



# CHRISTIAN SCIENCE Sentinel

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

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**A COLLECTION FOR KIDS**

**CHRISTIAN SCIENCE  
SENTINEL**

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# Which thoughts are God's thoughts?

By Annette Kreutziger-Herr

**E**very moment of every day we each have lots of thoughts. Nice thoughts that make us feel happy and loved. And sometimes thoughts that aren't so nice.

How do you know which thoughts are God's thoughts?

In the Bible, God says, "I know the thoughts that I think toward you,... thoughts of peace, and not of evil" (Jeremiah 29:11).

These good thoughts coming from God will never stop. They are everywhere, and they are powerful, because God's thoughts are real. They make us feel loved and safe. They keep us kind and healthy.

Thoughts that make us feel bad are not God's thoughts, and they are not our friends. If thoughts are not from Love, God, they are not kind and good, and we don't have to listen to them.

You know thoughts are from God, Love, when they feel

- curious, like a little fox
- quiet, like someone listening
- generous, like wanting to share
- sure, like a promise kept
- beautiful, like a reflection in a pond
- comfy, like a warm blanket
- happy, like a day by the sea
- grand, like the big mountains
- swift, like a bird flying high
- humorous, like a butterfly on a frog
- harmonious, like people singing
- healing, like a heart saying "yes!"



You can listen for God's thoughts and feel God's love every day! ●

Originally published in the January 6, 2020, issue of the *Christian Science Sentinel*.

ANNA LUTWILLER-STAFF

# What's your favorite name for God?

By a young class at the Christian Science Society  
of Stevens Point, Wisconsin

Our Christian Science Sunday School class has been talking about the synonyms for God. A synonym is another name for God. We've been talking about how each one helps describe God—and they also help describe each other, of course, because that's what a synonym does. You can find these synonyms in *Science and Health with Key to the Scriptures* by Mary Baker Eddy. (For example, you can go to page 465, lines 9 and 10.)

Here is a poem we wrote about some of these special names that help us understand God better:

<b>Principle</b> <b>Life</b> <b>Truth</b>	Principle, Life, Truth, Love, Spirit, Soul, Mind— Our God is so kind! Because Spirit is here, We can know God as near!	<b>Love</b>
	God is Love, so we need never fear. There is no need to cry, And here is the reason why: God's love is so dear.	<b>Spirit</b> <b>Soul</b>
	God is Principle and Life and ... We have just begun, Since every other name for God Follows and is ONE!	<b>Mind</b>

We also talked about how understanding the different names for God has helped us.

Ryan likes to think about God as Mind because he likes the fact that God is all-knowing. He's learning that God is intelligence, and that means he expresses intelligence—because he is Mind's expression. What God knows, Ryan knows, too!

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Once when he was stung by a bee, it hurt a lot, and Ryan remembered that God was with him and that God is Love. He knew that Love wouldn't, and couldn't, create anything that would hurt him. The hurting soon went away.

Lucy's favorite synonym is Love. One time, during her gymnastics class she fell off the balance beam. It hurt, and she ran over to her mom. Her mom kissed her and reminded her that God is Love.

Lucy knew from Sunday School that God's love is all around her. So she pictured God's love like a cushion on the floor keeping her landings soft and safe. She knew she could never fall out of God's love, so she could never really be hurt. After that, she felt much better and went back to class.

The synonyms for God are like friends we can take with us into our lives every day. They help us understand that God is always with us and taking care of us, wherever we go and whatever we need. ●

Originally published in the January 13 & 20, 2020, issue of the *Christian Science Sentinel*.

