



# Substance

**Golden Text**  
Zephaniah 3:17 (to 1<sup>st</sup> ;)

**The Lord thy God in the midst of thee  
is mighty;**

## Responsive Reading

Psalms 72:18, 19 (to ;) ; Acts 1:1, 2; 2:1, 2, 4–6, 43 and many, 44, 46, 47

<sup>18</sup> Blessed be the Lord God, the God of Israel, who only doeth wondrous things. <sup>19</sup> **And blessed be his glorious name for ever: and let the whole earth be filled with his glory;**

<sup>1</sup> The former treatise have I made, O Theophilus, of all that Jesus began both to do and teach, <sup>2</sup> **Until the day in which he was taken up, after that he through the Holy Ghost had given commandments unto the apostles whom he had chosen:**

<sup>1</sup> And when the day of Pentecost was fully come, they were all with one accord in one place. <sup>2</sup> **And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting.**

<sup>4</sup> And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them

utterance. <sup>5</sup> **And there were dwelling at Jerusalem Jews, devout men, out of every nation under heaven.**

<sup>6</sup> Now when this was noised abroad, the multitude came together, and were confounded, because that every man heard them speak in his own language.

<sup>43</sup> . . . **and many wonders and signs were done by the apostles.** <sup>44</sup> And all that believed were together, and had all things common;

<sup>46</sup> **And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,**

<sup>47</sup> Praising God, and having favour with all the people.

And the Lord added to the church daily such as should be saved.

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1 | Psalms 74:12 God

1 | 468:16-24



12 God is my King of old, working salvation in the midst of the earth.

2 | Psalms 89:11

11 The heavens are thine, the earth also is thine: as for the world and the fulness thereof, thou hast founded them.

3 | Isaiah 42:5, 6, 10, 12

5 Thus saith God the Lord, he that created the heavens, and stretched them out; he that spread forth the earth, and that which cometh out of it; he that giveth breath unto the people upon it, and spirit to them that walk therein:

6 I the Lord have called thee in righteousness, and will hold thine hand, and will keep thee, and give thee for a covenant of the people, for a light of the Gentiles;

10 Sing unto the Lord a new song, and his praise from the end of the earth, ye that go down to the sea, and all that is therein; the isles, and the inhabitants thereof.

12 Let them give glory unto the Lord, and declare his praise in the islands.

4 | Isaiah 6:3 Holy

3 Holy, holy, holy, is the Lord of hosts: the whole earth is full of his glory.

5 | Psalms 39:7

7 And now, Lord, what wait I for? my hope is in thee.

6 | Hebrews 11:1

1 Now faith is the substance of things hoped for, the evidence of things not seen.

Question. — What is substance?

18 Answer. — Substance is that which is eternal and incapable of discord and decay. Truth, Life, and Love are substance, as the Scriptures use this word in Hebrews: "The substance of things hoped for, the evidence of things not seen." Spirit, the synonym of Mind, Soul, or God, is the only real substance. The spiritual universe, including individual man, is a compound idea, reflecting the divine substance of Spirit.

2 | 300:28-31

30 The universe reflects and expresses the divine substance or Mind; therefore God is seen only in the spiritual universe and spiritual man, as the sun is seen in the ray of light which goes out from it.

3 | 458:32-1

1 Christianity causes men to turn naturally from matter to Spirit, as the flower turns from darkness to light.

4 | 278:30

30 Matter, with its mortality, cannot be substantial if Spirit is substantial and eternal. Which ought to be substance to us, — the erring, changing, and dying, the mutable and mortal, or the unerring, immutable, and immortal? A New Testament writer plainly describes faith, a quality of mind, as "the substance of things hoped for."

5 | 516:4

6 The substance, Life, intelligence, Truth, and Love, which constitute Deity, are reflected by His creation; and when we subordinate the false testimony of the corporeal senses to the facts of Science, we shall see this true likeness and reflection everywhere.

What qualities do you express as God's reflection?



The phrase "of old," translated here from the Hebrew term *qedem*, is like saying "from the beginning."

