



CHRISTIAN SCIENCE Sentinel

"What I say unto you I say unto all, Watch." — JESUS

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A COLLECTION FOR KIDS

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You are very important

by SHIRLEY PAULSON



Have you ever thought people were too busy to pay attention to you? Maybe Dad was doing something on his computer, Mom was talking on the phone, or your teacher said to be quiet. Maybe sometimes even your best friends don't want to play with you. You've got something important to say, but it seems that they're acting like you're not all that important.

Did you know that Jesus thought little kids were really important? One time some children were coming to see him, but some of the adults who were with him said, "No! Go away" (see Luke 18:15–17).

They were called "disciples"—people who wanted to follow Jesus and learn from him. They thought Jesus was so important that he shouldn't be bothered with kids interrupting him.

But Jesus told the disciples to stop getting in the way. He wanted the children to come to him because the kingdom of God belongs to them. That was quite a surprise for the disciples!

They were probably wondering, "Why does Jesus think they're so important? They're just children, who haven't even grown up yet!"

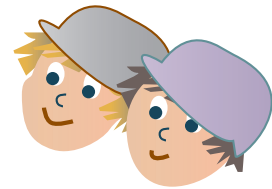
But Jesus told his disciples that if they wanted to know about God's kingdom, they needed to take another look at the children! It wasn't about how big they were or if they had adult jobs or even how famous they were. Children are important because they can show all of us the kingdom of God, without being grown up or famous or rich.

That's why Jesus thought kids were so important. Have you ever thought about how children can show people something about the kingdom of God without being an adult? Here are some examples:

- 1.** When you're patient, you're showing others that God is always there.
- 2.** When you know what to do, you're showing people how God guides you.
- 3.** When you are loving to someone, you're showing this person how God is loving you, too.

Turn page 

You don't have to be famous or powerful to do that, do you? Just as you are, you're a perfect reminder that all our goodness comes from God's kingdom.



Even if someone is too busy at the moment, you can smile inside, because you know God is telling you how loved you are and how to be good. It's easier to be patient, when you remember that Jesus said to his disciples, "Let the kids come to me. They're very important!" •

Shirley Paulson helps kids and adults by praying for them.

Originally published in the July 8, 2013, issue of the *Christian Science Sentinel*.

My healing on a hiking trip

I would like to share a healing I had on a three-day hiking trip while at a Christian Science summer camp in Colorado last year.

I was having a great time hiking up a mountain. But I got really tired. When I reached the peak, I lay down to rest. A counselor suggested that I eat some food. I did, but I started to feel worse.

On the way down, I started to have a bad stomachache and headache. I told my counselors, and one of them prayed with me and sang hymns to me as we continued to hike down. Throughout the descent, the counselor stopped with me whenever I needed to rest.

A hymn that really helped was No. 148 from the *Christian Science Hymnal*, which begins with "In heavenly Love abiding." I really liked the next phrase that says, "No change my heart shall fear" (Anna L. Waring). It told me that I did not



COURTESY PHOTO

Mathias, 11, Grand Rapids, Michigan

Mathias swims, plays soccer, snowboards, and enjoys building with Lego blocks.

need to fear because God is always with me and always protecting me. I decided to hold on to that thought. I also saw that sickness was no part of me because it could never touch a child of God.

The counselor and I were very far behind the rest of our group, but we eventually caught up with them when they were taking a break.

My counselor was reading many passages from the Christian Science Bible Lesson to me. This helped me to remember that God was right there walking with me and giving me strength.

When we finally reached the bottom of the mountain, I went straight to my tent to rest, even though it was only 6 p.m. I know that the counselors and my fellow campers continued to pray for me.

By the time I woke up the next morning, I was perfectly fine! As it says in the Bible, “Thou art near, O Lord; and all thy commandments are truth” (Psalms 119:151). Because God is always near, His commandments, or laws, are not only true, but powerful right now. They are always protecting me. •

Originally published in the July 22 & 29, 2013, issue of the *Christian Science Sentinel*.

I’m a member of The Mother Church!

