



# CHRISTIAN SCIENCE Sentinel

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

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**A COLLECTION FOR KIDS**

**THE  
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SENTINEL**

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# God doesn't make bullies

By Ethan, kindergarten, Michigan, US

When I first went to school, there were two boys who were mean, sometimes three. I tried to play with them but they pushed me down. The teacher said they were bullies. She made them sit to the side and not play whenever they did mean things.

My Sunday School teacher is Miss Judy. She asked me, "What's new at school?" I told her what had happened. She asked me how I was thinking about that. I said, "God didn't make a bully. So they are not bullies." I knew they were God's children, and God's children are

loving. I also thought maybe they will be my friends ... but they just don't know it yet.

Miss Judy said those were some good ideas. Then she asked me why that is true. I said that God is Love and God is the only creator. He makes everything like Him. God is not a bully, so God didn't make a bully.



Miss Judy read from the Bible: "And God said, Let us make man in our image, after our likeness" (Genesis 1:26).

Then Miss Judy said we should pray about it. She said to expect God to help everyone. I know that meant the boys could stop being mean and then they could play, too.

I know God is good. He is everywhere. God has all the power. My mom and dad taught me that. They tell me to pray every day. Sometimes I pray so God can help me be a good friend. I want to be like Jesus told us in the good Samaritan story (see Luke 10:29–37). That means I'm supposed to treat everyone like I want to be treated.

The boys stopped being mean to me very soon. We started to play at recess. I was glad they stopped pushing me down. But then they

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were mean to the other kids. I didn't want the other kids to be hurt. I told Miss Judy. She said we could keep praying. She said prayer helps everybody. I know the Lord's Prayer starts with "Our Father." So this means everyone is God's child and no one is left out.

I kept praying. And Miss Judy prayed, too.

Now the boys are not mean to me or anyone else. I know that is because God is good. God didn't make any bullies! ●

*Ethan likes playing with his remote control car and climbing his maple tree.*

*Love your enemies.*

—Luke 6:27

Originally published in the July 6, 2015, issue of the *Christian Science Sentinel*.

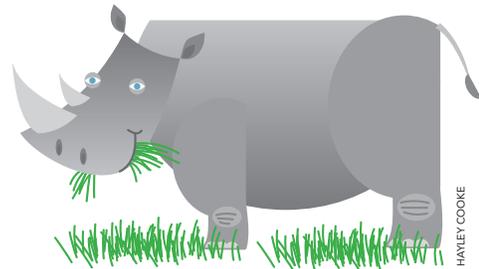
## George the Rhino

By Yvonne Prinsloo

**A**t last Jayden was old enough to join his dad on a trip to South Africa to visit his grandparents. He was so happy that he packed his bag immediately—even though it was still a long time before the trip!

Jayden especially loved to visit his grandparents because they lived on a farm that had wild animals. One of his favorite animals was George the Rhino. It was very hard to find him in the bush during the day, but every night Jayden knew that George and some female rhinos would come and visit the dam of water near the house.

Jayden would quickly have his bath, put on his pajamas, and then he would go onto the back veranda and wait patiently to see George. Granny would bring him his supper, and it was always as he was eating



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that he would notice George coming out of the bush toward the dam. Jayden loved watching George eat the food that had been put out for him. Once George had finished, he would lie in the mud and enjoy his own kind of bath!

Now Jayden knew that George often came into the yard to sleep. He knew that Granny and Granddad didn't mind him visiting. (Jayden also knew that people were not allowed to visit George up close, because people needed to respect his space.) George would eat the grass around the house, and then he would sleep outside Granny and Granddad's bedroom window.

Granny loved to tell Jayden the story about when George started to be a very naughty rhino ... or so everyone thought. He started to break the windows of the house. It was very scary to wake up in the middle of the night with glass shattered all around and a big rhino staring at you! No one could understand why George was suddenly so naughty.

Granny and Granddad did not know what to do. People told them that sometimes when rhinos become naughty, you have to get rid of them. Granny and Granddad did not want to do that.