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7 | Jeremiah 10:1-6, 10 the (to :), 12

6 | 262:5-7, 9-14

1 Hear ye the word which the Lord speaketh unto you, O house of Israel: 2 Thus saith the Lord, Learn not the way of the **heathen**, and be not dismayed at the signs of heaven; for the heathen are dismayed at them. 3 For the customs of the people are vain: for one cutteth a tree out of the forest, the work of the hands of the workman, with the axe. 4 They deck it with silver and with gold; they fasten it with nails and with hammers, that it move not. 5 They are upright as the palm tree, but speak not: they must needs be borne, because they cannot go. Be not afraid of them; for they cannot do evil, neither also is it in them to do good. 6 Forasmuch as there is none like unto thee, O Lord; thou art great, and thy name is great in might.

10 the Lord is the true God, he is the living God, and an everlasting king:

12 He hath made the earth by his power, he hath established the world by his wisdom, and hath stretched out the heavens by his **discretion**.

8 | Isaiah 40:5

5 And the glory of the Lord shall be revealed, and all flesh shall see it together: for the mouth of the Lord hath spoken it.

9 | Numbers 14:21 *all*

21 all the earth shall be filled with the glory of the Lord.

QUICK FACT

6 Science takes naught from the perfection of God, but it ascribes to Him the entire glory.

9 We cannot fathom the nature and quality of God's creation by diving into the shallows of mortal belief. We must reverse our feeble flutterings — our efforts to find life and truth in matter — and rise above the testimony of the material senses, above the mortal to the immortal idea of God.

7 | 129:7-12

If you wish to know the spiritual fact, you can discover it by reversing the material fable, be the fable *pro* or *con*, — be it in accord with your preconceptions or utterly contrary to them. Truth by inversion

12 Pantheism may be defined as a belief in the intelligence of matter, — a belief which Science overthrows.

8 | 279:26-32

27 A logical and scientific conclusion is reached only through the knowledge that there are not two bases of being, matter and mind, but one alone, — Mind.

30 Pantheism, starting from a material sense of God, seeks cause in effect, Principle in its idea, and life and intelligence in matter.

9 | 240:10-11

In the order of Science, in which the Principle is above what it reflects, all is one grand concord.

10 | 278:4-5, 7

Spirit is the only substance and consciousness recognized by divine Science. Substance versus supposition

In Spirit there is no matter, even as in Truth there is no error, and in good no evil. It is a false supposition, the **notion** that there is real substance-matter, the opposite of Spirit. Spirit, God, is infinite, all. Spirit can have no opposite.

11 | 269:13-20

15 The categories of metaphysics rest on one basis, the divine Mind. Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul.

18 These ideas are perfectly real and tangible to spiritual consciousness, and they have this advantage over the objects and thoughts of material sense, — they are good and eternal.

12 | 275:14-15

15 All substance, intelligence, wisdom, being, immortality, cause, and effect belong to God.

QUICKFACT

In addition to meaning "vain," as it's translated here, the Hebrew term *hebel* means empty—implying something that is neither permanent nor satisfying.



WORD HIGHLIGHTS

**heathen:** nations (usually non-Hebrews); people who don't worship the one God  
**discretion:** understanding; intelligence

**supposition:** belief without evidence; hypothesis  
**notion:** belief; concept; opinion





10 | Proverbs 8:1, 20, 21

13 | 78:28

1 Doth not wisdom cry? and understanding put forth her voice?  
 20 I lead in the way of righteousness, in the midst of the paths of judgment: 21 That I may cause those that love me to inherit substance; and I will fill their treasures.

30 Spirit blesses man, but man cannot “tell whence it cometh.” By it the sick are healed, the sorrowing are comforted, and the sinning are reformed. These are the effects of one universal God, the invisible good dwelling in eternal Science.

11 | Zephaniah 3:17, 20 for

14 | 259:6



17 The Lord thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.  
 20 for I will make you a name and a praise among all people of the earth, when I turn back your captivity before your eyes, saith the Lord.

6 In divine Science, man is the true image of God. The divine nature was best expressed in Christ Jesus, who threw upon mortals the truer reflection of God and lifted  
 9 their lives higher than their poor thought-models would allow, — thoughts which presented man as fallen, sick, sinning, and dying. The Christlike understanding of  
 12 scientific being and divine healing includes a perfect Principle and idea, — perfect God and perfect man, — as the basis of thought and demonstration.