In the spring I applied to become a member of The First Church of Christ, Scientist, in Boston, Massachusetts. A membership application to The Mother Church is available for anyone over the age of 12 from around the world to send in to the Church and then get approved by the Christian Science Board of Directors. To become a member, you agree to follow the six Tenets written by Mary Baker Eddy in her book *Science and Health with Key to the Scriptures* (p. 497).

The tenet I feel I can connect with the most is the second one. It states: “We acknowledge and adore one supreme and infinite God. We

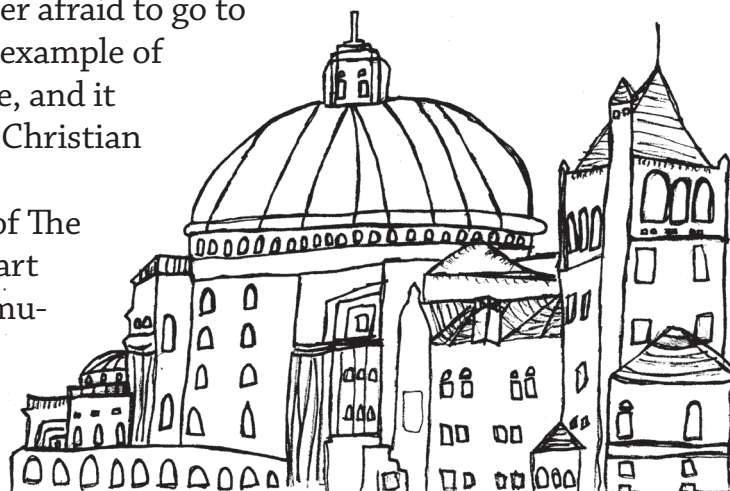


Aiden, 12
Carlisle, Massachusetts

acknowledge His Son, one Christ; the Holy Ghost or divine Comforter; and man in God's image and likeness." This means to me that we should always follow the one and only God, and that we're His perfect, eternal reflection.

I had an opportunity to acknowledge God in my life two summers ago, when I was in Chautauqua, New York, for a week. I was there with my family, and I attended a sailing camp. I had sailed before, but it happened to be very windy on the lake this particular week, with 30 to 40 mph gusts. I was not used to this much wind, and it became very nerve-racking for me. I shared these concerns with my mom and she gave me a passage from the Bible to pray with. It says, "For he shall give his angels charge over thee, to keep thee in all thy ways" (Psalms 91:11). This helped me a lot, because it told me that whenever I was worried, I could know that God was taking care of me. When it got really rough on the water, I held on to this psalm, and I lost all feeling of nervousness. I was no longer afraid to go to the sailing camp. This was an example of God always being there for me, and it helped me gain more trust in Christian Science.

Now that I am a member of The Mother Church, I feel like a part of the Christian Science community. It's neat to be one of the many members worldwide. I know being a member will also improve my life as a Christian Scientist. ●



Aiden's drawing of The Mother Church.

Originally published in the August 5, 2013, issue of the *Christian Science Sentinel*.

Ty, 9
Ty lives in Raleigh,
North Carolina.

He loves to swim and play sports.



A power-packed prayer

One day I spoke back to my mom. And as a consequence she took away my iPod. I was more than upset and burst out in tears. I climbed into my bed and looked at a small frame that told the Christian Science daily prayer. It goes like this:

“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 Word enrich
the affections of all mankind,
and govern them!
(Mary Baker Eddy, *Church Manual*, p. 41)

Now you see, my grandpa gave me this framed prayer as a gift. I decided to read it over and over again. And each time I felt a little better. Finally, I was calm again, and I was able to apologize to my mom.

Moral: Sometimes it just takes a prayer. ●

Originally published in the August 19, 2013, issue of the *Christian Science Sentinel*.



Isabella, 10
Stephens City, Virginia

Isabella likes: reading; swimming; playing with her sisters, Annalise and Allie; singing; drawing; and reading other kids' testimonies of healing.

Headache and sickness gone

Last summer I was in the middle of a music and arts camp program when my head started to ache and I felt sick. After the program, my family and friends who had come to watch hugged and congratulated me for my performance, and my head felt better. But later at home, it started aching really bad. It was dinner time by then. I told my mom, and she said to go lie down in my room and that she would be up in a while to check on me.

