

BIBLE LESSON SUNDAY SCHOOL WORKBOOK

SOUL AND BODY

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Designed for those in Junior High and beyond

These lessons are merely suggestions or aids when teaching a class. I always begin my class by asking the students if they have anything they want to discuss; healings, challenges, etc. I always get to SS early enough to talk to the kids before the bell goes off – this gives me the opportunity to hone in on what's going on in their lives, at home, school, etc. Sometimes we start talking about a question they have asked and I never get to question number one on my prepared lesson – which is fine with me; because we never want to forget it's their SS class. I want them to do most of the talking, ask questions of each other, etc. I usually ask what their goals are – name 5 or more things they want to learn in SS. I also stress that SS is a picnic and everyone has to bring something. You can't expect one person (the teacher) to supply all the food. Right?

“Here’s the message: “Worship God in the beauty of holiness.” (G.T. Psalms 29:2) How do we do this? We are all the sunshine of SOUL. Shine! Shine! Shine!

1. On page 477 in Science & Health Mrs. Eddy asks the question – What are body and Soul? What’s the first word she uses in her answer? Why?
2. The word Soul is used in the definition for _____. Why?
3. List some words that express the spiritual concept of Soul. These words are expressed throughout this lesson including two in the Golden Text. My Teacher used to say that: “Soul is the “*isness*” of all.”
4. Some folks believe that when a person dies their soul leaves the body – do Christian Scientists?
5. B4/Psalms 104:1-3, 5, 19, 24, 31. This Psalm is called a “Psalm of nature.” Do you know why?
6. If God made the sun and moon then why do some people believe that the sun can cause skin cancer or other problems? The same is true for “fire.” It can be a blessing and a curse depending on how and when it is used. Is it possible for God to be the creator of good and evil at the same time? Why not? Def. of “fire” in S&H, page 586.
7. S1 – Page 335: 7-8, 16-21. The very first citation in S&H states that “*Spirit, God, had created all in and of Him-self.*” Explain. What’s the marginal heading for this passage?
8. Page 482:3-9. How does Mrs. Eddy define Soul in its deific and scientific signification?
9. Is there a soul in the body? Have you or anyone you know ever seen a soul fly out of the body and up to heaven?
10. Page 475 is Mrs. Eddy’s definition of “Man.” It’s a good idea to daily study its meaning. Have the children use their own name when reading this passage. Man is the embodiment of right ideas.

11. S6/Page 240:2-11 is a wonderful statement to refer to when some people deny the presence of God. Why?

12. The 2nd section in this week's Bible Lesson is dealing with **"beauty."** What does Mrs. Eddy tell us is the *recipe for beauty*? Study Page 247: 10-15, 21-24, 31. Why is the world we live in so concerned with looks, beauty aids, diets and exercise – the focus is always on the physical body – how to make it thinner, or healthier, or more beautiful, stronger or more muscular. Fortunes are spent both creating and purchasing beauty products. We are constantly bombarded with TV commercials and ads for exercise equipment, diet pills and the list goes on and on.

Let's have some fun and devise a spiritual regimen for health; beauty; fashion; exercise; body building, etc. I'm sure your SS class includes boys and girls of different ages, so this idea can be developed and dovetailed towards the children and age you teach. To begin our **"Eternal Beauty" Course**, let's start with Mrs. Eddy's statement on Page 269 in S&H: *"Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul."*

13. Does age determine how we should look? Mrs. Eddy has said (247): *"Immortality, exempt from age or decay, has a glory of its own – the radiance of Soul."* The world belief is that as people grow older their body parts start to fall apart as well as their looks. Is this true? Does Soul/Mind/Spirit decree that man is subject to birth, growth, maturity and decay? Every false claim of life in matter has to be exchanged for the ideas of Soul. The next paragraph states: *"Beauty is a thing of life, which dwells forever in the eternal Mind and reflects the charms of His goodness in expression, form, outline, and color."*

How old is an idea? How old is God? At what age are we supposed to lose our looks our figure? Are we addicted to foods, fashion, advertising, etc.? Believing that God's spiritual idea can be addicted to anything but good is a lie. Now is a good time to teach your students how to use a Concordance, both for the Bible & S&H. Look up what Mrs. Eddy says about **Exercise, Muscles, Fashion, Physique (475), Beauty, Fasting, Age, etc.** I especially enjoy doing this exercise: (Page 393: 8) *"Mind is the master of the corporal senses, and can conquer sickness, sin, and death. Exercise this God-given authority. Take possession of your body, and govern its feeling and action. Rise in the strength of Spirit to resist all that is unlike good...Be firm in your understanding..."* Mrs. Eddy provides us with the techniques we must use to **firm up** our Soul-created muscles/bodies.