12 | Exodus 23:25

15 | 325:32

25 And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.

A false sense of life, substance, and mind  
 1 hides the divine possibilities, and conceals scientific demonstration.

13 | Matthew 8:14–16

14 And when Jesus was come into Peter’s house, he saw his wife’s mother laid, and sick of a fever. 15 And he touched her hand, and the fever left her: and she arose, and ministered unto them. 16 When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick:

16 | 301:6–12, 17–24

6 To himself, mortal and material man seems to be substance, but his sense of substance involves error and therefore is material,  
 9 temporal.  
 On the other hand, the immortal, spiritual man is really substantial, and reflects the eternal substance, or Spirit,  
 12 which mortals hope for.

14 | Ephesians 5:18 *be filled*, 20

18 be filled with the Spirit;  
 20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

As God is substance and man is the divine image and likeness, man should wish for, and in reality has, only the substance of good, the substance of Spirit, not matter. The belief that man has any other  
 18 substance, or mind, is not spiritual and breaks the First Commandment, Thou shalt have one God, one Mind. Mortal man seems to himself to be material substance, while man is “image” (idea).  
 21  
 24

Inverted images and ideas

17 | 258:11, 21

12 Man reflects infinity, and this reflection is the true idea of God.

Infinity’s reflection

21 The human capacities are enlarged and perfected in proportion as humanity gains the true conception of man and  
 24 God.

18 | 417:10–16

Maintain the facts of Christian Science, — that Spirit is God, and therefore cannot be sick; that what is termed matter cannot be sick; that all causation is Mind, acting through spiritual law. Then hold your ground with  
 12 the unshaken understanding of Truth and Love, and you will win.  
 15



17 The LORD your God wins victory after victory and is always with you. He celebrates and sings because of you, and he will refresh your life with his love.

Zephaniah 3:17—Contemporary English Version



This phrase can be found in John 3:8.

QUESTION

How do the ideas in this section help you gain a better understanding of God and His reflection?

NOTES

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QUESTION



15 | Psalms 18:1, 6, 19

19 | 595:7-9 (to ;)

1 I will love thee, O Lord, my strength.  
 6 In my distress I called upon the Lord, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.  
 19 He brought me forth also into a large place; he delivered me, because he delighted in me.

16 | Zechariah 2:10, 11 (to :)

10 Sing and rejoice, O daughter of Zion: for, lo, I come, and I will dwell in the midst of thee, saith the Lord.  
 11 And many nations shall be joined to the Lord in that day, and shall be my people:

17 | Ezekiel 37:26

26 Moreover I will make a **covenant** of peace with them; it shall be an everlasting covenant with them: and I will place them, and multiply them, and will set my sanctuary in the midst of them for evermore.

18 | Matthew 14:14

14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick.

19 | Luke 6:6-10

6 And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered. 7 And the scribes and Pharisees watched him, whether he would heal on the sabbath day; that they might find an accusation against him. 8 But he knew their thoughts, and said to the man which had the withered hand, Rise up, and stand forth in the midst. And he arose and stood forth. 9 Then said Jesus unto them, I will ask you one thing; Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy it? 10 And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other.

20 | Psalms 48:9

9 We have thought of thy lovingkindness, O God, in the midst of thy temple.

**TEMPLE.** Body; the idea of Life, substance, and intelligence; the **superstructure** of Truth; the shrine of Love;

20 | 136:1-2, 32-1

1 Jesus established his church and maintained his mission on a spiritual foundation of Christ-healing.

1 teaching and demonstrating the truth of being. Jesus patiently persisted in

21 | 41:14, 28

The proofs of Truth, Life, and Love, which Jesus gave by casting out error and healing the sick, completed his earthly mission; but in the Christian Church this demonstration of healing was early lost, about three centuries after the crucifixion. No ancient school of philosophy, **materia medica**, or scholastic theology ever taught or demonstrated the divine healing of absolute Science.

The truth taught by Jesus, the elders **scoffed** at. Why? Because it demanded more than they were willing to practise. It was enough for them to believe in a national Deity; but that belief, from their time to ours, has never made a disciple who could cast out evils and heal the sick.

22 | 241:19-21

The substance of all devotion is the reflection and demonstration of divine Love, healing sickness and destroying sin.