I went up to my room and lay down on my bed. In a few minutes my mom came up to my room to pray with me. I remember that we talked about what Christian Science treatment is. This treatment starts with God and His goodness, denies any reality to the problem, affirms only what is true and real, and praises and thanks God for His always present goodness. We each shared a Christian Science prayer treatment for me out loud.

Then my mom went to get a book called *Mary Baker Eddy: Christian Healer* (Yvonne Caché von Fettweis and Robert Townsend Warneck). We read a lot of it together. One story was about a woman who imagined that a monster was crushing her when that wasn't happening at all (pp. 154–155). My mom said a headache was only as real as a make-believe monster because God did not make it.

After that, my mom helped me go downstairs. I was still feeling sick, but I knew from our prayers and from what we read that God's child could not be sick. My mom and dad took good care of me, and we kept praying. Later that evening I was able to eat my dinner with no problem. My mom let me sleep in her bed that night, and by morning I was all better! ●

Originally published in the September 2, 2013, issue of the *Christian Science Sentinel*.



Kids ask ...

If you keep doing the same bad thing again and again, will God still forgive you?—*From a 9-year-old boy named Love*

God is Love and will always love us. God can't be mad at us or stop caring for us. God is our loving Mother-Father, and we are God's children, or reflection. As God's reflection we are naturally kind, honest, loving, and patient. But sometimes we may keep doing something wrong because we are thinking something about ourselves or others that does not come from God.

When I was younger, sometimes I did not like to share my things with other kids. I thought that if I shared what I had, I would not have enough for myself. But then I learned from Jesus' teachings in the Bible that if you are generous and share things with others, you will always have everything you need. Jesus said, "Give to others, and you will receive" (Luke 6:38, Easy-to-Read Version). When I learned that God is very good to everyone, I started to change. I stopped being afraid to share what I had. I found that it is fun to share, because then you see other people enjoying good things just like you do.

God corrects us by giving us right thoughts to replace wrong thoughts. Then we naturally stop doing things that are wrong.

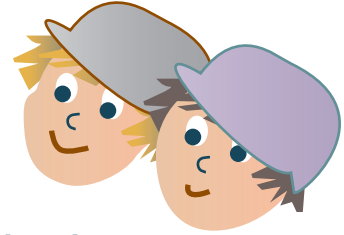
The best way to feel God's love when you keep doing something wrong and want to stop is to think about all the good and true things about yourself. Then the next time you can stop yourself before doing the wrong thing, and remember that as God's reflection, you can only be loving and kind with everyone. •

Monica Karal, *Montreal, Quebec, Canada*

Monica is a Christian Science practitioner who loves learning from her Sunday School students because kids are such good healers!

Originally published in the September 16, 2013, issue of the *Christian Science Sentinel*.

Kids ask ...



Five kids who attend Christian Science Sunday School in Montreal, Canada, also answered this question: Will God forgive you?

Yes, God will always be there for you. **Ange, 9**

God will always forgive us if we admit that we've done something wrong and realize that God made us good. He didn't create sin, so we can't be sinners. **Sarah, 15**

God doesn't punish. God loves us. And He helps us correct mistakes. **Lucia, 11**

Yes. God can't love some people and not love other people, even if they do something wrong. **Rebeca, 7**

God helps us. He stops us from doing bad things. **Léa, 7**

Originally published in the September 16, 2013, issue of the *Christian Science Sentinel*.

I listened to the Shepherd's voice

While at art camp on an island, at the end of class, the boys in my group started fighting outside. The teachers became so focused on the fight that they forgot I was still in the building and locked it up. I had gone to the bathroom to wash off the paint on my shoes. I ran to join the group but found I was locked in and that everyone had gone to meet the ferry to leave the island. I looked upstairs and downstairs for a phone, but all the phones I



Jaclynn, 12
Wilmington, North Carolina

found were not working. I felt very alone. I sat down and started to cry.

The thought came to me that I would be there all night, and that there was no escape. But I recognized that this was not a message from God. In Sunday School we had been talking about angels, messages from God, and how to recognize them. Just as sheep recognize their shepherd's voice, I too can recognize my Father-Mother God's voice. Mary Baker Eddy describes *angels* in her book *Science and Health with Key to the Scriptures* as "God's thoughts passing to man; spiritual intuitions, pure and perfect; ..." (p. 581).