**GOD. The great I AM; the all-knowing,  
all-seeing, all-acting, all-wise, all-loving,  
and eternal; Principle; Mind; Soul; Spirit;  
Life; Truth; Love; all substance; intelligence.**

—Mary Baker Eddy, *Science and Health  
with Key to the Scriptures*, p. 587

# Love is taking care of you

By Laura Remmerde

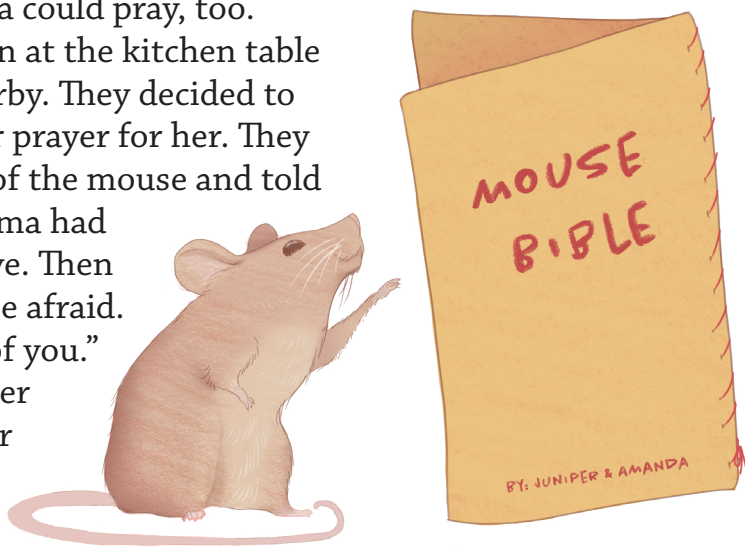
**J**uniper and Amanda lived in the mountains. One winter day when they were playing outside, they found a little mouse lying on the ground. The mouse was very cold and couldn't move. They decided to tuck her inside one of their coats and take her home to get warm.

At home, Mama helped them find a shoe box and some soft cloth to make a little house for the mouse. They wanted to keep her warm and safe. She sat in a corner of the box and seemed very frightened. The girls brought her some food and water, but she wouldn't eat or move. Juniper and Amanda were worried about her, so they talked to Mama.

Mama reminded them of something they'd learned in the Christian Science Sunday School: that God is divine Love. Mama said that where Love is, there's no room for fear. You can find a verse about this in the Bible; it says, "There is no fear in love; but perfect love casts out fear" (1 John 4:18, New King James Version). Love is everywhere, so fear can't be anywhere. Mama said that Love was helping them to not be afraid, and helping the little mouse, too. She said that she would go upstairs to pray for the mouse, and that Juniper and Amanda could pray, too.

The girls sat down at the kitchen table with the mouse nearby. They decided to draw and write their prayer for her. They drew a nice picture of the mouse and told the mouse what Mama had told them about Love. Then they wrote: "Don't be afraid. Love is taking care of you."

Next, they told her she was safe. In their picture, they had made the mouse



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look very happy. Juniper and Amanda thought she should be happy because God loved her so much.

The last picture was of an empty hole. The words said, “Evil is like an empty hole.” Juniper and Amanda had learned that “God is everywhere, and nothing apart from Him is present or has power” (Mary Baker Eddy, *Science and Health with Key to the Scriptures*, p. 473). So since Love is all-powerful, nothing bad, like fear or hurt, is present or can have any power.

The girls finished their book and placed it in the shoe box with the mouse. They called it their Mouse Bible, since it talked about God. The little mouse didn’t respond just then, but they felt sure she would be healed and able to run again.

The next day, the mouse moved around a little and drank some water. Soon she was moving so much that they took her outside to the place where they’d found her. When they let her go, she darted away as any normal and healthy mouse would do.

Juniper and Amanda were so happy! They were happy the mouse was better, and they were happy to have learned that no matter why you might be afraid, you can always find help in knowing how much God loves you. You can wrap yourself up in God’s love for you until you feel how powerful that love is. Love was there for the little mouse, and Love is there for you. •

Originally published in the February 3, 2020, issue of the *Christian Science Sentinel*.

# Learning how to forgive

By Isabelle

One day, I had a play date with my best friend and a girl her family was fostering. They came to my house, and we were playing with my dolls.

