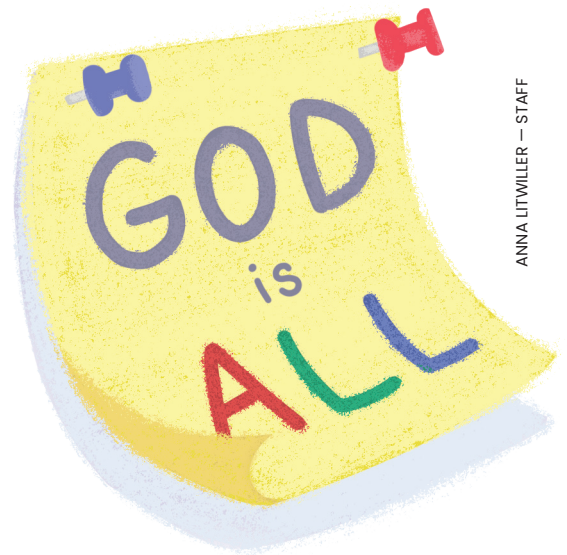
Then I had two thoughts that came from God. First, the thought came to me, "There can't be anything apart from God or anything that's wrong."

The next thought I had was, "Be still."

So I sat there and really thought about how much love and harmony was around me. I also thought about how God would never allow me to be hurt because God is Love. I've learned all of these ideas in Christian Science Sunday School, and they helped me feel better.

After dinner, we did an evening activity, and I totally forgot about my foot. When I thought about it later, it didn't hurt at all, and I knew I was healed.

I had a great rest of my time at camp. •



ANNA LITWILLER — STAFF

Originally published in the November 3, 2025, issue of the *Christian Science Sentinel*.

Notes

“I’m happy at you!”

Grace Anderson

ONE MORNING, MY nephew Luke was running out for recess when his friend Anna stepped in front of him with her arms wide, blocking the doorway.

“Luke,” she shouted, “I’m mad at you!”

“Really?” Luke replied. “I’m happy at you!”

Anna dropped her arms, surprised, and followed Luke onto the playground.

Sometimes people say or do things that hurt. And sometimes we might feel mad, scared, or sad when people are mean.

But guess what? We can do something really powerful in those moments. We can be like Luke and love first. God helps us do this.

Jesus showed that nothing is more powerful than love. That’s because God is both Love and all powerful. Jesus knew this, and his life reflected Love in all ways. Love was what allowed Jesus to heal people and change their lives. Love even made it possible for Jesus to walk out of a tomb after people tried to end his life. That tells you what a power Love is!

Since Love created us, it is natural for us to love, too. When we love, we feel joyful and safe because loving helps us feel close to God. And when we love, other people feel good, too. This love can help dissolve feelings of being sad or mad. It gives others an example of how to be joy-filled and free.

When our hearts stay pure, whole, brave, and full of God’s love, we start to see Love everywhere. We naturally shine with this love, which heals, helps, and makes the world happier. •



ANNA LITWILLER — STAFF

Originally published in the November 17, 2025, issue of the *Christian Science Sentinel*.

Thanks-giving and thanks-sharing!

Sentinel staff

DID YOU KNOW there can be more to Thanksgiving than just giving thanks? That's right. Of course, gratitude is a great place to *start* this time of year—or any time of year! But what if you could take the joy you feel from being grateful and share it with others?

Good news: You can. Better news: Joy is one of those things we actually *can't* keep to ourselves.

Mary Baker Eddy, who discovered Christian Science, explained it this way: “Happiness is spiritual, born of Truth and Love. It is unselfish; therefore it cannot exist alone, but requires all mankind to share it” (*Science and Health with Key to the Scriptures*, p. 57).

So how can you turn your thanks-giving into thanks-and-joy-sharing? Here's a fun activity that will give you a start.

You will need:

- A few sheets of colorful paper (red, orange, yellow, brown—or green if your Thanksgiving celebration falls in the spring)
- A sheet of white paper
- A pen or pencil
- A single hole punch and a long piece of string, or a needle and thread. (Please get an adult to help if you choose the needle and thread option.)

What you'll do: First, take the sheet of white paper. Draw a line down the middle. On the left side, write down a list of things or people that you're grateful for, leaving space between each listed item. Nothing is too small!

Now that you have your list, write under each item why you're grateful for that person or thing. Think about what qualities of God this person expresses or this thing represents. Since the Bible tells us that God is All and all good, the good things in our lives must express or represent some aspect of God's goodness.

For example, you might write that you're grateful for your mom because she always takes care of you or because she makes you feel happy and loved. Or maybe you're grateful for your bike because it's helped you learn what it means to feel strong and free, and it brings you joy when you ride it.