23 | 35:19-25 2<sup>nd</sup> Our

Our church is built on the divine Principle, Love. We can unite with this church only as we are new-born of Spirit, as we reach the Life which is Truth and the Truth which is Life by bringing forth the fruits of Love, — casting out error and healing the sick.

24 | 418:5, 20

Stick to the truth of being in **contradistinction** to the error that life, substance, or intelligence can be in matter. Plead with an honest conviction of truth and a clear perception of the unchanging, unerring, and certain effect of divine Science. Then, if your fidelity is half equal to the truth of your plea, you will heal the sick.

Truth is affirmative, and confers harmony. All metaphysical logic is inspired by this simple rule of Truth, which governs all reality. By the truthful arguments you employ, and especially by the spirit of Truth and Love which you entertain, you will heal the sick.



diving deeper

In a discussion of Jesus's method of conquering mortal mind, Mary Baker Eddy mentions this healing. Check it out in *Unity of Good* 11:3-26.



- covenant:** promise; pledge; mutual agreement
- superstructure:** that which is built on something else or raised up on a foundation
- materia medica:** the study of the origin, preparation, and use of medicinal drugs and substances
- scoffed:** laughed hatefully or mockingly
- Eucharist:** ceremony remembering the Last Supper and the crucifixion
- contradistinction:** contrast



21 | Revelation 2:7

25 | 406:1-2



7 He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.

1 The Bible contains the recipe for all healing. "The leaves of the tree were for the healing of the nations."

22 | I Chronicles 29:11

11 Thine, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty: for all that is in the heaven and in the earth is thine; thine is the kingdom, O Lord, and thou art exalted as head above all.

26 | 120:4  
Soul, or Spirit, is God, unchangeable and eternal; and man coexists with and reflects Soul, God, for man is God's image.

23 | Zephaniah 3:15

15 The Lord hath taken away thy judgments, he hath cast out thine enemy: the king of Israel, even the Lord, is in the midst of thee: thou shalt not see evil any more.

27 | 173:12-13 (to 1<sup>st</sup>.)  
12 Neither the substance nor the manifestation of Spirit is obtainable through matter.

24 | Psalms 46:4, 5

4 There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. 5 God is in the midst of her; she shall not be moved: God shall help her, and that right early.

28 | 312:4  
Sense-dreams  
That which material sense calls intangible, is found to be substance. What to material sense seems substance, becomes nothingness, as the sense-dream vanishes and reality appears.

25 | Revelation 1:1

1 The Revelation of Jesus Christ, which God gave unto him, to shew unto his servants things which must shortly come to pass; and he sent and signified it by his angel unto his servant John:

29 | 556:1  
1 That which is real, is sustained by Spirit.

26 | Revelation 22:1, 2

1 And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. 2 In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

30 | 252:32  
I am Spirit. Man, whose senses are spiritual, is my likeness. He reflects the infinite understanding, for I am Infinity. The beauty of holiness, the perfection of being, imperishable glory, — all are Mine, for I am God. I give immortality to man, for I am Truth. I include and impart all bliss, for I am Love. 6 I give life, without beginning and without end, for I am Life. I am supreme and give all, for I am Mind. I am the substance of all, because I AM THAT I AM.



The Greek term *nikao*, translated here as "overcometh," means to subdue, conquer, or be victorious. What have you learned from this lesson about Spirit's ability to conquer a false sense of substance?

# NOTES

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# Internal distress vanished

**A**BOUT SIX YEARS AGO, I HAD AN EXPERIENCE in which a greater understanding of the true, spiritual concept of body, and of the Holy Ghost, brought immediate healing.

It was a Sunday, and that morning I had flown across the United States to my hometown. A memorial celebration for my dad had been planned for the next day. My dad, who was not a Christian Scientist, had been prominent in the community. When he passed, we organized a gathering for his many friends, family members, and colleagues to express their appreciation and pay their respects. I was to deliver one of the eulogies.

When I arrived, I found that a family member's lovingly motivated gesture toward me and others in the family had backfired and created a very difficult situation. With the help of a Christian Science practitioner, the immediate challenge

**Reasoning scientifically, I recognized that in order to be the temple of the Holy Ghost or divine Science, my body couldn't be material at all.**

was handled with grace and resolved. However, as I retired for the night, I continued to mentally rehearse the difficult events of the day, and concerns about what might happen at the next day's memorial and beyond began to creep in.

