

2021年5月3日– 5月9日

亚当与坠落之人

金句:

诗篇 78:19 神在, 25 他赐下

..... 神在旷野岂能摆设筵席吗?
..... 他赐下粮食, 使他们饱足。

回应式诵读:

诗篇 34:1, 7, 8

申命记 5:1; 8:2, 3, 7, 9 (至第一个。), 10

1 我要时时称颂 耶和華；赞美他的话必常在我口中。

7 耶和華的天使在敬畏他的人四围安营，搭救他们。

8 你们来尝，便见 耶和華是美善了；投靠他的人有福了。

1 摩西将以色列众人召了来，对他们说：「以色列哪，我今日晓谕你们的律例典章，你们要可以学习，谨守遵行。

2 你也要记念 耶和華—你的 神在旷野引导你这四十年，是要使你谦卑，试验你，要知道心内如何，肯守他的诫命不肯。

3 他使你谦卑，任你饥饿，将你和你列祖所不认识的吗哪赐给你吃，使你知道，人活着不是食物，乃是靠 耶和華口里所出的一切话。

7 因为 耶和華—你 神领你进入美地，那地有河，有泉，有源，从山谷中流出水来。

9 你在那地不缺食物，一无所缺。

10 你吃得饱足，就要称颂 耶和華—你的 神，因他将那美地赐给你了。

1

Bible

(1) Genesis 1:27 God, 29, 31 God (to 1st.)

27 God created man in his own image, in the image of God created he him; male and female created he them.
29 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.
31 God saw every thing that he had made, and, behold, it was very good.

(2) Psalms 49:1, 4 (to :)

1 Hear this, all ye people; give ear, all ye inhabitants of the world:
4 I will incline mine ear to a parable:

(3) Genesis 2:6-9 there, 21, 22

6 there went up a mist from the earth, and watered the whole face of the ground.
7 And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.
8 And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed.
9 And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.
21 And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof;
22 And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man.

(4) Genesis 3:1-6, 13, 17 (to 1st :)

1 Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?
2 And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:

1

圣经

(1) 创世记 1:27, 29, 31 (至第一个。)

27 神就照着自己的形象造人，乃是照着 神的形象造男女。
29 神说：「看哪，我将遍地上一切结种子的菜蔬和一切树所结有核的果子全赐给你们作食物。
31 神看着一切所造的都见甚好。

(2) 诗篇 49:1, 4 (至 :)

1 众民哪，你们都当听这话。世上一切的居民，
4 我要侧耳听比喻，

(3) 创世记 2:6-9 有, 21, 22

6 有雾气从地上腾，滋润遍地。
7 耶和华神用地上的尘土造人，将生气吹在他鼻孔里，他就成了有魂的活人，名叫亚当。
8 耶和华神在东方的伊甸立了一个园子，把所造的人安置在那里。
9 耶和华神使各样的树从地里长出来，可以悦人的眼目，其上的果子好作食物。园子当中又有生命树和分别善恶的树。
21 耶和华神使亚当沉睡，他就睡了；于是取下他的一条肋骨，又把肉合起来。
22 耶和华神就用那人身上所取的肋骨造成一个女人，领她到那人跟前。

(4) 创世记 3:1-6, 13, 17 (至 :)

1 耶和华神所造的，唯有蛇比田野一切的活物更狡猾。蛇对女人说：「神岂是真说不许你们吃园中所有树上的果子吗？」
2 女人对蛇说：「园中树上的果子，我们可以吃，

3 But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

4 And the serpent said unto the woman, Ye shall not surely die:

5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

6 And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

13 And the Lord God said unto the woman, What is this that thou hast done? And the woman said, The serpent beguiled me, and I did eat.

