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: January–June 2026

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CHRISTIAN SCIENCE SENTINEL

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A healing on the mountain

Sean

ONE TIME, I was snowboarding and was having trouble because I kept catching edges. This is when your snowboard gets caught in the snow and causes you to fall. I was so focused on constantly falling that I forgot about all the fun I was having.

On the way down one of the slopes, I started singing a hymn from the *Christian Science Hymnal* that had helped me before. The first verse says,

> Shepherd, show me how to go
> O'er the hillside steep,
> How to gather, how to sow,—
> How to feed Thy sheep;
> I will listen for Thy voice,
> Lest my footsteps stray;
> I will follow and rejoice
> All the rugged way.
> (Mary Baker Eddy, *Poems,* p. 14)

This was really helpful. I started thinking about how God was guiding me the whole way, even though the hill was difficult and steep.

After singing the hymn several times, I realized that my problem was that I felt my footsteps were straying. I had been thinking that I was the one in control. But just then, I heard an angel message. This is when God speaks to us in our thoughts. The message reminded me that God, good, is always in complete control.

After hearing this comforting thought, I went back to the basics of snowboarding, leaning on God the entire time. With every turn, I felt calmer, and I continued holding on to God's message. When I made it down the mountain, my mom asked me how I was feeling. I was feeling great, so we went two more times.

Later, when we stopped for lunch, I started feeling dizzy. I was discouraged because this had happened before, after I'd had a concussion the previous summer. Now I just wanted to give up and go home. Nothing seemed to be going my way.

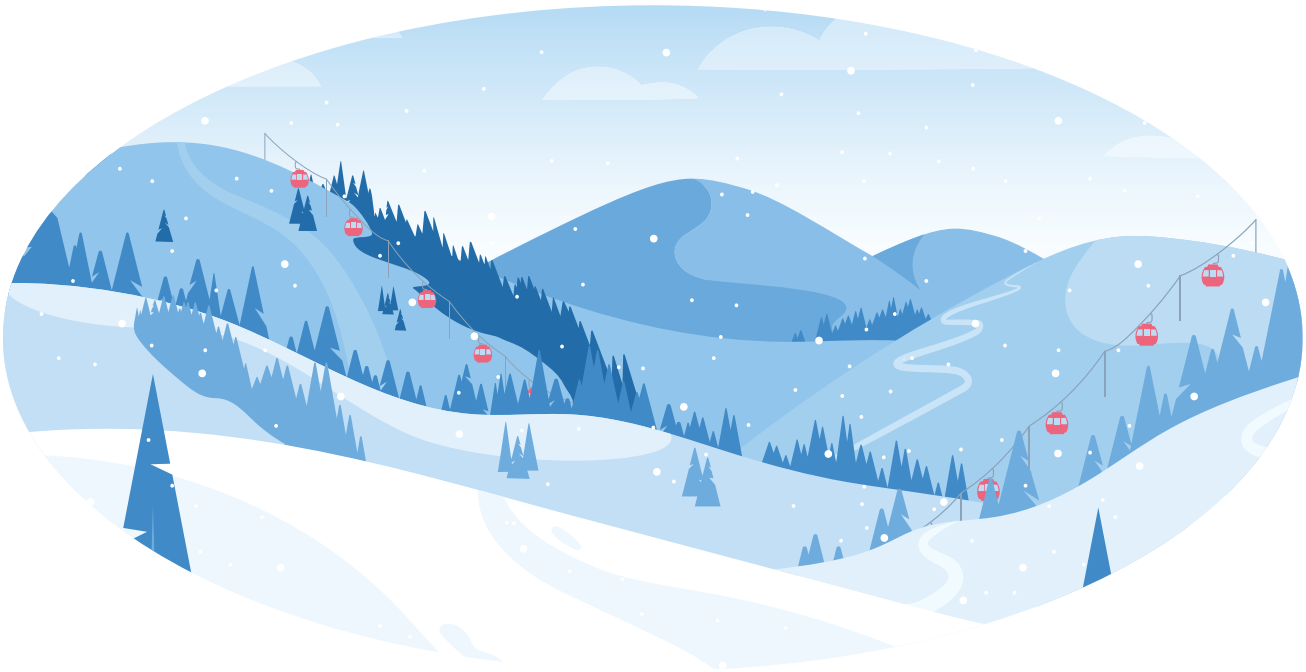
Then I remembered the healing I'd just had on the slope. With the reminder that nothing could get in the way of my freedom, we decided to go

up and try another run. My mom was singing hymns on the chairlift all the way up.

