

November 21, 2018

From the King James Version of the Bible

Matt. 6:26, 31 (to 2nd ?)

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Therefore take no thought, saying, What shall we eat? or, What shall we drink?

Gen. 1:26, 29, 30 (to 1st :), 31 (to 1st .)

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. ... And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: And God saw every thing that he had made, and, behold, it was very good.

I Kings 17:1–5 (to :), 6

And Elijah the Tishbite, who was of the inhabitants of Gilead, said unto Ahab, As the Lord God of Israel liveth, before whom I stand, there shall not be dew nor rain these years, but according to my word. And the word of the Lord came unto him, saying, Get thee hence, and turn thee eastward, and hide thyself by the brook Cherith, that is before Jordan. And it shall be, that thou shalt drink of the brook; and I have commanded the ravens to feed thee there. So he went and did according unto the word of the Lord: And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook.

Dan. 1:3-6, 8, 10-15

And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the princes; Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom

they might teach the learning and the tongue of the Chaldeans. And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king. Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah: ... But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king. Then said Daniel to Melzar whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

II Kings 4:38-41

And Elisha came again to Gilgal: and there was a dearth in the land; and the sons of the prophets were sitting before him: and he said unto his servant, Set on the great pot, and seethe pottage for the sons of the prophets. And one went out into the field to gather herbs, and found a wild vine, and gathered thereof wild gourds his lap full, and came and shred them into the pot of pottage: for they knew them not. So they poured out for the men to eat. And it came to pass, as they were eating of the pottage, that they cried out, and said, O thou man of God, there is death in the pot. And they could not eat thereof. But he said, Then bring meal. And he cast it into the pot; and he said, Pour out for the people, that they may eat. And there was no harm in the pot.

Matt. 14:14-21

And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick. And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals. But Jesus said unto them, They need not depart; give ye them to eat. And they say unto him, We have here but five loaves, and two fishes. He said, Bring them hither to me. And he commanded the multitude to sit down on the grass, and took

the five loaves, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude. And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full. And they that had eaten were about five thousand men, beside women and children.

I Cor. 8:8

But meat commendeth us not to God: for neither, if we eat, are we the better; neither, if we eat not, are we the worse.

Rom. 14:17

For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

From Science and Health with Key to the Scriptures, by Mary Baker Eddy

SH 530:5–12

In divine Science, man is sustained by God, the divine Principle of being. The earth, at God's command, brings forth food for man's use. Knowing this, Jesus once said, "Take no thought for your life, what ye shall eat, or what ye shall drink," — presuming not on the prerogative of his creator, but recognizing God, the Father and Mother of all, as able to feed and clothe man as He doth the lilies.

SH 277:13-21

Natural history presents vegetables and animals as preserving their original species, — like reproducing like. A mineral is not produced by a vegetable nor the man by the brute. In reproduction, the order of genus and species is preserved throughout the entire round of nature. This points to the spiritual truth and Science of being. Error relies upon a reversal of this order, asserts that Spirit produces matter and matter produces all the ills of flesh, and therefore that good is the origin of evil.

SH 469:1–3

Life is neither in nor of matter. What is termed matter is unknown to Spirit, which includes in itself all substance and is Life eternal.

SH 388:12–24, 31–5

Admit the common hypothesis that food is the nutriment of life, and there follows the necessity for another admission in the opposite direction, — that food has power to destroy Life, God, through a deficiency or an excess, a quality or a quantity. This is a specimen of the ambiguous nature of all material health-theories. They are self-contradictory and self-destructive, constituting a “kingdom divided against itself,” which is “brought to desolation.” If food was prepared by Jesus for his disciples, it cannot destroy life. The fact is, food does not affect the absolute Life of man, and this becomes self-evident, when we learn that God is our Life. If mortals think that food disturbs the harmonious functions of mind and body, either the food or this thought must be dispensed with, for the penalty is coupled with the belief. Which shall it be? If this decision be left to Christian Science, it will be given in behalf of the control of Mind over this belief and every erroneous belief, or material condition.

SH 389:13-21

Our dietetic theories first admit that food sustains the life of man, and then discuss the certainty that food can kill man. This false reasoning is rebuked in Scripture by the metaphors about the fount and stream, the tree and its fruit, and the kingdom divided against itself. If God has, as prevalent theories maintain, instituted laws that food shall support human life, He cannot annul these regulations by an opposite law that food shall be inimical to existence.

SH 220:22-32

A clergyman once adopted a diet of bread and water to increase his spirituality. Finding his health failing, he gave up his abstinence, and advised others never to try dietetics for growth in grace. The belief that either fasting or feasting makes men better morally or physically is one of the fruits of “the tree of the knowledge of good and evil,” concerning which God said, “Thou shalt not eat of it.” Mortal mind forms all conditions of the mortal body, and controls the stomach, bones, lungs, heart, blood, etc., as directly as the volition or will moves the hand.

SH 221:1-22, 29-3

I knew a person who when quite a child adopted the Graham system to cure dyspepsia. For many years, he ate only bread and vegetables, and drank nothing but water. His dyspepsia increasing, he decided that his diet should be more rigid, and thereafter he partook of but one meal in twenty-four hours, this meal consisting of only a thin slice of bread without water. His physician also recommended that he should not wet his parched throat until three hours after eating. He passed many weary years in hunger and weakness, almost in starvation, and finally made up his mind to die, having exhausted the skill of the doctors, who kindly informed him that death was indeed his only alternative. At this point Christian Science saved him, and he is now in perfect health without a vestige of the old complaint. He learned that suffering and disease were the self-imposed beliefs of mortals, and not the facts of being; that God never decreed disease, — never ordained a law that fasting should be a means of health. Hence semi-starvation is not acceptable to wisdom, and it is equally far from Science, in which being is sustained by God, Mind. This new-born understanding, that neither food nor the stomach, without the consent of mortal mind, can make one suffer, brings with it another lesson, — that gluttony is a sensual illusion, and that this phantasm of mortal mind disappears as we better apprehend our spiritual existence and ascend the ladder of life.

SH 273:10-15

Divine Science reverses the false testimony of the material senses, and thus tears away the foundations of error. Hence the enmity between Science and the senses, and the impossibility of attaining perfect understanding till the errors of sense are eliminated.

SH 268:6–9

Belief in a material basis, from which may be deduced all rationality, is slowly yielding to the idea of a metaphysical basis, looking away from matter to Mind as the cause of every effect.

SH 278:1-11

Is Spirit the source or creator of matter? Science reveals nothing in Spirit out of which to create matter. Divine metaphysics explains away matter. Spirit is the only substance and consciousness recognized by divine Science. The material senses oppose this, but there are no material senses, for matter has no mind. 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.

SH 170:14-17

The demands of Truth are spiritual, and reach the body through Mind. The best interpreter of man's needs said: "Take no thought for your life, what ye shall eat, or what ye shall drink."

SH 254:8-10

To stop eating, drinking, or being clothed materially before the spiritual facts of existence are gained step by step, is not legitimate.

SH 388:24-30

Because sin and sickness are not qualities of Soul, or Life, we have hope in immortality; but it would be foolish to venture beyond our present understanding, foolish to stop eating until we gain perfection and a clear comprehension of the living Spirit. In that perfect day of understanding, we shall neither eat to live nor live to eat.

Hymn. 201:1-4

Hymn. 162:1-5

Hymn. 330:1-4