17 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake;

3 唯有园当中那棵树上的果子，神曾说：『你们不可吃，也不可摸，免得你们死。』」

4 蛇对女人说：「你们不一定死；

5 因为神知道，你们吃的日子眼睛就开了，你们便如众神一样，能知道善恶。」

6 于是女人见那棵树的果子好作食物，也悦人的眼目，且是可喜爱的，能使人有智慧，就摘下果子来吃了，又给同她一；的丈夫，她丈夫也吃了。

13 耶和华神对女人说：「你所作的是什么事呢？」女人说「那蛇诱骗我，我就吃了。」

17 又对亚当说：你既听从你妻子的话，吃了我所吩咐你说『不可吃』的那树上的果子，地必为你的缘故受咒诅；

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

(1) 525:20-21, 22-24

No baneful creation

Everything good or worthy, God made.

In the Science of Genesis we read that He saw everything which He had made, "and, behold, it was very good."

(2) 522:3-4

The Science of the first record proves the falsity of the second.

(3) 214:9-10

Adam, represented in the Scriptures as formed from dust, is an object-lesson for the human mind.

(4) 92:11-16

Knowledge of good and evil

In old Scriptural pictures we see a serpent coiled around the tree of knowledge and speaking to Adam and Eve. This represents the serpent in the act of commending to our first parents the knowledge of good and evil, a knowledge gained from matter, or evil, instead of from Spirit.

科学与健康附圣经之钥匙 玛丽·贝格·爱迪著

(1) 525:20-21, 22-24

所创造的全无害

所有好的或可敬的，是神所创造。

在《创世记》的‘科学’上，我们读到，祂看到一切祂所造的，“都见甚好”。

(2) 522:3-4

第一个记载的‘科学’，证明第二个记载的虚假。

(3) 214:9-10

亚当，在经文中代表为由尘土所造的，对人类心灵而言是个实际的课例。

(4) 92:11-16

善与恶的知识

在古老的经文画面中我们看见一条蛇盘绕在知识树上，并对亚当和夏娃说话。这表现了那条蛇向我们最初的先祖对善与恶知识的鼓推行为，是从物质或邪恶得取的知识，而不是从灵所得的知识。

(5) 165:2

Evil declared that eating this fruit would open man's eyes and make him as a god. Instead of so doing, it closed the eyes of mortals to man's God-given dominion over the earth.

(6) 338:27

Jehovah declared the ground was accursed; and from this ground, or matter, sprang Adam, notwithstanding God had blessed the earth "for man's sake." From this it follows that Adam was not the ideal man for whom the earth was blessed. The ideal man was revealed in due time, and was known as Christ Jesus.

2

Bible

(5) Matthew 3:16 Jesus. 17

16 Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him:

17 And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.

(6) Matthew 4:1-11

1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.

2 And when he had fasted forty days and forty nights, he was afterward an hungered.

3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple,

6 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

7 Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God.

(5) 165:2

邪恶宣称吃了此果便会打开人的眼睛，并使他如一个神。这样做反而，使必朽者对神所赋予人在地上的权柄闭上了眼睛。

(6) 338:27

耶和華宣告，地被詛咒；而从此地，或物质，冒出亚当，且神“因人的缘故”已祝福了大地。由此确定亚当便不是那为了他而大地被恩赐的理想之人。那理想之人在适当的时候被揭示了，而且得以认知是基督耶稣。

2

圣经

(5) 马太福音 3:16, 17

16 耶稣受了浸，随即从水里上来；诸天忽然为他开了，他就看见神的灵仿佛鸽子降下，落在他身上；

17 看哪，从天上有声音说：「这是我的爱子，我所喜悦的。」

(6) 马太福音 4:1-11

1 当时，耶稣被灵引到旷野，受魔鬼的试探。

2 他禁食四十昼夜，后来就饿了。

3 那试探人的进到他前来，他说：「你若是神的儿子，就吩咐这些石头变成食物。」

4 耶稣却回答说：「经上記着说：人活着，不是单靠食物，乃靠神口里所出的一切话。」

5 魔鬼就带他进了圣城，使他站在殿顶上，

6 对他说：「你若是神的儿子，可以跳下去；因为经上記着说：『主要为你嘱咐他的天使；他们就必用手扶着你，免得你的脚什么时候碰着石头。』」

7 耶稣对他说：「经上又记着说：『你不可试探主—你的神。』」

8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them;
9 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.
10 Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.
11 Then the devil leaveth him, and, behold, angels came and ministered unto him.