I was able to tune out the fear of being dizzy and tune in to God. I was no longer convinced that the dizziness would stick around. My mom and I went all the way down the mountain, singing from top to bottom.

After that, everything was smooth. And not just with snowboarding. Since then, I have done many other activities, like competitive jujitsu and ultimate Frisbee, and I haven't felt any dizziness since that day. The best thing is that I am also able to play my saxophone again!

I am so grateful for this experience and, for future healings, will keep it close as a reminder of God's power.•



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Originally published in the January 5 & 12, 2026, issue of the *Christian Science Sentinel*.

Notes

My first healing

Charlotte



ANNA LITWILLER — STAFF

MY NAME IS Charlotte. I'm six years old, and I'm in first grade.

I go to Christian Science Sunday School. In Sunday School, I like to listen and hear about how God is good. I like to see that God is everywhere. God can't go anywhere without us, and we can't go anywhere without God.

One day, when I was eating lunch at school, my tummy didn't feel well. Then I thought about how God is always with me. God wouldn't let a tummy hurt because God is good. Then I felt good. I was healed and ate my lunch.

This was my first healing—just God and me. I'm grateful that God is always with me.•

Originally published in the January 26, 2026, issue of the *Christian Science Sentinel*.

What we've learned about listening to God

Grace, Kayla, and Hailey

IF YOU EVER feel lost or confused, we have good news to share. There is something we have learned in Christian Science Sunday School that can help: You are not alone. God is with you! And God is always talking to you.

In Sunday School, we read the Bible, and we found this idea inside: "Your ears shall hear a word behind you, saying, 'This is the way, walk in it,' when you turn to the right or when you turn to the left" (Isaiah 30:21, Revised Standard Version). This means that no matter what, God is always guiding us and telling us what to do. You can hear God in your thoughts.

But it's hard to hear God's voice if you're listening to something else. If you're playing games on your tablet all the time, you might not be listening for what God has to say. If you're only thinking about what you want, you might not hear about the good things that God is giving you.

To hear God, you need to listen. How can you listen to God? You can pray.

Just like you pay attention to a person who has something to tell you, you can do the same with God. When you're calm and quiet, you can hear God much better. When your heart really wants to know what God is saying, that helps, too. You'll hear God's ideas in your thoughts, and those ideas will help you have a better day. You'll know which thoughts are from God because God's ideas are always good and make you feel happy and loved.

When you listen, you will always hear God!•

Originally published in the February 16, 2026, issue of the *Christian Science Sentinel*.

God was keeping us safe

Eli

MY MOM WANTED to take me onto Lake Michigan in a kayak because she thought it would be fun.

At first, I was afraid and did not want to go. Then I thought about God, who is good, and I knew God would keep me safe. So I got into the kayak and helped my mom paddle around.

As we went further out onto the lake, the waves got pretty big. The high waves made me think of when Jesus was on a boat during a storm and said to the sea, "Peace, be still" (Mark 4:39). He knew that God was there. Then, the waves were calm, and everyone on the ship was safe.

I asked my mom if she wanted the waves to get smaller. She said yes, so I said out loud, "Peace, be still!"

The waves were better after that, and it was easier for my mom to paddle. Then the waves got bigger again. I prayed in my thoughts, "Peace, be still." I had faith that God was keeping us safe.

We made it back to shore and were OK. After that, I felt very good about kayaking.•



ANNA LITWILLER — STAFF

Originally published in the March 2, 2026, issue of the *Christian Science Sentinel*.

God gives me good ideas

Charlie

MY NAME IS Charlie, and I like to practice listening to God. I've learned in Christian Science Sunday School that God is always speaking to us. I know God's voice in my thoughts because God is Love, and when I hear God, it makes me feel good.

God has told me lots of things that help me, so I know that when I hear God, I should pay attention. God gives me good ideas that help other people, too.

One time I listened to God was when we were getting ready to go to my cousin's birthday party. I was with Grammie, and she couldn't find the gift. So I asked God for help and then listened. I got the message that Grammie would find the present. Then she found it upstairs. We all had a fun time at the party.

In Sunday School, we always write down what we are grateful for. I am grateful that Grammie found my cousin's present and that I can always listen to God, no matter what.•

Originally published in the March 16, 2026, issue of the *Christian Science Sentinel*.

Christian Science nurses helped me

Polina

ONE DAY, I was riding my bike around our cul-de-sac.