What does it say in the Sermon on the Mount about food, size, shape and fashion? Matt. 6:25-33. SS children should read these verses in connection with this lesson. The Message translates the KJV version in today's vernacular: *"There is far more to our life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, care-less in the care of God. And you count far more to him than birds. "Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion – do you think it makes that much difference?" Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them. "If God gives such attention to the appearance of wildflowers – most of which are never even seen – don't you think he'll attend to you, take pride in you, do His best for you?"...Steep your life in God-reality, God-initiative, God provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met."*

It's right to enjoy physical activities and sports but make sure we understand our motive for participating in these activities – is it to express joy, right activity, freedom and harmony or is it for the purpose of changing and enhancing a material body – which doesn't exist in the first place. Our thoughts construct our body so make sure they are good ones. Remember: **“Even if you have perfect matter, you still have nothing!”** We don't need to cultivate perfection; we have to see, claim, and acknowledge it.

14. Section 3 deals with a specific quality we all need to broaden, practice and demonstrate hourly. It's **PURITY!** Matt 5:8 was one of Jesus' favorite Beatitudes and is mentioned in one way or another in almost every lesson. So it's obviously a favorite of Mrs. Eddy's as well. Why is it so important? Why is it especially important for our beauty and health-care treatment?

15. S13/Page 337:14 – Notice the marginal heading: “Purity the path to perfection.” Right there is the number one ingredient for our daily enrichment program.

16. In this week's lesson, look for citations in both the Bible and S&H dealing with purity; the truth about “body;” muscles; strength; agility; age; grace; vitality. It might be a good idea to have your students pick a section and look for spiritual suggestions to enhance their divine body building procedure.

17. Actors & actresses as well as folks from all walks of life, often hire trainers to help them get in shape. These professionals devise exercise programs that fit their client's individual needs. They also develop a specific diet plan for them to follow which I'm sure includes doses of various important vitamins and essential food groups. As a Christian Scientist, who would you hire to be your “trainer” and why? (Good discussion question offering spiritual ideas to “exchange the objects of sense for the ideas of Soul.”)

18. How do you think you should take care of the body? How would you make it stronger? Healthier? More beautiful? Taller? More muscular?

19. B11; Psalms 24: 3, 4, 5, 7: The Psalmist (David) asks these questions. See if you can choose the correct answers: *“Who shall go up into the mountain of the Lord? Or who shall stand in His Holy Place?”*

- a. Those with clean hands.
- b. Only those who brush their teeth every night.
- c. Your heart, motives and acts should be pure.
- d. Don't lie or cheat.
- e. Keep your promises.
- f. Get an “A” in History

20. What does the person receive who obeys his Father's wishes?

- a. Lots of money
- b. God's blessings and salvation
- c. A new car on his 18th Birthday
- d. A gift certificate to Barnes & Noble
- e. A 2 week vacation in Hawaii

21. S12. Page 337:14 – explain the meaning of this statement by MBE: “*Christian Science demonstrates that none but the pure in heart can see God, as the gospel teaches.*” **Sunday School Humor:** “A first grade teacher told her students they could draw whatever they wanted to. As she was looking at the children’s pictures, she stopped by Sally’s desk and asked what she was drawing. The little girl answered: “I’m drawing God.” The teacher said; “But, Sally, no one knows what God looks like.” The child’s answer: “Well they will when I finish drawing Him.” What does God look like to you? When you think of Him – what do you see and feel and know? How often do you think about Him?

22. If someone asked you what God meant to you – what would you say? What if that person said they don’t believe there is a God – how would you explain “God” to them? It’s a good idea to memorize the definition of God in Science & Health.

23. **Believe it or Not:** If you put fleas in a glass jar with a lid on it for several days and then took the lid off, they wouldn’t jump out.” Do you know why? The basic theory can be found by reading page 222:31. Make sure you’re not chained (fettered) to an illusion.

One of the characteristics held by the delusional serpent/snake is that if it spreads its lies often enough and people continue to listen to them, they will become the truth instead of the falsehood. When we apply the teachings of Christ Jesus, we are able to separate the lie from the truth – reality from unreality. When Mary Baker Eddy discovered Christian Science, she also discovered “*the Christly code.*” Science & Health with the **Key** to the Scriptures has deciphered/explained these divine principles. The world needs us to be not only **Code Talkers** but **Code Breakers**.

24. How do you worship God? How do you praise Him? What do you think he wants from us? How do we worship God in the beauty of Holiness? B13. I Chronicles: 16: 29. Do you think being a Christian Scientist is hard or easy? Why?

25. It’s interesting that in Isaiah 52:2 (B14) it tells us to wake up (wake up from what?) and shake ourselves from the dust. Do you think the prophet is referring to the dust man in Gen. 2? Explain meaning.