(7) II Corinthians 11:3 I fear

3 I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ.

(8) I Corinthians 15:22 as

22 as in Adam all die, even so in Christ shall all be made alive.

Science and Health

(7) 25:16-19

Effective triumph

Jesus presented the ideal of God better than could any man whose origin was less spiritual. By his obedience to God, he demonstrated more spiritually than all others the Principle of being.

(8) 564:14-16

Since Jesus must have been tempted in all points, he, the immaculate, met and conquered sin in every form.

(9) 346:2

God's idea the ideal man

When man is spoken of as made in God's image, it is not sinful and sickly mortal man who is referred to, but the ideal man, reflecting God's likeness.

8 魔鬼又带他上了一座极高的山，将世上的列国与列国的荣华都指给他看；
9 对他说：「你若俯伏敬拜我，我就把这一切都赐给你。」
10 当下耶稣对他说：「撒但，退去吧。因为经上记着说：『拜主—你的神，单要事奉他。』」
11 于是，魔鬼离了耶稣，忽然有天使来伺候他。

(7) 哥林多后书 11:3

3 我只怕你们的心或偏于邪，失去那在基督里所存纯一的心，就像蛇用诡诈诱骗了夏娃一样。

(8) 哥林多前书 15:22

22 在亚当里众人都死了；照样，在基督里众人也都要复活

科学与健康

(7) 25:16-19

有效的得胜

耶稣比任何在本源上灵性较少的人，更能显示神的理想。：着遵从神，他比所有其他人更加在灵性上显示了灵性存在的原则。

(8) 564:14-16

因为耶稣必已在各方面受过试探，他，那无瑕的，在每一形上，面对罪恶并征服罪恶。

(9) 346:2

神的意念，理想之人

当人被论及为神所创造的形象，其并非被指称为罪恶及病弱的必朽之人，而是反映着神样式的，那理想之人。

(10) 171:4

Paradise regained

Through discernment of the spiritual opposite of materiality, even the way through Christ, Truth, man will reopen with the key of divine Science the gates of Paradise which human beliefs have closed, and will find himself unfallen, upright, pure, and free, not needing to consult almanacs for the probabilities either of his life or of the weather, not needing to study brainology to learn how much of a man he is.

(11) 299:18-20

Knowledge gained from material sense is figuratively represented in Scripture as a tree, bearing the fruits of sin, sickness, and death.

(12) 174:9-14

Rise of thought

The footsteps of thought, rising above material standpoints, are slow, and portend a long night to the traveller; but the angels of His presence — the spiritual intuitions that tell us when “the night is far spent, the day is at hand” — are our guardians in the gloom.

3

Bible

(9) Job 22:12 (to ?), 29

12 Is not God in the height of heaven?
29 When men are cast down, then thou shalt say, There is lifting up; and he shall save the humble person.

(10) Matthew 4:23

23 And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

(11) Matthew 5:1, 2, 5, 6, 8

1 And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him:
2 And he opened his mouth, and taught them, saying,
5 Blessed are the meek: for they shall inherit the earth.

(10) 171:4

重获乐园

通过识别物质的灵性反面，亦即经由 基督，真理之道，将会用神性科学的钥匙重开被人类信念关闭了的乐园之门，并会发觉自己是没有坠落的、是正直、洁净和自由的，不需要为他的生命或天气可能发生的事查考历书，不需要去研读大脑学来认识他是怎样的人。

(11) 299:18-20

由物质意识上所获的知识，在经文中被借喻代表为一棵树，结着罪恶、疾病和死亡的果子。

(12) 174:9-14

思想的提升

提升于物质立足点之上的思想步伐，是缓慢的，并对旅行者预示着一个长夜；但祂面前的天使——即灵性直觉告诉我们当“黑夜已深，白昼将近”——那些天使是我们在阴暗中的守护者。

3

圣经

(9) 约伯记 22:12 (至 ?), 29

12 神岂不是在高天吗？
29 人降卑的时候，你仍可说：必得高升；谦卑的人，他必然救。

(10) 马太福音 4:23

23 耶稣走遍加利利，在各会堂里教训人，传天国的福音，医治百姓中间各样的病症。

(11) 马太福音 5:1, 2, 5, 6, 8

1 耶稣看见这许多的人，就上了山；他既顿下，他的门徒到跟前来；
2 他就开口教训他们，说：
5 温柔的人有福了。因为他们必承受地土。

6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.
8 Blessed are the pure in heart: for they shall see God.