It had rained the night before, and the ground was wet. I rode through a big puddle of water where the ground was cracked, and I fell off my bike. I scraped my hand, and it hurt a lot.

I went home and showed my dad. He noticed there was some gravel stuck in my hand. I was really upset because I had a dance performance the next day, and one of my dances was acrobatics. I was worried I couldn't perform.

My dad wanted to remove the gravel with tweezers. But it hurt a lot, and I was scared and crying. So my mom decided we would pray first. My mom and I were praying like I had been taught to do in Christian Science Sunday School. We sang my favorite hymn, which is "Mother's Evening Prayer" by

Mary Baker Eddy. The first line helped me a lot. It says, “O gentle presence, peace and joy and power” (*Poems*, p. 4). It helped me know that God is the only power and is always present. He gives us peace that is forever present.

My mom also called a Christian Science practitioner to pray with us. My mom cleaned and wrapped my hand for the night.

The next day, my hand felt fine. It didn’t hurt anymore, and the scratches were gone. I was able to perform! But even though my hand didn’t hurt, the gravel was still there. My mom and I kept praying and knowing that God would take care of it.

After my performance, we started driving to a camp for Christian Scientists, where I was going to be a camper for the first time. My mom told me that there were Christian Science nurses at camp and that they could help remove the gravel. I was very scared. I thought it was going to hurt.

When we got to camp, we went to see the Christian Science nurses. I still didn’t want them to do anything, but they were very loving and were praying. One Christian Science nurse gently took my hand, while another talked to me. She asked me questions, and I remember laughing while we talked. A minute later, the gravel was out of my hand. I hadn’t felt a thing, and it didn’t hurt!

I was so happy. I told my mom that anytime I needed help like this, I was going to come back and see a Christian Science nurse! •

Originally published in the March 30, 2026, issue of the *Christian Science Sentinel*.

Get set!

Madora Kibbe

MOST OF US know these six little words: “On your mark, get set, go!” They’re what runners hear at a track meet before a race begins. And swimmers hear something similar at a competition. First, get in your starting position, and last, begin running or dive into the pool. But what about that middle part, getting set?

“Get set” is the part that I love the most. Especially when the race I have to run isn’t in gym class. (I’m not much of a runner!) For me, it could be something like cooking a meal, or even praying. It could be almost anything. Taking that moment to “get set” is doing what the textbook on Christian

Science, which is called *Science and Health with Key to the Scriptures*, tells us to do. It says, ". . . pause,—wait on God . . ." (Mary Baker Eddy, p. 323).

What are we waiting on God for? Good ideas, healing ideas. Ideas about how good God is and how capable, strong, and intelligent we are, because we are God's children. When we "get set," our "go-ing" is always so much happier and easier—and without detours!

Most of us like the "go" part of "ready, set, go." Sometimes pausing can seem hard to do. Even boring! But even Jesus had to "get set." The Bible tells us that before he gave the Sermon on the Mount, this is what happened: "Seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him" (Matthew 5:1).

Jesus was never in a hurry. Never flustered or under pressure. He was always ready to pause and wait on God.

We can do that, too. I knew a little boy whose mom used to sing him a hymn from the *Christian Science Hymnal* every night at bedtime. But he wouldn't let her start until he was ready to hear the hymn. He would say, "Not yet!" while he got comfortable and then got his thoughts quiet. Only then would he say, "Ready, set, go!" (Sometimes he got the order wrong and said, "Ready, go, set!") He understood, without being told, the importance of getting set.



ANNA LITWILLER — STAFF

Do you ever worry about solving a math problem or learning a new skill in your favorite sport? Or knowing how to respond if someone says something that isn't nice? If or when you feel that way, that's a very good time to stop and get set—to remember that God is with you always, telling you not only what to do but also how to do it.•

Originally published in the April 13, 2026, issue of the *Christian Science Sentinel*.

Notes

God has many names! How many can you find?

Johan

MY NAME IS JOHAN. I'm eight years old, and I'm in third grade. I'm also a student in a Christian Science Sunday School.

I like to think about names for God. Sometimes names for God are capitalized. This means that they start with a big letter like everyone's name does. I have found over 115 names for God that I have written on pieces of paper and put in a plastic jar that we keep on our Sunday School table. I've found them in the Holy Bible, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, the *Christian Science Hymnal*, the *Sentinel*, and a research book called a thesaurus or synonym finder, which we found in the Christian Science Reading Room.