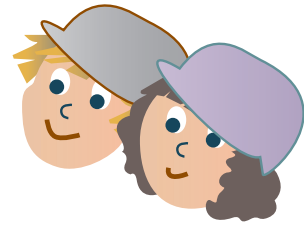
So I decided to shut the door on the fearful thoughts right away. Instead, I said to myself, "I will listen to my Shepherd's voice to guide me." An angel message told me to go check all the windows in the building. I found one at just the right height, which opened easily. I threw my lunchbox out the window, climbed out, and closed it behind me. I ran to the ferry station and met up with the rest of my group.

When I shared this experience with my Sunday School class, my teacher showed me how to look up in a concordance a Bible verse that talks about God opening doors: "Behold, I have set before thee an open door" (Revelation 3:8). I was grateful for just a window!

The lesson that I learned is that God is always with me, even when I seem to be all alone. And as Dumbledore puts it in the Harry Potter book series, "Happiness can be found even in the darkest of times, when one only remembers to turn on the light" (J. K. Rowling, *Harry Potter and the Prisoner of Azkaban*). God is my light and guides me through the darkest of places. ●

Jaclynn enjoys softball, swimming, ice skating, riding her bike, poetry, and playing with her dog, Snowball.

Originally published in the September 30, 2013, issue of the *Christian Science Sentinel*.



A letter to my adopted daughters

by ERIC NAGER

Before you were born, I tried to imagine what it would be like to be a dad. I asked God to teach me how to be a good one. And then I realized that because God is *my* Father-Mother, He is always guiding me to do my best.

When your mom and I held you as tiny babies in our arms for the first time, we were so happy and excited.

You were adopted from birth by your mom and me. Being adopted is a very special thing, and you are just as loved and cherished as every other child of God.

Some very important people in the Bible were also adopted. As a little boy in Egypt, Moses was adopted by the king's daughter as her son. When he grew up, Moses gave us important rules to live by—the Ten Commandments—that he received from God.

And you could also say that Jesus was adopted! His mother Mary's husband, Joseph, “adopted” him as his son. But Jesus always knew that God was his Father-Mother, and he listened to what God wanted him to do. When he was old enough to go out on his own, Jesus taught *us* that God loves everyone all the time and everywhere we go.

The good news is that God is your Father-Mother, too! I'm sure God has important plans for you. And when you listen to God, He will always show you the right way.

God loves you and cares for you, and you can never be outside of God's presence. So just remember—if you are ever away from your mom or me for some reason, you are never without your true parent because you are with God wherever you go. ●

Eric Nager is the father of two daughters, ages eight and two. He is the author of a Bible-based children's book on adoption.

Originally published in the October 14, 2013, issue of the *Christian Science Sentinel*.



Chris, 12

Kinshasa, Democratic Republic of Congo

Chris loves to play soccer and enjoys movies and interactive videos on the computer.

Our best behavior

Right after Christmas vacation last year, my school named me class leader based on my grades and my behavior, although I am the youngest pupil in my class. I have to confess that in the beginning I had serious problems. It was my duty to keep discipline in the class whenever the teacher was not there. But my classmates did not obey me at all, knowing that I was the youngest. I even received threats from some of them.

After some time, I talked about this to my father. He reminded me of something my Sunday School teacher had told us: “Always see your friends and classmates as kind, loving, obedient, intelligent, without flaws.” Because that is how God made them and all of us. My dad asked me to think about this part of the definition of *children* that Mary Baker Eddy gives in *Science and Health with Key to the Scriptures*: “The spiritual thoughts and representatives of Life, Truth, and Love” (p. 582). I also knew that Jesus loved children. In the Bible he once told his disciples: “Allow little children to come unto me, and forbid them not: for of such is the kingdom of God” (Luke 18:16, The King James 2000 Version).