Granny always prayed when things weren't right. She often got healing ideas from her two favorite books, the Bible and *Science and Health with Key to the Scriptures*, by Mary Baker Eddy. Mrs. Eddy writes on page 444, "Let us be faithful in pointing the way through Christ, as we understand it, but let us also be careful always to 'judge righteous judgment,' and never to condemn rashly." So this is what Granny did in her prayers. She did not rush to condemn, or blame, George. She knew that God created all things spiritually, and so she saw that these beautiful animals on the farm were spiritual expressions of God. They were governed by His wisdom and love. That meant that George was also governed by God, and he had the ability to be good and live in harmony on the land.

Granny had learned that there was always a solution to every problem because God is always the governor of His ideas. So Granny asked God to guide her to the right solution. It wasn't long before it became clear to her what was really going on.

One night some friends came to dinner. When they were leaving

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to go home, Granny and Granddad walked with them to the car. The house had outside lights that turned on when there was movement in the dark. On went the lights, as Granny and Granddad said good night to their friends. When Granny was walking back to the house, she saw her reflection in the window. That was the answer!

Granny realized that every time George came to eat the grass around the house at night, the lights came on and he saw his reflection in the window. He thought it was another rhino to meet and challenge, so ... crash! ... he broke a window. He was innocent, Granny told Jayden, and they did not have to get rid of George after all! He had not suddenly become “naughty.” That was just something that lots of people had believed. Almost everyone had condemned him without finding out the truth. Granny was so grateful that her understanding of God, Mind, had led her to the answer. This was a good lesson in not believing what your eyes tell you, and in turning to God with our worries. We need to go right to God in prayer to find out the truth.

The next day, Granddad had all the outside lights removed, and George never broke another window again. And you know what else? Jayden got to keep his “visits” with George. ●



Originally published in the July 20 & 27, 2015, issue of the *Christian Science Sentinel*.

## Hello, good thoughts! Goodbye, bad thoughts!

By Shannon Naylor

**W**hen I was a little kid, I sometimes had nightmares so scary that I’d wake up in the middle of the night. When this happened, I’d think back to some helpful things I was learning in Sunday School.

We had learned to “stand porter at the door of thought” (Mary

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Baker Eddy, *Science and Health with Key to the Scriptures*, p. 392). We learned to let in only thoughts that were good and came from God. Curled up in my bed after a nightmare, I remembered that I could “close the door” on scary thoughts and welcome in good and loving thoughts from God.

I had also learned in Sunday School that fear could be described as F.E.A.R.—False Evidence Appearing Real, which meant that even if it felt real, it wasn’t. Fear doesn’t come from God! The fear I felt was a big lie. It was just as much of a lie as someone telling me that ice cream came from cold cows!

I didn’t have to accept lies. I could keep the door of my thought closed and reject what the nightmare had tried to make me believe. I could accept all the love and comfort God was showing me.

I prayed and listened to God for good thoughts, and found many. The opposite of a lie is Truth, which I’d learned was a synonym for God. Truth was with me, and I had nothing to be afraid of. I felt grateful to God and surrounded by God’s love. And ... you guessed it ... praying this way helped me curl right back up and go back to sleep.

Now, as an adult, if I ever have a scary dream, I can quickly pray to see that the dream isn’t real. I can remember what I learned when I was a little girl and go right back to bed—all safe and snuggly. Thank you, God! ●

Originally published in the August 10, 2015, issue of the *Christian Science Sentinel*.

# What I learned from a healing

By Gracie, seventh grade, Alabama, US

One day at school when I went to open my locker, I accidentally leaned on the open locker door beside me. The person next to me closed the locker without knowing my hand was there. My finger got stuck for a second before I could pull it out. Then I noticed part of my fingernail had been torn off.

Immediately, I thought, “There is no sensation in matter” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 237). This comes from a page in *Science and Health* where it talks about a little girl badly hurting her finger. And it says, “On being questioned about it she answered ingenuously, ‘There is no sensation in matter.’ Bounding off with laughing eyes, she presently added, ‘Mamma, my finger is not a bit sore.’” She didn’t have any pain because she knew the truth.

I had remembered learning this in Sunday School the week before. It made sense to me because matter is the opposite of Spirit, God, or good, and God is All. And so matter can’t tell us what to do or how to feel.

The pain in my finger quickly went away, and I went on with my school day. At night I remembered what had happened, but I could not find where it had happened. I thanked God for healing and protecting me.