I noticed the new girl was playing a little roughly with the dolls. And when she left, there was a mess in the living room. I felt really upset that she didn't clean up.

But then I remembered something I'd learned in the Christian Science Sunday School: We are all children of God. Being a child of God means that we are really all good and loving like our Father-Mother God, who is good and Love.

I started feeling like I could forgive the new girl, because I understood that God made all His children to be kind and thoughtful. I knew I could love her instead of being angry at her.

It was a good day after all, and I learned how forgiveness can make me happy. It's easy to forgive when you know that all God's children are good! ●



BETH GRIFFIN—STAFF

Originally published in the February 17, 2020, issue of the *Christian Science Sentinel*.



# God was there when I needed help

By Aidan

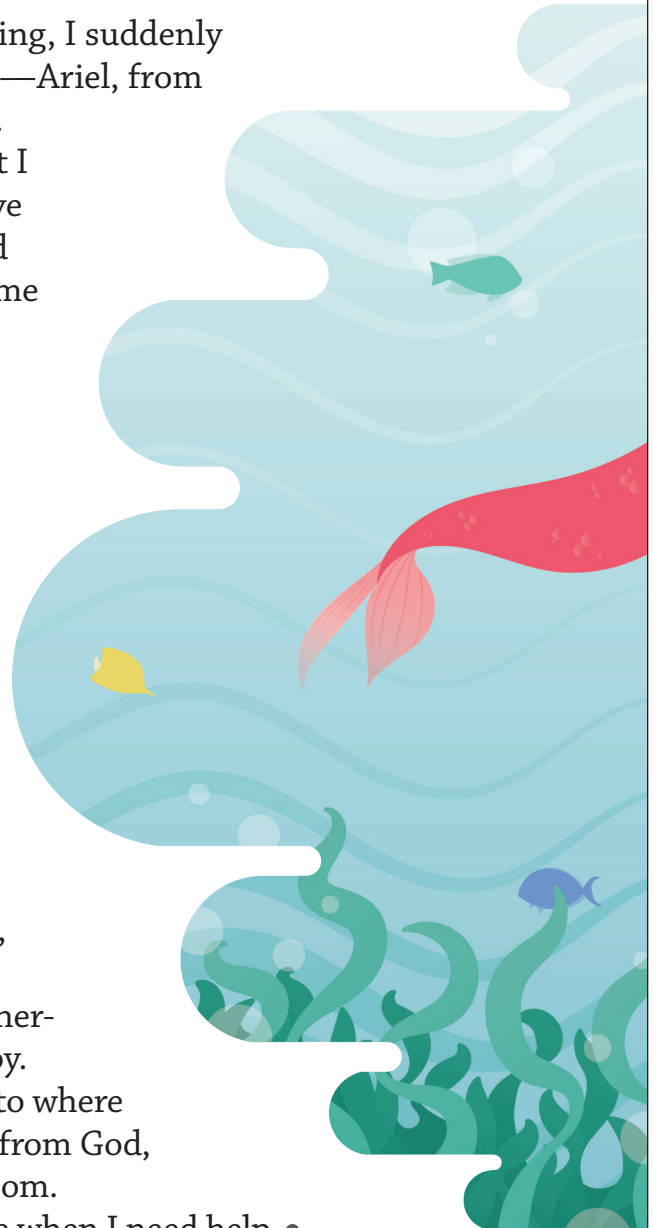
One normal Wednesday morning, I suddenly realized that my favorite toy—Ariel, from *The Little Mermaid*—was missing.

My parents had taught me that I can always pray to God when I have a problem. So I closed my eyes and talked to God. I said, “Please give me some arrows to show me the way to Ariel.” When I think of God, I think of Love, and Love loves me by giving me what I need, so I knew God would give me ideas to help me.