Once you've written your list, it's time to focus on the right side of your paper. Think of a way you can show your gratitude, or give back to the person that you're grateful for.

Maybe one thing from your list is that you're grateful for a teacher at school. How can you share your gratitude for them? You could write a letter thanking them for everything they do for you. If your teacher expresses patience, another way to give back is to be patient with the other kids in your class.

Or what about your bike and the joy it brings you? How can you share your gratitude? You could do this by letting a friend or a brother or sister take a turn riding it, or by inviting your whole family to go on a bike ride so you can feel that joy together.

Once you have your two lists, it's time to draw or trace some leaves on your colored paper and cut them out. Be sure to make them big enough to write on!

Cut out as many as you need to cover all the ideas on both your lists. And then write a keyword (like Mom, bike, care, freedom, joy, and so on) on each leaf. As you go through the week leading up to Thanksgiving, see how many ways you can turn your thanks-giving into thanks-sharing. Each time you do, string the leaf or leaves related to that sharing onto the string or thread. You can even invite your family to make their own lists and leaves so that you have lots of gratitude garlands to decorate the house.

Of course, the best part of all when it comes to giving and sharing thanks isn't just that it makes others happy, but that it helps us all feel closer to God—the source of all happiness. And that's really something to be grateful for. •

Originally published in the November 24, 2025, issue of the *Christian Science Sentinel*.

I had a healing when I was snowboarding

George

I WAS SNOWBOARDING in Tahoe, a mountain area in California, when I fell and hurt my leg.

I was only about a quarter of the way down the mountain when I fell, and I couldn't imagine how I'd get all the way down. My mom, who was skiing right behind me, noticed my struggle and stopped next to me.

I got up and tried to keep going, but it seemed hard. That's when my mom started singing a hymn called "Mother's Evening Prayer," which was written by Mary Baker Eddy, who discovered Christian Science. I am familiar with the hymn because we've sung it in Christian Science Sunday School many times. It is meaningful to me because when I am not feeling well, my mom sings it to me.

The line that really stuck out to me was "... fear/No ill,—since God is good, and loss is gain" (*Christian Science Hymnal*, No. 207). It reminded me that God, good, is always with me, and is the power that triumphs over any bad situation.

I know that this hymn was a prayer for me because, as my mom sang, the pain in my leg began to go away, and I even felt like going down the mountain again! This was a good reminder for me not to focus on the bad, but to focus on the good that God is and always gives us. •



ANNA LUTWILLER — STAFF

Originally published in the December 15, 2025, issue of the *Christian Science Sentinel*.

Notes

Listen for the angels

Jenny Sawyer

Far away from Bethlehem, in a town called Nazareth,
Is the place where Jesus' story gets its start.
An angel brought a message to his mother soon-to-be,
And to the promised Savior Mary gave her heart.

Chorus:

Mary listened for the angel and received the gift of love,
And the whole world seemed to glow with heavenly light.
She would call her child Jesus—a name that means “God saves”—
And through God's power he'd make the world's wrongs right.

Joseph needed his own angel: He was scared, alone, confused.
How could Mary have a baby on the way?
An angel brought a message: “Joseph, do not be afraid.
This is God's own doing—just follow, trust, obey.”

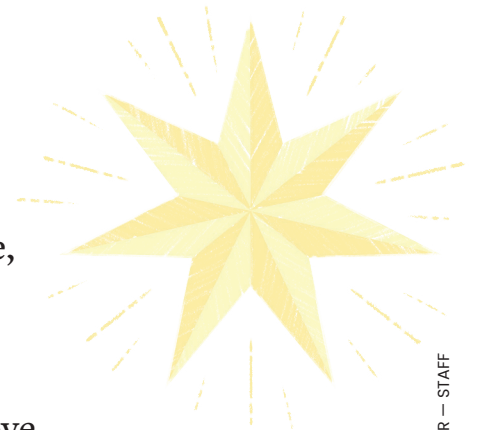
Chorus:

Joseph listened to the angel and received the gift of love,
And the whole world seemed a lot less dark and dim.
The baby in the manger would be Jesus Christ, God's Son,
And with reverence will we love and honor him.

On a hillside in the starlight, shepherds tended to their sheep,
When an angel brought the news of Jesus' birth.
“Fear not!” the angel told them. “The Savior's born today!
Glory be to God, and peace on earth!”

Chorus:

Shepherds listened to the angel and received the gift of love,
As a star lit up the world with heavenly light.
The baby in the manger was “Christ the Lord,” the king,
And the shepherds' “Alleluia!” pierced the night.



ANNA LITWILLER — STAFF

A Collection for Kids:

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