This healing taught me that God, good, is always caring for me, watching me, and loving me, too. I am grateful for the Christian Science Sunday School (especially for my teachers), and that God was right there to help. ●

*Gracie plays piano and clarinet, has a green belt in Taekwondo, and loves to travel and visit her extended family.*

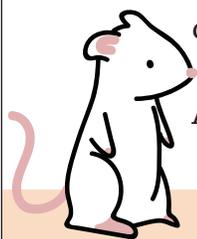


Originally published in the August 17, 2015, issue of the *Christian Science Sentinel*.

# Joy and the little mouse

By Yvonne Prinsloo

Joy was in the youngest class at Sunday School. She was always so happy when it was Sunday because she loved to learn more about God. She learned that God was Love. God loved her and always looked after her and cared for her and everyone. We are all God's children. God created us like Him, spiritual.



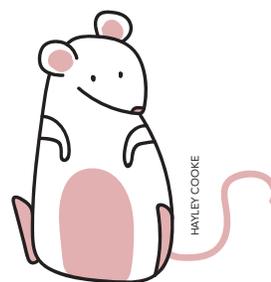
One Sunday, the teacher told Joy a parable from the Bible. A parable is a story that Christ Jesus told people when he wanted to

explain the truth to them about God and His love for us. The parable was about a shepherd who left his 99 sheep to go and find one little sheep that was lost. You can read about this in the Bible (see Luke 15:3-6).

## Luke 15:3-6

And he spake this parable unto them, saying, What man of you, having an hundred sheep, if he lose one of them, doth not leave the ninety and nine in the wilderness, and go after that which is lost, until he find it? And when he hath found it, he layeth it on his shoulders, rejoicing. And when he cometh home, he calleth together his friends and neighbours, saying unto them, Rejoice with me; for I have found my sheep which was lost.

As the teacher told the story, Joy imagined that the little sheep was all alone in the dark night among the rocks, calling out for help. She felt the love that the shepherd must have had, as he came to where the little sheep was and gently picked it up and put it on his shoulders to take it back home. How warm and comforted the little sheep must have felt! Joy knew she never needed to feel unsafe,

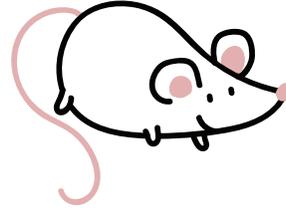


because God was a loving Shepherd and would always look after her wherever she was. She could never be separated from God. God was everywhere. He would always keep her safe, just as a shepherd looks after his sheep.

In Sunday School Joy also learned that God created all creatures,

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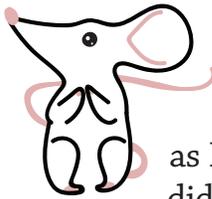
too. They are spiritual, just as we are. One thing Joy loved to do was to watch her big sister as she played with her pet white mice. There were so many of them that their daddy had built a shelf in the garage for them. He had put it high up so the mice were safe from any danger. Her sister loved building little houses for the mice.



Every Saturday, her sister would clean all the houses, replace the sawdust, and then give the mice new cotton wool so they could make their little nests. Once the houses were all clean, they were put back onto the shelf. Joy loved watching her sister as she cleaned out the houses, and she would even sometimes help her give the mice something to eat.

Every evening, before it was dark, Joy's sister would climb up on a ladder and feed the little mice before going inside the house for the night. Then one night one little baby white mouse escaped while Joy's sister was feeding it. It ran so fast that it fell down onto the floor and disappeared amid all the rubble of planks and sheets of tin that her daddy had put under the shelf. Oh, how everyone looked for this little mouse! It was getting dark and everyone got so sad, thinking that they would never be able to see the little mouse, let alone catch him.

Joy was quietly standing in the garage watching all that was going on. Then she heard everyone decide that they would have to stop looking for the night. Joy did not like what she heard, and so she asked God to help.



She remembered the parable that she had been taught in Sunday School. She just knew that in the same way as God, the loving Shepherd, looked after us as His "sheep," He was looking after this little mouse. Joy did not feel worried because she knew that God, the loving Shepherd, was right there, right now.