Sometimes when I need help, I also think about the Lord’s Prayer and its spiritual interpretation by Mary Baker Eddy (see *Science and Health with Key to the Scriptures*, pp. 16–17). One thing I like about the Lord’s Prayer is that it teaches me that God is my Father-Mother, who is always taking care of me. When I thought about God as Father-Mother, I knew I would find my toy.

Then God showed me the way to where Ariel was! I listened to good ideas from God, and I found my toy in the guest room.

I know God will always help me when I need help. •



ANNA LITWILER—STAFF

Originally published in the March 2, 2020, issue of the *Christian Science Sentinel*.

# The ABC's of gratitude

By Jenny Sawyer

**T**he sun was shining. The sky was bright blue. But something wasn't right. My head was hurting, and that was turning a good day into a bad one.

But wait! I remembered from my Christian Science Sunday School class that I could pray. I'd learned there are lots of different ways of praying. I could start with all the good things I knew about God. I could ask God for help. I could be grateful.

Be grateful? When my head was hurting? That seemed like a funny thing to do.

But then I remembered something else. It was a line from a book called *Science and Health with Key to the Scriptures* by Mary Baker Eddy. We'd read this book along with the Bible in Sunday School, and it had taught me a lot about healing. The line I remembered says, "Are we really grateful for the good already received?" (p. 3).

That line told me something interesting: Even though it felt like I didn't have much to be grateful for, I actually had a lot. I had all the good that God, good, had already given me—and was always giving me.

That sounded like a lot of good, and for a second I wasn't sure where to start with my gratitude. But just then a thought went through my head—like it was pointing out the way. It said, "A is for ..."

That was it! Using the alphabet could help me remember all the things I was grateful for.

So I started with A. "A is for angels," I thought. I loved the definition of *angels* in *Science and Health*, which explains that angels are "God's thoughts passing to man;..." (p. 581). I really felt grateful for all those good thoughts that were coming to me at every moment.

B was easy, too. I had learned the Beatitudes in Sunday School, and I was grateful they'd taught me how to feel close to God by being meek, pure in heart, and merciful.

This was fun! As I continued through the alphabet, I felt grateful for J—the joy God was causing me to feel at every moment. For P—God's



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power, which was all and everywhere, so there couldn't be some other power called a headache. For *S*—the fact that I was spiritual and safe. Those two *S*'s went hand in hand.

I was so interested in my *ABC*'s of gratitude that I quickly forgot about the headache. And when I did remember it a little while later, it was already gone. I was healed.

There isn't just one way to feel grateful; you can express gratitude however and whenever and wherever you want. But what's so great about gratitude is that anytime we feel our hearts fill up with thanks to God for all He is and all He's doing for us, that's a prayer that has power. And it brings healing. •

Originally published in the March 16, 2020, issue of the *Christian Science Sentinel*.

# No need to peep!

By Annette Dutenhoffer

**P**eep! My daughter's bedroom was in the basement. Peep! Peep! She came upstairs to tell me about the noise. Peep! Peep! Peep! She was trying to get her homework done. She wanted the noise to stop!

We went downstairs together and saw a baby bird standing just outside the window. He was peep-peep-peeping at the top of his lungs! My daughter and I looked at each other. What was all the peeping about?

We called the city's animal department. A nice lady came to our house with a small net on a long handle. She gently scooped the little bird right up and shooed him off into a nearby bush.

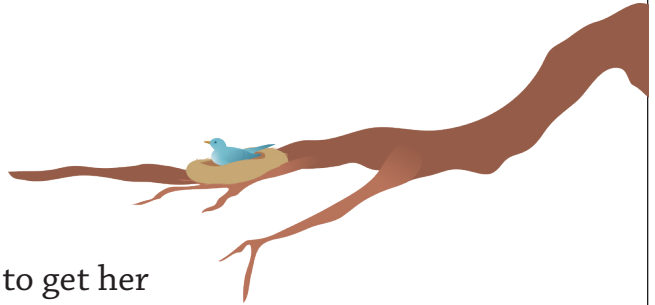
"Don't you worry," she told us. "You can be sure that peeping bird's mommy can hear him loud and clear. She knows right where he is."