(12) Psalms 22:26

26 The meek shall eat and be satisfied: they shall praise the Lord that seek him: your heart shall live for ever.

Science and Health

(13) 470:18

The standard of perfection was originally God and man. Has God taken down His own standard, and has man fallen?

(14) 325:7

Jesus gave the true idea of being, which results in infinite blessings to mortals.

(15) 271:21

New Testament basis

When the Science of Christianity appears, it will lead you into all truth. The Sermon on the Mount is the essence of this Science, and the eternal life, not the death of Jesus, is its outcome.

(16) 259:6 The

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

(17) 272:3-5

The spiritual sense of truth must be gained before Truth can be understood. This sense is assimilated only as we are honest, unselfish, loving, and meek.

6 饥渴慕义的人有福了。因为他们必得饱足。
8 心中纯净的人有福了。因为他们必得见 神。

(12) 诗篇 22:26

26 谦卑的人必吃得饱足；寻求 耶和華的人必赞美他；你们的心必永远活着。

科学与健康

(13) 470:18

神与人本来就是完美的标准。难道 神已降低祂自己的标准，而人坠落了吗？

(14) 325:7

耶稣赠予灵性存在的真意念，为必朽者带来无限恩赐。

(15) 271:21

《新约》为本

当基督信仰的‘科学’呈现，其会引领你进一切真理。山上宝训是这‘科学’的精髓，并非耶稣的死亡，而是永恒的生命，才是其结果。

(16) 259:6 神性本性

神性本性被最佳地表达在 基督耶稣上，他向必朽者投出 神更真的反影，并将他们的生活提升高于他们贫乏思想模式所容许的，——那思想模式表现人是坠落的、生病的、犯罪的和亡的。在科学上灵性存在及神性疗愈该基督般的理解，包括完美的 原则与意念——也就是完美的 神和完美的人——来作为思想和显示的基础。

(17) 272:3-5

必须先获得真理的灵性意识，才能理解 真理。只有我们忠诚、无私、慈爱、及谦逊，这意识才被吸收到。

4

Bible

(13) Psalms 91:2, 11 he

2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.
11 he shall give his angels charge over thee, to keep thee in all thy ways.

(14) Matthew 6:25 Take, 26 (to .), 33

25 Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?
26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them.
33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Science and Health

(18) 507:3-6

Spirit duly feeds and clothes every object, as it appears in the line of spiritual creation, thus tenderly expressing the fatherhood and motherhood of God.

(19) 530:5

Divine providence

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.

(20) 220:26-30

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."

4

圣经

(13) 诗篇 91:2, 11 他要

2 我要论到 耶和华说：他是我的避难所，是我的山寨，是我的神，是我所倚靠的。
11 他要为你嘱咐他的天使，在你行的一切道路上保护你。

(14) 马太福音 6:25『你们, 26 (至第二个。), 33

25『你们不要为生命忧虑自己吃什么，喝什么；也不要为身体忧虑你们穿什么。』生命不基于饮食吗？身体不基于衣服吗？
26 你们看那天上的飞鸟。飞鸟也不种，也不收，也不积蓄在仓里；你们的 天父尚且养活它们。
33 但你们要先求 神的国，和他的义；这些东西都要加给你们了。

科学与健康

(18) 507:3-6

灵适当地提供衣食给每个对象，如其在灵性受造的该次序中所显现的，关爱地表达着 神的父性与母性。

(19) 530:5

神性天意

在神性科学上，人由 神，由灵性存在的神性 原则所支持。大地，照 神的吩咐，产出食物供人食用。因对此悉知，耶稣曾说道：“你们不要为生命忧虑自己吃什么，喝什么，”——不 需假定他创造者的特权，而是辨识 神，即一切的 父与 ；其能够供人衣食如祂对百合花所作的。

(20) 220:26-30

禁食或暴食使人在道德上或体格上更好，那信念是“分别善恶树”的其中一个果子，对此， 神说：“你不可吃。”

(21) 232:19

Jesus never taught that drugs, food, air, and exercise could make a man healthy, or that they could destroy human life; nor did he illustrate these errors by his practice. He referred man's harmony to Mind, not to matter, and never tried to make of none effect the sentence of God, which sealed God's condemnation of sin, sickness, and death.

