

Daily Admonitions – Spiritual Self-Defense

Preliminary

S&H 583:12-19

- 12 **CHURCH.** The structure of Truth and Love; what-
ever rests upon and proceeds from divine Principle.
The Church is that institution, which affords proof of
15 its utility and is found elevating the race, rousing the
dormant understanding from material beliefs to the ap-
prehension of spiritual ideas and the demonstration of
18 divine Science, thereby casting out devils, or error, and
healing the sick.

S&H 35:20-25

- We can
- 21 unite with this church only as we are new- Spiritual
born of Spirit, as we reach the Life which Eucharist
is Truth and the Truth which is Life by bringing forth
24 the fruits of Love, — casting out error and healing the
sick.

First Admonition:

Manual Art. VIII; Sect 6, page 42

Man 42:4

- Alertness to Duty.** SECT. 6. It shall be the
duty of every member of this Church to defend
6 himself daily against aggressive mental sugges-
tion, and not be made to forget nor to neglect
his duty to God, to his Leader, and to mankind.
9 By his works he shall be judged, — and justified
or condemned.

Second Admonition:

Manual Art. VII, Sect 1, page 40

Man 40:4

- A Rule for Motives and Acts.** SECTION 1.
Neither animosity nor mere personal attachment
6 should impel the motives or acts of the members
of The Mother Church. In Science, divine Love
alone governs man; and a Christian Scientist
9 reflects the sweet amenities of Love, in rebuk-
ing sin, in true brotherliness, charitableness, and
forgiveness. The members of this Church should
12 daily watch and pray to be delivered from
all evil, from prophesying, judging, condemn-
ing, counseling, influencing or being influenced
15 erroneously.

Third Admonition:

Manual Art. VIII, Sect 4, page 41

Man 41:19

- Daily Prayer.** SECT. 4. It shall be the duty
of every member of this Church to pray each
21 day: "Thy kingdom come;" let the reign of
divine Truth, Life, and Love be established in
me, and rule out of me all sin; and may Thy
24 Word enrich the affections of all mankind, and
govern them!

Fourth Admonition:

Manual Art. XVII, Sect 2, page 60

Man 60:15-17

- Gratitude
- 15 and love should abide in every heart each day
of all the years.

Fifth Admonition:

My 128:30

- 30 Watch, and pray daily that evil
suggestions, in whatever guise, take no root in your
thought nor bear fruit. Ofttimes examine yourselves, and
1 see if there be found anywhere a deterrent of Truth and
Love, and "hold fast that which is good."

Sixth Admonition:

S&H 442:30 (See My 237:12-14)

- 30 Christian Scientists, be a law to yourselves that mental
malpractice cannot harm you either when asleep or when
awake.

(See My 237:12-14)

- 12 TAKE NOTICE
*To Christian Scientists: — See Science and Health, page
442, line 30, and give daily attention thereto.*

Seventh Admonition:

Mis 127:7

- One thing I have greatly desired, and again earnestly
request, namely, that Christian Scientists, here and
9 elsewhere, pray daily for themselves; not verbally, nor
on bended knee, but mentally, meekly, and importu-
nately. When a hungry heart petitions the divine Father-
12 Mother God for bread, it is not given a stone, — but
more grace, obedience, and love. If this heart, humble
and trustful, faithfully asks divine Love to feed it with the
15 bread of heaven, health, holiness, it will be conformed to
a fitness to receive the answer to its desire; then will flow
into it the "river of His pleasure," the tributary of divine
18 Love, and great growth in Christian Science will follow, —
even that joy which finds one's own in another's good.