From that moment on, my thoughts about my classmates changed. I realized kids have qualities that even Jesus appreciated. And Jesus asked others to appreciate them, too. So, every day before going to school, I prayed for myself and my class, so we could see each other as loving, obedient, intelligent, and not aggressive. I worked on understanding that we are all God’s children. And because we are God’s children, we know only Truth and Love. No one is bad, annoying, and disruptive. I sometimes

shared with my classmates the good ideas I was learning in Sunday School. And little by little, they started listening to me when I asked them to behave. The bad behavior disappeared and all the good qualities of God's children started to come out. At the end of the school year, we were all on our best behavior, and we were all accepted into the next grade.

I am very grateful to God that He listens to our prayers. •

Chris's account appears in June 2013 French, German, Spanish, and Portuguese editions of *The Herald of Christian Science*.

Originally published in the October 28, 2013, issue of the *Christian Science Sentinel*.



Gracie's kitten, Cassie

Gracie, 10,
Carlisle, Massachusetts

Two healings I'm thankful for

I was at my hotel in Panama, where my family and I went on vacation. My mom, my two cousins, and I were going swimming at the pool all day. My tummy hurt when I swam, so I stopped swimming, and I missed out for some time. I told my mom about the stomachache and she prayed with me. Then I thought about being God's perfect idea, and an idea of God couldn't be hurt. Also, I remembered my favorite thought: "Truth removes properly whatever is offensive." This is from the book *Science and Health with Key to the Scriptures*, where Mary Baker Eddy says it this way: "A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive" (p. 463). Immediately, I felt better and enjoyed the rest of my day swimming and having fun.

Another time, I was playing soccer during recess with my class. I was being aggressive like I like to be when I play soccer, but I bumped

into somebody and fell and hit my head on the hard concrete. At first it really hurt. But I realized that I could turn to God. As my friends brought me to the nurse, I was thinking of good thoughts and prayers. The nurse was very caring, and I sat on the couch for a while. What really helped me was something I had heard my mom say. It was: “If you seem to fall out of God’s arms, you only fall right into His lap.” To me that meant God keeps us safe all the time. I went back to my classroom, and my head didn’t hurt at all after lunch because I was healed.

I am so thankful for Christian Science and God. ●

Gracie loves to play soccer, play with her kitten, and go on adventures with her family.

Originally published in the November 11, 2013, issue of the *Christian Science Sentinel*.

We praise and thank God!

I’m really grateful for God’s allness and healing power. I was getting dressed when I started to sneeze. My nose felt kind of runny. The thought came: “I have a list of things to do, but having a cold (even a small one) is not one of them. As God’s child I can’t have a stuffy nose because God did not give it to me.” When I went to get breakfast, my nose was fine. **Emily, 11**

When I was playing in a soccer game, one boy was being rough toward my team. I prayed to know that he was God’s loving child and that it was error tricking the boy into thinking he had to act this way. God is good and governs all. There is no room for error in His harmony. I knew that this is the spiritual truth. The boy stopped being rough. I was glad for God’s help and this chance to express God’s love. **Daejin, 9**