(22) 258:27

Individual permanency

Never born and never dying, it were impossible for man, under the government of God in eternal Science, to fall from his high estate.

5

Bible

(15) Proverbs 23:6

6 Eat thou not the bread of him that hath an evil eye, neither desire thou his dainty meats:

(16) I John 2:15-17

15 Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

17 And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.

Science and Health

(23) 521:12

The harmony and immortality of man are intact. We should look away from the opposite supposition that man is created materially, and turn our gaze to the spiritual record of creation, to that which should be engraved on the understanding and heart "with the point of a diamond" and the pen of an angel.

(21) 232:19

耶稣从没有教导过，药物、食物、空气和运动能使一个人健康，或者它们能毁灭人类的生命；也没有以他的行事举例说明这些谬误。他将人的和谐归因于心灵，而非物质，其从没图使神的判决无效，而判决确定了神对罪恶、疾病和死的定罪。

(22) 258:27

独特性永久

人既无出生也无死亡，在永恒‘科学’上人由神治理，人自其高位掉落，本就不可能。

5

圣经

(15) 箴言 23:6

6 不要吃恶眼人的饼，也不要贪他的美食；

(16) 约翰一书 2:15-17

15 不要爱世界和世界上的事。人若爱世界，爱父的心就不在他里面了。

16 因为凡世界上的事，就像肉体的情欲，眼目的情欲，并今生的骄傲，都不是从父来的，乃是从世界来的。

17 这世界和其上的情欲都要过去；唯独遵行神旨意的，是永远常存。

科学与健康

(23) 521:12

人的和谐与不朽性是完好无缺的。我们应从人被物质地创造，那相反的假设上转望，将我们的注视转向那受造的灵性记录上，那记录应“用钻石尖”与天使之笔铭刻在理解上和心里。

(24) 196:31-2

The press unwittingly sends forth many sorrows and diseases among the human family. It does this by giving names to diseases and by printing long descriptions which mirror images of disease distinctly in thought.

(25) 197:5

Pangs caused by the press

A minutely described disease costs many a man his earthly days of comfort. What a price for human knowledge! But the price does not exceed the original cost. God said of the tree of knowledge, which bears the fruit of sin, disease, and death, "In the day that thou eatest thereof thou shalt surely die."

(26) 476:13-15, 21-22

Mortals are not fallen children of God. They never had a perfect state of being, which may subsequently be regained. Learn this, O mortal, and earnestly seek the spiritual status of man, which is outside of all material selfhood.

6

Bible

(17) Jeremiah 3:1 return again, 15

1 return again to me, saith the Lord.
15 And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding.

(18) Psalms 119:89, 103

89 For ever, O Lord, thy word is settled in heaven.
103 How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!

(19) Psalms 28:9

9 Save thy people, and bless thine inheritance: feed them also, and lift them up for ever.

(24) 196:31-2

报刊不经意地发送出很多哀伤和病患到人类家庭中。这是通过给病患命名及刊登长篇的描述，其显然在思想上反映出病患形象。

(25) 197:5

由报刊导致的痛苦

被详细描述病患虚耗很多人其世上安逸的日子。人类知识的代价是多么大啊！但这代价也超过其原本的损失。神说有关分别善恶的树，其结罪恶、病患和死亡的果子，“在你吃的日子，你必定死”。

