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## The healing power of the Scriptures

By Elise L. Moore

From the time I was six years old, I wanted to read the Bible straight through. I remember starting with the first chapter of Genesis, and loving the thought of God creating everything good. Then I went on to other chapters, but I rarely read beyond the middle of Genesis before school or other activities encroached on my time. Months later, I'd begin again. It was after college when I finally finished reading all 66 books of the Bible in sequence.

My dad always recommended the New Testament, which I frequently read. But I intuitively felt that Jesus' healings and teachings were rooted in the spiritual growth recorded in the Old Testament.

An invaluable companion to my Bible study was *Science and Health with Key to the Scriptures* by Mary Baker Eddy. This book provided a method of looking at the Bible spiritually that I could understand even as a child. Reading Mrs. Eddy's spiritual interpretation of Scriptural passages formed a solid foundation for doing my own prayer and spiritual thinking. As a result, the genealogies in the Old Testament, and the many battles portrayed there, which some people complain about, didn't bother me.

To me, the genealogies symbolized that each individual is special to God, and is never forgotten. And the battles represented lessons in spiritual warfare. I could see that it wasn't the people, but the thoughts they represented, that were either good or bad. Evil behavior, dishonesty, sin, weren't to be toyed with, but destroyed. So I looked for spiritual meanings and relevant messages in Biblical stories—first as a child, and later as an adult.

Whenever I faced a perplexing problem, often my first prayer was to ask which Bible character had faced a similar situation. I looked for the spiritual ideas that helped that individual, and then tried to see how those same inspired thoughts would help *me*. For example, when I was being sexually harassed at work after I reached adulthood, I thought of how Daniel was safe even in the lions' den.

Daniel felt there was power and strength in innocence. His conviction in the power of good protected him. And so he could say, "My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me: forasmuch as before him innocency was found in me; and also before thee, O king, have I done no hurt." <sup>1</sup> I felt increasingly convinced that God was sending "angel messages" to me and to others who needed them. These spiritual revelations would protect me as well as the harassers. And so it proved.

Another time, when I felt unfairly persecuted and my job was in jeopardy, I thought of the Old Testament character, Joseph. He was thrown unfairly into a pit and later into a prison, but no matter what happened, his career was furthered by every incident. Suddenly I perceived that the pit and the prison had been a protection, not a punishment. God was protecting him from harmful influences, and promoting him through divine rather than human means. "This spiritual insight helped me pray more effectively, and the situation was completely resolved.

Then there are my two favorite, although unrelated, Old Testament characters: Abigail and Ebedmelech. These two individuals aren't well known, but to me, they represent the kind of fearlessness and moral courage that a spiritual healer needs in the face of disease and sin.

After her husband had aggressively insulted David, Abigail stopped David from massacring her household through quick action, humility, and a certainty of God's goodness.<sup>2</sup> Like Abigail, the spiritual healer needs to be unafraid and humble. It's God's power, not human ability, that transforms character. Abigail's inspired counsel to David seems relevant to anyone who wants healing. For example, think about this statement with patient and healer in mind: "The soul of my lord [the patient] shall be bound in the bundle of life with the Lord thy God; and the souls of thine enemies [sin and sickness], them shall he[God] sling out, as out of the middle of a sling." Abigail spoke to David's godly nature and trusted divine Truth to stir his heart and do the rest. Similarly, both the person praying and the one being prayed for can feel the power of God's presence working in their lives and can experience His transforming power. God is able to utterly destroy sickness and sling it out of the experience of the patient, forever.

But the healer's inspiration and understanding must be kept fresh and clear. If one feels one's larder is low, then now is the time to replenish it by an in-depth study of the Bible and *Science and Health with Key to the Scriptures*. Through these two books, it is possible to plant seeds of spiritual understanding that will grow

and mature into useful, healing ideas.

Ebedmeuech represents another type of fearlessness and moral courage.<sup>4</sup> The Old Testament prophet Jeremiah incurred the wrath of the politically powerful by pointing out their disobedience to God. Lowered into a dark miry pit, Jeremiah's situation seemed hopeless. Enter Ebedmelech, a eunuch who worked in the king's house. Convinced of Jeremiah's righteousness and the wrongness of his imprisonment, Ebedmelech reasoned with King Zedekiah. It wasn't easy, but he obtained permission to rescue Jeremiah from the pit and move him to a place safe from his enemies.

This story emboldens me—as a healer—to argue mentally and immediately against any form of evil. Regardless of how many people believe in the inevitability of disease or disaster, one individual who understands something of the power of God on earth can help rescue a beleaguered patient. It's not the human effort but divine revelation that lifts the patient out of the dungeon of materiality or disease.

What are the spiritual truths that heal physically and save mentally? One way to discover spiritual ideas that elevate thought and heal the body, is to look for Bible verses or statements in *Science and Health* that describe what God is and does, and what each of us is as His likeness.

Actions that contribute to healing include praising God, giving thanks, recognizing His goodness, and being obedient to His commandments. If one understands something of what God is and does, and one's relation to God, this clears the way for divine healing.

Psalm 107 helps me see this. Almost every verse describes either what God does or what people are to do. God redeems, gathers, delivers, leads, saves, heals, blesses, and so forth. You and I are to give thanks, praise the Lord for His goodness and for His wonderful works, call to the Lord for help, appreciate His works, and so forth.

Once, a person I know was suddenly unable to walk and was in terrible pain. He asked me to give him Christian Science treatment and decided to devote the next day entirely to studying the Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Many years before, this individual had read *Science and Health* from cover to cover. The spiritual explanations that Mrs. Eddy gave of the Bible had helped him understand passages in the Bible that had eluded him previously. *Science and Health* had honestly proved to be a key to the Bible

for him.

I asked him to consider as he read, what God is and is doing, and what he is as God's reflection. I also mentioned Psalm 107. The person confidently read various Scriptures and pages in *Science and Health* that were meaningful to him. By the next morning, he was completely and permanently healed. Realizing more of what God is and does, and his own inseparable relationship to God, healed him physically.

The Scriptures point out the process of spiritual growth and illustrate the value of overcoming evil thoughts with good ones. As Mrs. Eddy discovered and proved in her own healing work, "The Bible contains the recipe for all healing." <sup>5</sup> This is a recipe any one can learn to use in conjunction with *Science and Health* as a key to the Scriptures, and obtain healing results.

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<sup>1</sup>Dan, 6:22. <sup>2</sup> See I Sam., chap. 25. <sup>3</sup> I Sam 25:29. <sup>4</sup> See Jer. 38:1-13.

<sup>5</sup> *Science and Health*, p. 406.