Just then her daddy came back from work. He drove into the garage with his car lights on, and do you know what happened? Peeking out from among the planks of wood were two little red eyes reflecting in the car lights. Joy's sister bent down and lovingly picked up the little mouse and returned him safely to his house. Joy was so happy that

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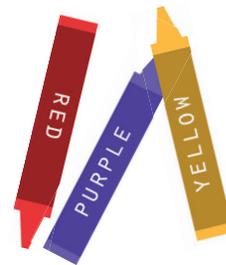
she ran inside to tell her mother what had happened! She was still very young, and it took her mother a little while to understand what she was saying. When her mother understood what had happened, she was just as happy as Joy and her sister were.

Joy learned that the stories in the Bible are not just stories, but the helpful truth about God's love for us. The truth that the Bible stories teach can be used by everyone, and everyone can have healings. ●

Originally published in the August 31, 2015, issue of the *Christian Science Sentinel*.

## Ready for school

By Marilyn Wickstrom

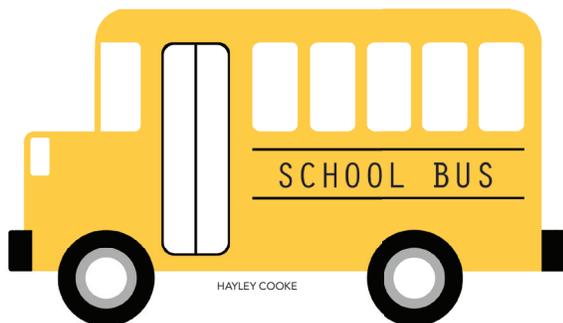


**Y**ou have a new box of crayons and some pencils and paper. You want to know more about your new teacher and your new classmates.

It's exciting to think about what you will get out of your new school year, isn't it? Have you ever thought about school as a place to give? God gives you spiritual qualities and abilities that allow you to help your teacher and your class to do their best. Here are some things to think about for this coming school year.

Before your day starts, know that God is with you. God is keeping everyone at your school safe. Father-Mother God is perfect, and He made you and everyone in His image and likeness. So no one really wants to be mean or unkind. You can see everybody as naturally loving and obedient.

God made your teacher. You can know that your teacher is good because God made your teacher that way. So you



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can expect that your teacher will be patient, fair, and kind. Because God is perfect, He doesn't cause anyone to suffer or be sick. We are God's reflection. So you can pray to know that everyone in your school is truly healthy and strong.

God is divine Mind. God knows all. We express Mind's intelligence. So you can learn what needs to be learned. Nothing is too hard for Mind, and Mind is guiding you!

When you get ready for school each morning, don't forget to "pack" good ideas inside your thinking. They will stay with you all day long to help you.

Christ Jesus loved the innocence and love little children expressed. He spent his life serving God. God is a loving God, and He makes you able to help others at home and at school. Now have fun! ●



Originally published in the September 7, 2015, issue of the *Christian Science Sentinel*.

## Moving? Love will still be with you

By Charlene Anne Miller

**W**hen I was nine years old, Dad decided our family should move. A few months later, we were in our new house and I was about to start school in the middle of the semester.

I missed my friends, the old neighborhood, my old Sunday School. It was hard to leave the street where Dad had patiently taught my brothers and me how to ride our bikes. I missed the backyard, where we played games in the sun, watched bugs and butterflies, and stomped around in cowboy boots.

So many happy memories! And now it felt as if we were a million miles away.

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At my new school, my new classmates teased me all the time during recess. While playing dodgeball, some of the kids would slam the ball against my legs really hard. If a teacher caught them, they just laughed.

My handwriting became very small on my school papers. It had shrunk along with my confidence. I felt that I wanted to be invisible. My teacher, Mrs. Isaacs, told my mother that I seemed unhappy and asked if everything was all right at home. Mom assured her that it was. The next day, Mrs. Isaacs took me aside and in a gentle way told me that it would help her if I would write a little bigger.

My parents had enrolled my brothers and me in a nearby Christian Science Sunday School. I felt loved and appreciated there. I felt at home. I had learned the powerful spiritual truth that God is Love, and that everyone, including my new classmates and me, is made in God's image and likeness, reflects God's love, and is made to be loving. For many weeks, whenever I needed comforting at school, I remembered Bible verses, hymns, and a few of my favorite lines from *Science and Health with Key to the Scriptures* by Mary Baker Eddy. This was a way of paying attention to God, and it made me feel calm and strong.