25. How do we love God with all our heart, soul and mind? How do **you** express Soul? Do you enjoy music, art, drama? Would you like to pursue your artistic abilities? Our talents are Soul-inspired.

27. B20/Luke 5:12-15. Jesus healed man with leprosy. One might describe this story as touching the untouchable with Christly love.

Leper: Jesus, Master – if you want to, I know you can heal me of this horrible and fatal disease. Please help me.

Jesus: (Placing his hand on the man). Of course I want you to be healed. That’s why my Father sent me – to preach His Word, to heal the sick; cleanse the lepers, cast out demons; raise the dead. Go in peace, my son, divine Love has healed you. I don’t want you to tell anyone about this but go directly to the priest and quietly show him that you are completely healed. Don’t forget to bring an offering for your cleansing according to the law commanded by Moses. Your pure and obedient life will bear witness to what I have done, not your words. (Note: The Law of Moses states that a person

with leprosy had to go to the priest in order to prove his purity. The priest then blessed him thus enabling him to re-enter society.)

Moderator: Unfortunately, our healed friend couldn't keep his mouth shut and went all over town bragging to everyone what Jesus had done. Because of this, crowds of people came to Jesus to be healed. They followed him everywhere. Kind of like a famous movie star or singer, when everyone wants to meet them or touch them making it almost impossible to escape their fans and have any privacy. Jesus' popularity spread, but not because they understood who he was and what his purpose was, but because they wanted something from him. They just wanted to be healed of their diseases and pain, but they never wanted to learn about his Christ-centered message. In a sense they were just using him for their own gain and then went off and did exactly what they wanted, never willing to understand the principle behind the healing. Once they felt better they ceased to be grateful.

28. I'm sure at one time or another many of us might be compared to this leper. We don't feel well or are having a problem at school or at home. We may call a practitioner or a parent for help and are healed of the situation. We may briefly thank God that we are no longer suffering, but do we "follow-up" with Him? Do we study the lesson, read the Bible or our Textbook? Do we daily put into practice the principles taught by Christ Jesus? Do we practice healing during our day-to-day activities, or do we just go on our merry way; ignoring God until we need Him again? What is the symbol Mrs. Eddy placed on Science & Health? What is its meaning? What are the words written and why? It's important we don't just turn to Christian Science only when we need a healing. It's not an *Aspirin* that one takes when they have a headache & then forgets about when they are feeling fine. Why does Mrs. Eddy tell us it's easier to heal disease than sin?

29. On page vii: 13, our leader gives us a very important message: "*The time for thinkers has come.*" Continue reading the rest of the paragraph and ask yourself if you are a "Truth-thinker." The world needs to hear and experience the Gospel of Christ and each of us has a responsibility to one-on-one spread this Science of Love every day in every way. We don't need to talk it but to live it. Never forget that we are all Good Samaritans. Prove it!

30. A word about "leprosy." In Biblical times the leper was hated by others and he quickly began to hate himself. Leprosy was a type of skin disease that ate away the flesh until the wretched sufferer was left with nothing but a stump for a hand. People believed if they touched a leper, they too would get the same disease – it was considered extremely contagious. Lepers were isolated. If they walked into a town they had to shout "Unclean! Unclean!" so that people could run away from them. Lepers were shunned and despised and often committed suicide. The regulations concerning leprosy may be found in Leviticus, chapters 13 & 14. Today we might compare leprosy to "Aids" or any type of ailment that promotes fear. This is the kind of man that came to Jesus and he touched (healed) the untouchable. Why did he do it? Why wasn't Jesus afraid? Read S22. Page 135:12-15. Notice the marginal heading: "Fear and sickness identical."

31. Do you know what relative of Moses was stricken with leprosy and why? Dummelow says in reference to this story that: "Considered as a parable this miracle represents the cleansing of the human race by the Redeemer from the leprosy of sin."

32. The answer to why and how Jesus healed every disease instantaneously and without fear may be found on page 476: 28 in S&H.

33. Do you remember a time when you heard God/Mind speak to you? Explain. How do you know it was His voice?
34. Let the class roll play as practitioners and patients. One student is the practitioner and the other has called with a problem he/she needs help with. Then reverse their roles. It's vital that Christian Science children know how to heal themselves and others. "Train up a child in the way that he should go and when he is old he will not depart from it." Proverbs 22:6.
35. Explain the verse in II Peter 3:8..."one day is with the Lord as a thousand years, and a thousand years as one day." Read Page 598 in Science & Health – definition of "Year."
36. What has this lesson taught you about **body?** – about **Soul?**

Church Humor: "A gracious lady was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments," answered the lady."

These Bible Lesson Sunday School Workbook notes can be downloaded from CSDirectory.com. <http://www.csdirectory.com/biblestudy/blw-index.html>

Web sites for Christian Science High School students:

TMCYouth.com <http://www.tmcyouth.com>

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