(26) 476:13-15, 21-22

必朽的不是 神坠落的孩子。必朽的不曾有过灵性存在的完美状况，而其随后或可复得。必朽的啊，对此认识，并恳切地寻求人的灵性地位吧，其是在所有物质本身之外。

6

圣经

(17) 耶利米书 3:1 归向, 15

1 归向我。这是 耶和華说的。
15 我也必将合我心的牧者赐给你们。他们必以知识和智慧牧养你们。」

(18) 诗篇 119:89, 103

89 耶和華啊，你的话安定在天，直到永远。
103 你的言语于我何等甘美，在我口中比蜜更甜。

(19) 诗篇 28:9

9 求你拯救你的百姓，赐福给你的产业，牧养他们，扶持他们，直到永远。

(20) Revelation 10:1, 2 (to :), 8-10 (to :)

1 And I saw another mighty angel come down from heaven, clothed with a cloud: and a rainbow was upon his head, and his face was as it were the sun, and his feet as pillars of fire:
2 And he had in his hand a little book open:
8 And the voice which I heard from heaven spake unto me again, and said, Go and take the little book which is open in the hand of the angel which standeth upon the sea and upon the earth.
9 And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth sweet as honey.
10 And I took the little book out of the angel's hand, and ate it up;

Science and Health

(27) 558:9-10

This angel or message which comes from God, clothed with a cloud, prefigures divine Science.

(28) 559:1-2, 19

This angel had in his hand "a little book," open for all to read and understand.
Mortals, obey the heavenly evangel. Take divine Science. Read this book from beginning to end. Study it, ponder it. It will be indeed sweet at its first taste, when it heals you; but murmur not over Truth, if you find its digestion bitter. When you approach nearer and nearer to this divine Principle, when you eat the divine body of this Principle, — thus partaking of the nature, or primal elements, of Truth and Love, — do not be surprised nor discontented because you must share the hemlock cup and eat the bitter herbs; for the Israelites of old at the Paschal meal thus prefigured this perilous passage out of bondage into the El Dorado of faith and hope.

(29) 234:4

Crumbs of comfort

Whatever inspires with wisdom, Truth, or Love — be it song, sermon, or Science — blesses the human family with crumbs of comfort from Christ's table, feeding the hungry and giving living waters to the thirsty.

(20) 启示录 10:1, 2 (至。), 8-10 (至第二个。)

1 我又看见另有一个大能的天使从天降下，披着云彩，头上有虹，脸面仿佛日头，两脚像火柱。
2 他手里拿着小书卷，是展开的。
8 我先前从天上所听见的那声音又对我说：「你去，把那脚踏地之天使手中展开的小书卷取过来。」
9 我就走到天使那里，对他说：「请你把小书卷给我。」他对说：「你拿着吃尽了，便叫你肚子发苦，然而在你口中要甜蜜。」
10 我从天使手中把小书卷接过来，吃尽了，

科学与健康

(27) 558:9-10

这自 神而来的天使，或信息，披着云彩，预示神性科学。

(28) 559:1-2, 19

这天使手里拿着“小书卷”，打开让所有人来阅读和理解。必朽者，遵从天上的福音。采纳神性科学。从头到尾阅读此书。要研读它，要思索它。当它治愈你时，最初的滋味确实是甘甜的；但如果你发觉其消化发苦，别对 真理抱怨。当你越来越接近这神性 原则，当你吃下这 原则的神性身体，——从而参与 真理和 爱的本性，即根本元素，——就不要因为你必须分饮毒堇之杯和吃苦菜而惊异或不满；因旧日以色列人在逾越节的餐上，以此预示这脱离奴役的危险旅途，而进入信心和希望的黄金国。

(29) 234:4

安慰的碎屑

凡受智慧、真理或 爱启发的——无论是歌曲、布道或‘科学’——以自 基督桌上安慰的碎屑来恩赐人类家庭，牧养饥饿的，也给活水予干渴的。

(30) 476:28-32

The kingdom within

When speaking of God's children, not the children of men, Jesus said, "The kingdom of God is within you;" that is, Truth and Love reign in the real man, showing that man in God's image is unfallen and eternal.

(30) 476:28-32

国在心里

当言及并非人的儿女，而是神的儿女时，耶稣说：“神的国就在你们里面；”就是，真理与爱管治真实的人，显示着在神的形象，是不坠落且永恒的。

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