There are many thoughts in the Bible and *Science and Health* that help us see that God loves us and that we are made to express His love by loving one another. The Lord's Prayer and the spiritual interpretation of it in *Science and Health* is a good place to start: "Our Father which art in heaven, / *Our Father-Mother God, all-harmonious*" (*Science and Health*, p. 16). The book of First John in the Bible tells us, "Beloved, now are we the sons of God" (3:2). And the book of Hebrews says, "Let brotherly love continue" (13:1). Hymn 32 in the *Christian Science Hymnal* was also one of my favorites as I prayed about love and brotherhood at school. The last verse says:

Thou to whose power our hope we give,  
Free us from human strife.  
Fed by Thy love divine we live,  
For Love alone is Life;  
And life most sweet, as heart to heart  
Speaks kindly when we meet and part.  
(Mary Baker Eddy)

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During recess, I started playing handball with other girls—some older, some younger. I was pretty good! I didn't brag about this or complain if I lost a game. But most of the older girls didn't like to lose. Some would shout mean things at any girl who won a match against them, then laugh harshly when she lost.

One day when I won a game, I felt inspired to thank my friend for a good game. When I lost the next round, I trotted to the back of the line and said to the winner, "Hey, good play!" As the next game started up, I rooted for both players. I was normally shy, so speaking up like this was new for me. But I could tell it was divine Love expressing itself in me, helping me stand up and root for good.



At first I was made fun of for cheering for both players. But I kept expressing love, and there was a gradual change. Because this example of good sportsmanship was rooted in divine Love, it helped the whole group. If you think about it, it makes sense that everyone naturally wants to be kind and good, because God made us that way.

Within a few weeks, we were all friends, offering encouragement and support to both players in each handball match. Some of us even started offering tips to the players who needed more practice, and we were glad to watch them improve. As I earned respect from some of my classmates, friendships formed. Soon, my handwriting on school papers returned to its normal size, to Mrs. Isaacs's relief!

When I look back, I'm thankful for our family's move because it helped me learn more about God and expressing His love. You can express this love, too ... whether you are the new kid or welcoming new kids to your school!●

Originally published in the September 28, 2015, issue of the *Christian Science Sentinel*.

# No making fun!

By Kathryn Knox

**I**n a Bible story, there was a man named Jairus (see Mark 5:22–24, 35–43). He was a daddy and his daughter was sick. So he went to find Christ Jesus and asked him to come to his house and heal his daughter. As they traveled together, Jesus healed another person along the way. Soon, news came from Jairus' household. Jesus was told that Jairus' daughter had died, and so he shouldn't bother coming. But Jesus told the daddy not to be afraid and went with him to his house anyway.

When they got to the house, Jesus said to the people there that the little girl was not dead. When he said that, people laughed at Jesus. Jesus wasn't distracted by others laughing at him, though. He knew that Life, God, was the only power; so, for the little girl's sake, he made them leave the room, and he told the little girl to get up. She sat up and was healed!

Have you ever had a time when someone made fun of you for what you believe, or made you feel that you were unloved or unsafe?

Imagine drawing a chalk circle on the ground. If someone makes fun of you, it can kind of make you feel as if others are inside a circle of safety and friendship, while you are on the outside. But know right now, that is not true! You are not outside of God's goodness. You are not outside of happiness and safety, and no one can be.

A little boy named Chace listened to the story about Jairus in Sunday School. He drew the family in the story and then drew a circle around Jesus and the little girl. He said to his teacher that the circle was like God's love all around them. Then he thought about that



KEN BAUGHMAN—STAFF

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circle some more, and changed it. He decided to draw the circle bigger to include the girl's daddy, too, "because no one is left out." Chace and his teacher then talked about how Jesus saw everybody as pure, perfect, and loved by God, and that's why he could heal and not be afraid.

Nothing can push you outside of God's love; not sickness, not bullying, not people laughing at you, not fear. You can never leave God's good and safe love, and neither can anyone else, because God's love is everywhere. Everyone is included in it, and there is no boundary or outside to God, who is divine Love. As you pray like this every day, you learn more and more about God's forever-love. You won't want to make fun of anyone, and you can forgive anyone who makes fun of others. Because you know about this love, you can be a helper and a healer. ●

Originally published in the October 5, 2015, issue of the *Christian Science Sentinel*.