We were relieved! The next time we looked outside, the baby bird was gone. We were sure his mommy had shown him a safe place to be.

I remembered that peeping baby bird just the other day. I was thinking about how God takes care of us all just like a loving daddy or mommy does. When I was a little girl, I learned a prayer in the Christian Science Sunday School that taught me to think about God this way.

The prayer I learned is called the Lord's Prayer. It's a prayer Jesus taught his friends to pray. Maybe you know it, too. It starts, "Our Father which art in heaven."

Mary Baker Eddy loved this prayer. She learned it very well. Then she listened closely to God and wrote her own words to go with Jesus' words. The first line she wrote says, "*Our Father-Mother God, all-harmonious*" (*Science and Health with Key to the Scriptures*, p. 16). I like how she added "Mother" right beside "Father" in the prayer. "Father-Mother God" makes me think of God like a really good parent who is both strong and wise, tender and kind.



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Sometimes I hear about something scary. Then I pray by asking God if I'm safe. I hear a thought that is firm and clear—just like a helpful Father would tell me. It says I'm safe now and forever because He's always with me.

Sometimes I feel sad because someone I love moves away. Then I pray by asking God to help me feel happy again. I hear a thought that is comforting and gentle—just like a loving Mother would tell me. It tells me that all the good I love about my friend is still right here, because good comes from God so it's always with us.

Next time you say the Lord's Prayer, you can remember that you don't have to peep, peep, peep, to get your Father-Mother God's attention. He helps you. She loves you. And there's no place you can be where your divine Parent isn't aware of you—and taking care of you. •

Originally published in the April 6, 2020, issue of the *Christian Science Sentinel*.

## God helped me when I felt scared

By Charlotte

**M**y family and I were driving to the Grand Canyon on our way home from California. The Grand Canyon is a nice place to visit because it's colorful and rocky and really pretty. It's also very big and deep.

On our way to the hotel, it was getting dark because night was coming. And then it started snowing really, really hard. My parents said it was a "whiteout." We couldn't see much out the window because it was so snowy.

There was no place to turn the car around or pull over. My parents were scared and not sure what to do. I was scared, too. But then my mom said we could all pray.

In Christian Science Sunday School, I've learned some hymns that I like to sing as prayers. So I asked everyone to sing "Feed my sheep" by Mary Baker Eddy. It is a good song about God, who is like a shepherd

to us. I like the part that says, “Shepherd, show me how to go / O’er the hillside steep” (*Christian Science Hymnal*, No. 304). It makes me feel better and not scared anymore. I feel safe when I sing this hymn.

My whole family sang along with me, and pretty soon, the storm began to clear up. Once, it came back again, but not for long! We kept singing “‘Feed my sheep’” until the skies cleared up for the rest of the way to our hotel, and we made it safely.

I learned that praying makes you feel better and that God can help with anything. If you feel scared, you can pray, too! ●



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ANNA LITWILER—STAFF

*In heavenly Love abiding,  
No change my heart shall fear;  
And safe is such confiding,  
For nothing changes here.  
The storm may roar without me,  
My heart may low be laid;  
But God is round about me,  
And can I be dismayed?*