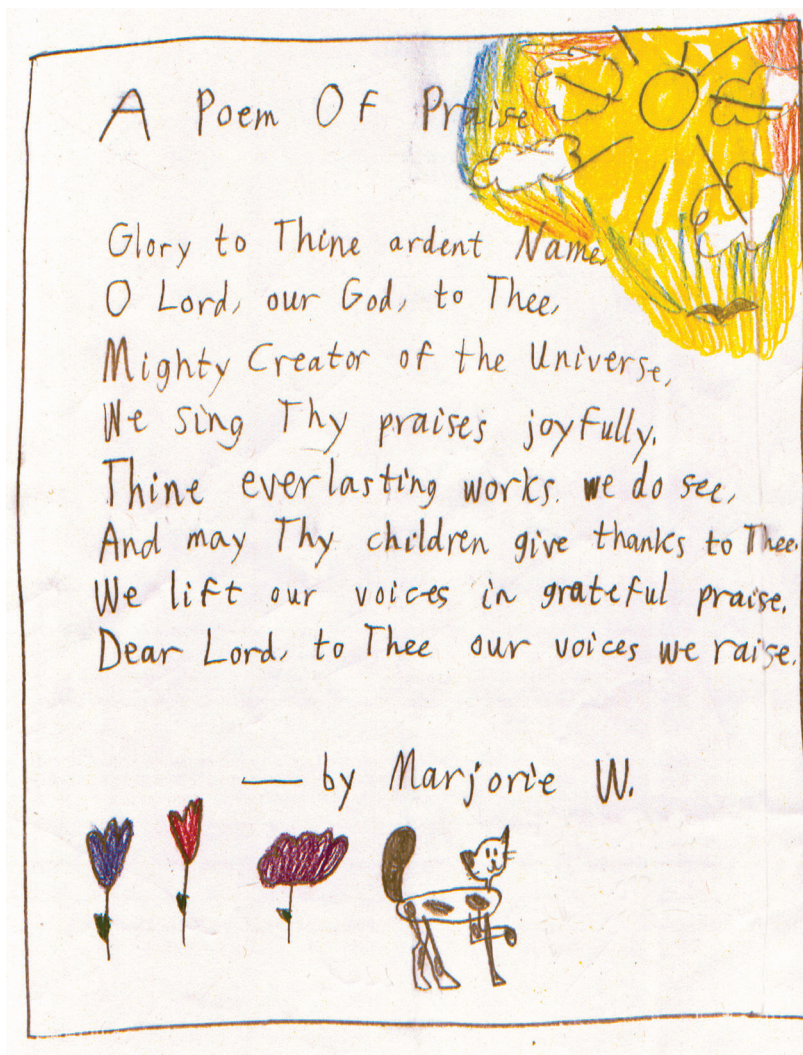


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I was running. I had my arms flailing and I hit my wrist on our refrigerator. Then I thought to myself, God would not let me get hurt. God, Spirit, is not hurt, and neither can His spiritual reflection be hurt. Therefore this is not real. After that thought, my wrist was not hurting anymore. I was healed completely. Thank you, God! **Joey, 11**



Emily, Daejin, and Joey attend a Christian Science Sunday School in Massachusetts.



Marjorie is 13 years old and lives in Cypress, Texas.

Originally published in the November 25, 2013, issue of the *Christian Science Sentinel*.

What a good idea!

by T. JEWELL COLLINS



When Mark's mother told him that everyone was an idea of God, made in His image and likeness, Mark said: "I don't want to be an idea. I want to be a real boy that everyone can see!"

"But you *are* a real boy," she said. "An idea isn't the shadow of you. It's what you are. As a child of God, you're His good idea! I can see you, but I can't *see* your honesty or the love you express or your friendliness and good humor. But I know they are there. I know they are a part of you."

Mark still wasn't sure exactly what she meant, so his mother thought about it some more. Then she said, "When you're outside playing with your friends, don't you ever say to them, 'Hey, guys, I have an idea'?"

"Yeah," Mark said, "all the time."

"And when you tell them your idea, can you feel or touch it?"

"No," laughed Mark.

"But you can show it to them in some way, right?" she asked. "If it's an idea to play capture the flag, you form teams and play the game. And when something goes wrong in the game, don't you go back to the idea of how the game is supposed to be played? Don't you go back to the rules to find out what you need to do to correct the mistake?" Mark nodded.

"Well, just like 'capture-the-flag' is an idea, you are, too," his mother said. "And when things go wrong, you go to God for help. Remember the time you said your ear hurt? I read something to you from *Science and Health with Key to the Scriptures* by Mary Baker Eddy that said: 'Man is not matter; he is not made up of brain, blood, bones, and other material elements.... Man is idea, the image, of Love; ...' " (p. 475).

"I remember that—I took a nap, and when I woke up, my ear didn't hurt any more!"

"And what did we do next?" his mother asked.

"We thanked God for making me a spiritual idea!" Mark said, smiling. •

Originally published in the December 9, 2013, issue of the *Christian Science Sentinel*.

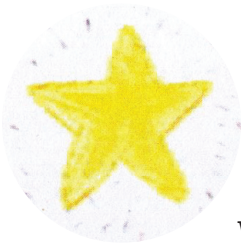
Symbols of Christmas

A Christian Science Sunday School in Yorba Linda, California, decided to cherish the spiritual meaning of Christmas throughout the year. Each month, the kids focused on one symbol of Christmas and what it meant to them. Then they looked for ways to apply these ideas to their daily lives. Here are some of the students' experiences.