## Back to playtime

By Tarun, grade 4, Chandigarh, India

I go to Christian Science Sunday School with my older brother at a Christian Science Society and rely on prayer for my healings.

One day I was cutting an apple with a knife when my mother was not at home. By mistake, I cut my thumb. My thumb started bleeding a lot, and I cried in pain.

I covered my thumb with a handkerchief. When my grandmother saw it, she called my aunt, who is also a Christian Scientist like my mother. She was upstairs teaching music classes. She came down and wrapped my thumb with a fresh piece of cloth. As we sat side by side, she reminded me of the truth I'd learned in Sunday School, that "man is not matter; he is not made up of brain, blood, bones, and other material elements." This is from *Science and Health with Key to the Scriptures* by Mary Baker Eddy on page 475. And the page goes on

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to say: “The Scriptures inform us that man is made in the image and likeness of God. Matter is not that likeness. The likeness of Spirit cannot be so unlike Spirit. Man is spiritual and perfect; and because he is spiritual and perfect, he must be so understood in Christian Science.”

My aunt then asked me to repeat the Lord’s Prayer with her. Both of us prayed the Lord’s Prayer out loud. I like this part of the prayer: “Hallowed be thy name. Thy kingdom come” (Matthew 6:9, 10). From these lines I felt that God’s name is holy and blessed, and also that I live in God’s kingdom and can feel it right here.

After that, as my aunt was cleaning the floor, she said something funny and it made me laugh. Right away, the bleeding and pain stopped.

I removed the cloth, and my aunt cleaned my finger. I was able to go out to play, and there was no sign of any cut on my hand. I thank God for this healing. I thank my Sunday School teacher, and I also thank my aunt. •

*Tarun enjoys attending Sunday School and playing with his pet dogs.*

Originally published in the November 2, 2015, issue of the *Christian Science Sentinel*.



KEN BAUGHMAN—STAFF

# The thank you dance

By Cheryl Ranson

**D**id you hear the story of the young humpback whale that got entangled in some fishing nets? Some people in a small boat found the whale and worked hard, using only a small knife to cut the nets and free it. When they finally succeeded, the whale “danced” for them in the ocean, breaching and fin-slapping for over an hour.



This whale was clearly happy to be free! But it could have swum away without any communication. Instead, it seemed to be showing its boundless thanks. (You can ask an adult to help you find the popular video of the rescue online, available on YouTube, “Humpback Whale Shows Amazing Appreciation After Being Freed From Nets.”)

For a lot of people, to feel thankful is to feel joyful. Think of a time when someone helped you or gave you a very special gift. You probably felt both grateful and happy—it’s pretty hard to separate the two, isn’t it!

The best gifts come from God, the source of all goodness. God doesn’t give us things; He gives us spiritual ideas. When you hear music, it’s full of rhythm, harmony, beauty. When you see a parade, you can feel its energy and joyfulness. When you think of a good friend, you probably have a smile on your face. When our heart is made happy by things like these, we sometimes call it “a grateful heart.”



God’s gifts come to us in thought, and it’s in our thinking that we first thank Him. In fact, thanking God is a kind of prayer.

And just as it’s natural to thank a friend for a gift, it’s natural to joyfully thank God for His goodness. In the Bible, some of the psalms, or sacred songs, are called psalms of thanksgiving or praise. Here is the first verse of one: “Shout with joy to the Lord, all the earth!” (Psalms 100:1, New Living Translation).

The Discoverer of Christian Science, Mary Baker Eddy, offered this short prayer of thanks: “... I thank God who hath sent



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forth His word to heal and to save” (*The First Church of Christ, Scientist, and Miscellany*, p. 159).

“Good” is actually a name for God. So whenever you see or experience good in your life, it makes sense to recognize that it comes from God. You may decide to show your gratitude to God through helping someone who needs a friend, cheering on a sibling in sports, or even expressing joy and grace in a dance class. What matters most is that your heart is full of appreciation and love. This communicates your gratefulness as clearly as the young whale’s dance.