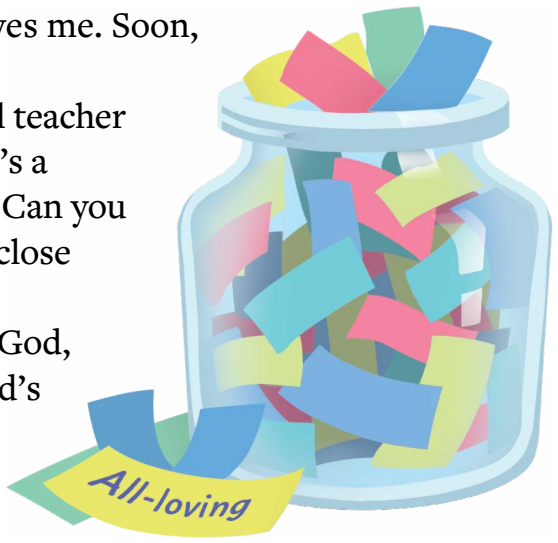
Our class has been looking for God's names for more than a year, and that's why we have so many. When we find a new name, it tells us something more about what God is. All of the names are good because God is good.

A few of the names I have found are Mind, Father-Mother, Great God, and Lord God Almighty. I also write where I find each name for God on the back of my pieces of paper. It was fun to see our jar fill up with so many names for God!

One day, in Sunday School, my tummy hurt. I thought about a name for God that could help me. It was "the All-loving." Since God is Love, I know that He is also all-loving and that He loves me. Soon, my tummy didn't hurt anymore.

I have a favorite name that my Sunday School teacher and I found in the Old Testament of the Bible. It's a Hebrew word in Hosea 2:16 and has four letters. Can you find my favorite name for God? It describes our close relationship to God.

Maybe you would like to look for names for God, too. If you do, you will find that your pile of God's names will keep growing. How many names for God can you find?•



ANNA LITWILLER — STAFF

Originally published in the April 27, 2026, issue of the *Christian Science Sentinel*.

Our thoughts of God can lift us up!

Robert Witney

DO YOU KNOW the story of Winnie-the-Pooh trying to get honey from a bees' nest that's high up in a tree?

It's a story written by an author named A. A. Milne about a bear who lives in a forest with his other animal friends and a boy named Christopher Robin.

First, Pooh tries climbing up the tree. But that doesn't go so well because he falls out of it. Then he asks Christopher Robin if he has a balloon. Christopher Robin blows up a blue balloon, which looks just like the sky, and gives it to Pooh so he can float up to the bees' nest. You'll have to read the story yourself to see if Pooh gets the honey from the beehive.

When I read this story, I thought about how Pooh put lots of effort into climbing that tree, only to fall out of it. Sometimes I put lots of effort into understanding God. But putting in lots of effort can be tiring and doesn't always work. When we put a lot of mental effort into praying, it doesn't always feel very easy. It can even make us feel far from God.

A better way to understand God is more like Pooh's second try at getting the honey. As Christopher Robin blew into the blue balloon, it got bigger and bigger, until it could float. The balloon was so big that Pooh was able to hold on to it and be lifted into the sky.

Now, when I feel grumpy or far from God, I think about blowing up an imaginary balloon. Instead of using breaths of air, I pray with inspiring ideas about God that are in the Bible, like "God is love" (I John 4:8), and in *Science and Health with Key to the Scriptures* by Mary Baker Eddy, such as, "God is infinite omnipresent Spirit" (p. 223). This means that God is Spirit and that He is everywhere.

As I make my understanding of God bigger by learning more about Him—and then hold tightly to this bigger and bigger sense of God—it lifts me up, and I feel happy.

Because God is infinite, there are endless things we can learn about God and His goodness. We can keep filling up our understanding of God with more spiritual ideas every day and let them lift us high up in our thoughts—just like Winnie-the-Pooh's balloon! •

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Under pressure? Pray!

Sara Hoagland Hunter

THEY'D BEEN TOLD they would need a miracle to win even one victory. But here were Abby and her teammates, on the last day of the select invitational soccer tournament, in double overtime against the top-seeded team.

It had all come down to a shootout. Five players from each team lined up to take their turns shooting the ball at the net. Abby waited for her turn. She would be the last girl to kick. Her other teammates were yelling and shouting at each shot and miss.

Abby realized that to be able to kick at all, she needed to quiet her thoughts. But she knew that she didn't have to leave the field or shush people before she could get quiet. She'd found out that even in the middle of all the noise and excitement, she could get quiet if she prayed.