Then, in the middle of the night, I awakened feeling violently ill with some sort of painful internal distress. I was unable to sit, stand, or lie down comfortably, which was very frightening to me. Yet I knew that I could rely upon God for the healing inspiration I needed right then and there.

Because I'd been on a plane that morning, I hadn't been able to attend church, but I had been studying and praying with the ideas in that week's Christian Science Bible Lesson on the subject of "Soul and Body." A Bible passage from that Lesson flooded my thought: "Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (I Corinthians 6:19).

I recalled Mary Baker Eddy's definition of *temple* from the Glossary of *Science and Health with Key to the Scriptures*, which reads in part: "Body; the idea of Life, substance, and intelligence; the superstructure of Truth; the shrine of Love" (p. 595). Also in the Glossary, *Holy Ghost* is defined as "divine Science; the development of eternal Life, Truth, and Love" (p. 588).

Right then, I began to put those Glossary definitions together with St. Paul's words, "your body is the temple of the Holy Ghost," to discern their spiritual significance. I knew this Bible passage could not mean that the Holy Ghost, or divine Science, somehow animated or entered a material body to dwell there. Such an interpretation would be pantheistic. Reasoning scientifically, however, I recognized that in order to be the temple of the Holy Ghost or divine Science, my body couldn't be material at all; it must be a spiritual idea—the embodiment or expression of the qualities associated with the Holy Ghost. And therefore, the only thing that could be developing in me—in my true body or consciousness—was "eternal Life, Truth, and Love."

In the darkness of my hotel room, I began to consider what it meant spiritually to embody the qualities of divine Science. The first quality that came to thought was comfort. I reasoned that because the Holy Ghost is the divine Comforter, I must embody—express—comfort, rather than pain. One by one, I began to prayerfully consider the qualities associated with the divine Comforter, and there were many that came to thought, such as peace, love, restfulness, joy, grace, purity, holiness, vitality, gentleness, and strength. In my prayer, I affirmed that as God's spiritual, perfect man—His reflection—I embodied

CONTINUED ON NEXT PAGE

every one of the qualities of the Holy Ghost, or divine Comforter, and nothing unlike them. I knew that this was the foundation of my being—my true and only real body—and I could trust that this was the truth.

After what seemed like only a few minutes of prayerfully pondering these ideas, all sense of illness vanished, and I peacefully fell asleep. The next morning I awoke refreshed and well. I was able to greet everyone in attendance at the memorial with joy, compassion, and grace, knowing that in truth each one of them also embodied the qualities I had been prayerfully cherishing.

In delivering my eulogy, I felt such grace and poise. I recounted some of the sterling qualities my dad expressed, such as integrity, wisdom, intelligence, generosity, gentleness, faithfulness, strength, unselfishness, patience, humor, and most important, unconditional love. I said that in thinking about my dad's expression of these qualities, I'd begun to notice them more and more in others, and in myself. To me that was evidence of my dad's immortality. Thus, whenever I saw those qualities expressed, I could feel the presence of my Father with me. And although I didn't say it, what I meant

by "Father" in that context was God, the one and only eternal Father of all of us. As the Master, Christ Jesus, tells us, "Call no man your father upon the earth: for one is your Father, which is in heaven" (Matthew 23:9).

I am deeply grateful for this experience and what it showed me of God's tender, loving presence with us every moment. Even in what seems to be the darkest night of human fear and discord, divine Love, through the Holy Ghost and Christ, is continually unfolding to us the light of our eternal, spiritual identity—our real body—comfortable, harmonious, peaceful, and well.



This article was originally published in the **August 2017** issue of *The Christian Science Journal*. You can find this piece (and thousands more!) at [jsh.christianscience.com](http://jsh.christianscience.com).



We have hidden an image of a pearl [●] somewhere in the pages of myBibleLesson. HAPPY PEARL HUNTING!

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**COVER:** VisualCommunications/E+/Getty Images: man standing close to huge waterfall

**Page 6:** Anton Petrus/Moment/Getty Images: river in the mountains with green banks, mod.

**PEARL HINT:** Before you get suited up, make sure you're diving into the depths of Spirit, not the shallows of matter!

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