“Get ready,” one of my favorite greeting cards reads, “for the thank you dance!” You don’t really have to do a dance. Just be ready to thank God in your heart for His love and care for you. Your thankfulness will show in wonderful ways! ●

## A child’s psalm

To God, who made me free, complete  
 thanks be  
 To God who knows my nature, sweet  
 thanks be  
 To God who gives me every good  
 Whose power has forever stood  
 Who joys in Father-Motherhood  
 thanks be!

—Cheryl Ranson



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# A 'link' worth checking out

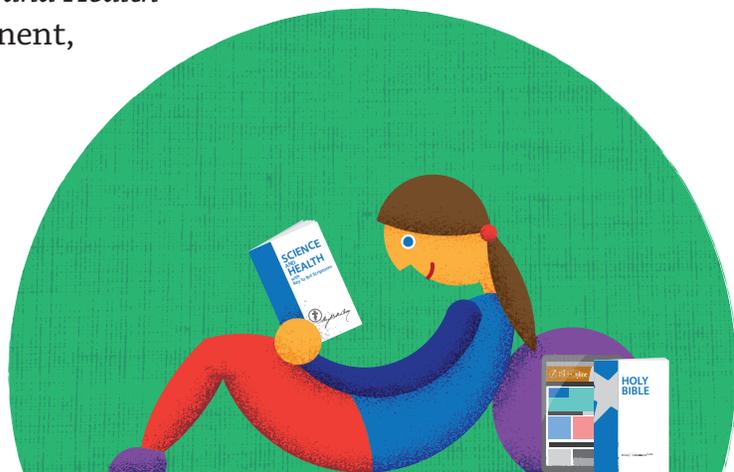
By Blythe Evans

Zabba, my niece's little Maltese dog, needed a sweater! Because I like to knit, my niece asked if I could help make one. This sounded like a fun project, so I went online and searched for knitting patterns. When I found one I liked, I would click on the link and it would open up to a photo of a cute dog sweater, often being worn by an adorable dog. It was fun and interesting, looking at a variety of links. I learned a lot, too. (Editor's note: It's always a good idea to ask your parents before doing lots of searching on a computer or tablet!)

Looking for sweater patterns for Zabba made me think about how cool hyperlinks are. They can instantly show us sites that explain things to us. These sites are detailed, give useful explanations, and teach us new things. Links connect us to helpful information that allows us to understand something better or in more depth.

When I was reading the Christian Science Bible Lesson the next day, I noticed this passage from *Science and Health with Key to the Scriptures*: "The real man being linked by Science to his Maker, mortals need only turn from sin and lose sight of mortal selfhood to find Christ, the real man and his relation to God, and to recognize the divine sonship" (Mary Baker Eddy, p. 316).

"Wow!" I thought. *Science and Health* is telling us about our permanent, unbreakable relationship to God—that's our link to God, which is forever! Of course, understanding more about Christian Science by reading the Bible and *Science and Health* isn't the same as going in search of information on the Internet.



KEN BAUGHMAN—STAFF

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But both of these books help us learn about God and who we are as God's sons and daughters. They connect us to the most useful information of all: that we are always "linked" to (at one with) God and can't ever be separated from Him.

What does that mean for your school day? It means that you are 100 percent connected to the intelligence and ideas that you need, because you are linked to God, divine Mind. What does that mean for getting along with your friends? It means that you are always at one with divine Love, so you can love others and feel God's love no matter what.

The last part of that sentence from *Science and Health* tells us how we can understand this link and really understand that we are totally good because we are God-created. We can grow spiritually by challenging any thoughts that would limit, discourage, or bog us down. We can reject thoughts that might suggest we are not as smart, or likeable, or talented as we want to be by knowing that, as the children of God, we have unlimited intelligence, infinite value, and the natural ability to do good. Then it's easier to see that we each have special qualities to share. We see that we have an important purpose—to be who God created us to be. And God created us to be His son or daughter: spiritual, complete, joyful, and satisfied.

Hyperlinks may come and go. But our inseparable relationship to God, our link to everything good we could ever need, is forever. Look for the little ways you can see this connection. The more you do, the easier it will be to feel linked to God in every situation—no Internet connection required! ●

Originally published in the December 21, 2015, issue of the *Christian Science Sentinel*.

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