First, she thought about a verse in a poem that always made her feel peaceful. The words are from a poem by Mary Baker Eddy called "Mother's Evening Prayer":

> O gentle presence, peace and joy and power;
> O Life divine, that owns each waiting hour,
> Thou Love that guards the nestling's faltering flight!
> Keep Thou my child on upward wing tonight.
> (*Christian Science Hymnal,* No. 207)

Abby was so busy praying that she didn't feel tense. Her next prayer was one of her favorites, a simple one called the "Daily Prayer": "'Thy kingdom come;' let the reign of divine Truth, Life, and Love be established in me, and rule out of me all sin; and may Thy Word enrich the affections of all mankind, and govern them!" (Mary Baker Eddy, *Manual of The Mother Church,* p. 41).

As she stepped up to kick, Abby felt calm. She kicked the ball right into the top left corner of the net. Her friends and teammates broke out into cheering and screaming. They raced onto the field, shouting and hugging each other. It wasn't until then that she realized she'd broken a tie to win the game. Abby said later she never thought about the whole game depending on her kick. She was just praying to reflect God.

Later the same week Abby prayed in this new way that she had learned at the game to help her study for final exams. Each time she started feeling

afraid or overwhelmed, she thought about what had happened on the soccer field. There, when she'd been under a lot of pressure, she'd quieted her thoughts by praying. She could do the same thing when she had to take a grammar or math exam. And she did!•



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Reprinted from the June 8 & 15, 2026, issue of the *Christian Science Sentinel*.

How I prayed when I didn't feel well

Mackenzie

MY NAME IS MACKENZIE. I AM SEVEN YEARS OLD, and I had a healing.

One day, I was not feeling well. I had school the next day, and I really wanted to go.

I've learned in Christian Science Sunday School that if I ever don't feel well, I can always pray. So I prayed with my mom before bed. But I had trouble sleeping, so I got up and went to talk to my mom.

We read a story that's in the Bible about Jesus healing a woman's daughter of an illness. I liked that Jesus healed the daughter even though she and her mom were from a different place than "the lost sheep, the people of Israel" (Matthew 15:24, International Children's Bible). To me, this means that anyone can be healed as long as they have faith in God.

We also read a few testimonies of healing in the Christian Science magazines. I like reading other kids' testimonies because it gives me proof that healings through prayer are possible and that they happen every day, even to kids like me.

Then I remembered that my Sunday School teacher had taught me the definition of *man* from *Science and Health with Key to the Scriptures* by Mary Baker Eddy. *Man* is a word Mrs. Eddy uses to explain who we all are spiritually, as God made us.

The definition says that *man* is "the compound idea of infinite Spirit; the spiritual image and likeness of God; the full representation of Mind" (p. 591). I like thinking that I am a compound idea of Spirit, which is another name for God. I include all the good qualities of Spirit, like peace and harmony, and nothing bad at all.

My mom and I also looked up the definition of *God* in *Science and Health*. It says, "The great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence" (p. 587). I like these names for God and knowing that because God created me, I reflect God's qualities. Since I am reflecting God's qualities, I can't be sick or hurt because God is not sick or hurt.



ANNA LITWILLER — STAFF

I went to bed, and the next morning, I was feeling much better. I went to school, and by afternoon, I was completely healed. I had a great day at school, too!

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Notes

Praying for a friend at camp

Calla

AT CAMP LAST SUMMER, I noticed that one of my cabin mates, who was new, was feeling very homesick and wasn't enjoying herself. I felt very sorry for her because camp is such an amazing experience and everyone should be able to enjoy all of the love and joy that are expressed at camp.

One night, I couldn't sleep. My dad once told me that if I'm awake in the middle of the night and can't fall asleep, then it's an opportunity for me to pray. So I thought, "I should pray about this cabin mate."

A few ideas I prayed with were ideas I've learned in Christian Science Sunday School. I know that God is taking care of everyone. I also know there is so much love being expressed at camp, and where love is, there's no room for homesickness.

Then I started thinking about an idea from *Science and Health with Key to the Scriptures* by Mary Baker Eddy, which I also learned in Sunday School: "Divine Love always has met and always will meet every human need" (p. 494). I really thought about what that means. To me it means that God, who is Love, is providing for us, so we have everything we need. Wherever we go, we are always loved and cared for by God.

I continued to pray for a while, and then I fell right asleep. I was very grateful for that opportunity to pray.

After that, my cabin mate seemed much happier. She enjoyed her activities and was so much more joyful! I was glad to see her happy.

I am so grateful to have had the opportunity to pray about a friend.



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