COURTESY PHOTO

Back row left to right: Jeff, Landon, Kimberly
Front row left to right: Austin, Emily



The star

In Sunday School, we discussed the star and how it could represent competition or “being a star.” We realized that we could all be stars because God is leading us to excel and compete successfully. This raised the question, “Is there anything too hard for God?” The answer is no. There is nothing God can’t do.

Last year in math, I was struggling to get a good grade. Then I began to pray with the idea that nothing was too hard for God, so as God’s reflection, it couldn’t be too hard for me, either. In the end, I raised my grade to a strong A. **Landon, 14**



The wreath

Our class talked about the wreath as being intact, having no beginning and no end. We looked up the definition of *intact* in a dictionary, and it meant, “not altered, broken, or impaired; remaining uninjured; sound, or whole; untouched; unblemished.”

One day on the playground at school, this helped me to see myself as God’s image, whole and intact. My friend and I were playing handball, and I tripped and fell. When I stood up, I saw that I had cut my elbow. Immediately, I turned to God. Everyone asked me if I wanted to go to the school nurse. I said, “No, I’m fine,” and I was. We kept playing as if nothing had happened. I knew I was intact with God the whole time. And the cut was healed the next day. **Austin, 11**

Turn page 



Angels

Angels are God's messages or thoughts that guide you. One day I was shopping with my mom and she went to look at something, but I didn't follow her because I thought she was still there. When I realized she was gone, I looked all around the area, but I didn't see her. I was scared. But then I remembered that God was with me and God was taking care of me. Once those angel messages filled my thought, I knew that "my" fearful thought was just error. God's angels told me to look over by the glass vases. I did, and there was my mom, looking at the vases as if I'd been there with her the whole time. **Kimberly, 11**



The toy soldier

The toy soldier to me represents the idea of protection, like protecting your thought from error. In Sunday School, we talked about putting on our spiritual armor each day or, like in *Star Wars*, putting up a force field of good around us. You can do that by listening to good thoughts that come from God.

These ideas helped me when I went to get braces on my teeth. I was terrified. Then I remembered I had a "force field" of good around me all the time because God is everywhere. And God would never let anything hurt me. The braces didn't hurt at all. My spiritual armor of God had worked! **Emily, 10**



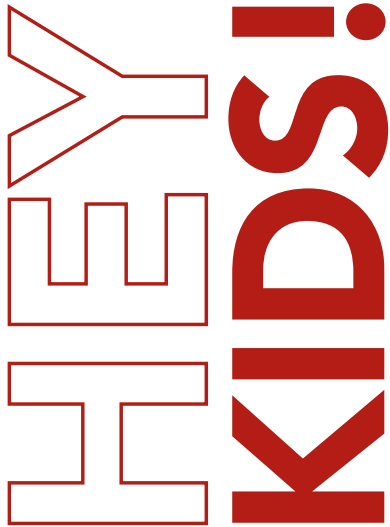
The tree

A Christmas tree to me represents Life that is everlasting and forever new. This past summer, at a camp for Christian Scientists, I was going down the Arkansas River in a small, two-person raft called a "ducky." All of a sudden, the raft hit a rock and flipped over. My partner was sent floating down the river, but was able to get out safely. Meanwhile, I had flipped the ducky back over and begun to paddle. At first, it was hard for me. But then I remembered a similar time when I'd felt the strength of Life, God, to get out of a difficult situation. Trusting that God was giving me strength and that I expressed God's qualities of life, I was able to control the ducky. From there I paddled down to my partner, and we continued down the river safely. **Jeff, 16**

Originally published in the December 23, 2013, issue of the *Christian Science Sentinel*.

A COLLECTION FOR KIDS

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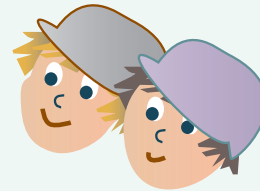


Got something to share?
Got a question?

Write to kids@csp.com

We love to receive your stories,
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