—Anna L. Waring  
*Christian Science Hymnal*, No. 148

## Back on the trail

By Jenny Sinatra

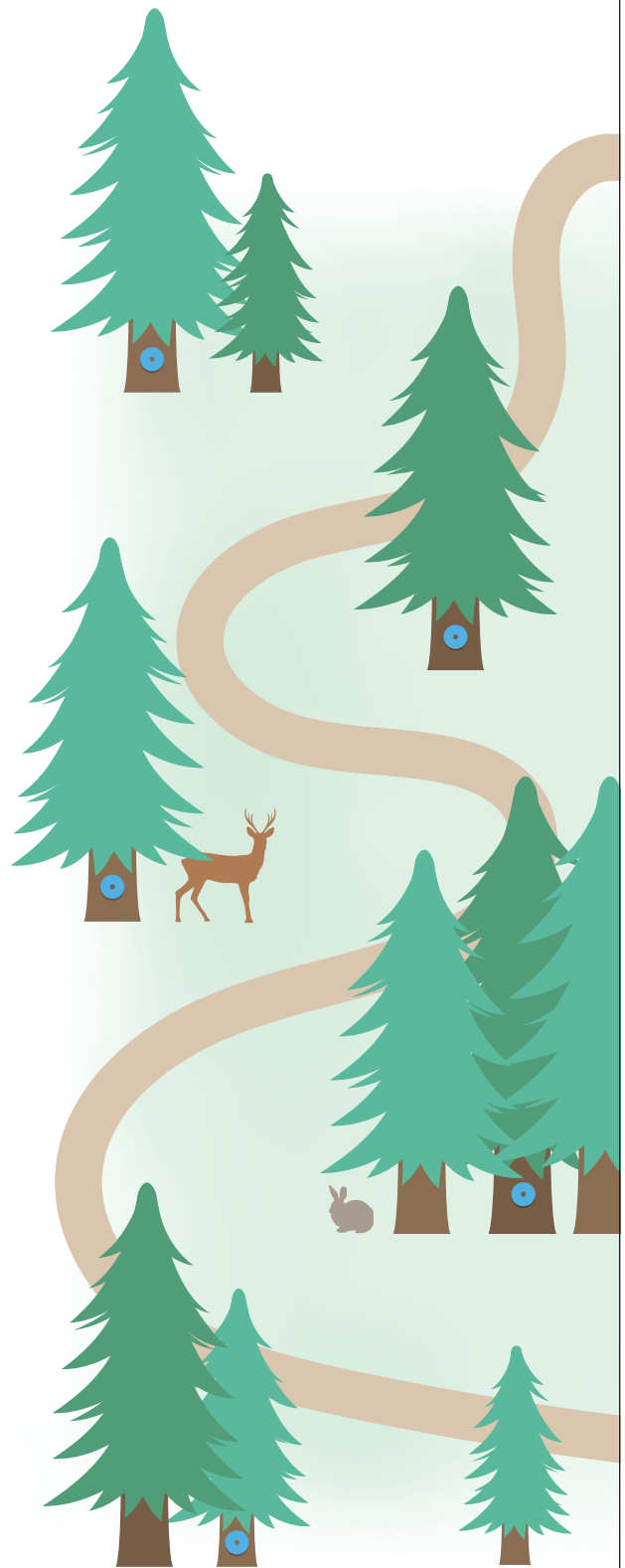
*Uh-oh. This doesn't look like the trail, I thought as we climbed awkwardly past heavy green bushes and swatted away branches. Where is the next trail marker?*

For this trail, the markers were bright blue lines painted on trees, and I'd been following them for the entire hike. But now I was all mixed up.

I looked behind me at my group. They were talking and laughing, holding on to the straps of their backpacks or swinging water bottles. They had no idea we were lost.

I stopped walking and told the group they could take a break, sit down, and rest by a nearby tree. I knew I needed to step aside and pray, turning to God, our Father-Mother, to show me what to do. I knew that even though I was leading this hike, God was in charge of everyone on the hike, including me. I'd learned in the Christian Science Sunday School that because God is Father-Mother, we can always count on God to take care of us just like our mom or dad would.

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So, right there on that big mountain, I prayed to feel that God was caring for every creature, every bird, every hiker. God was supplying everyone with good ideas to help them journey forward. God was meeting each need.

This verse from the Bible came to me so strongly: “Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths” (Proverbs 3:5, 6, New King James Version).

That was my answer. I’d learned that when I didn’t know what to do, the answer was to stop struggling to fix something so I could be ready to hear what God was telling me. And I could trust that God leads.

Within a few minutes, things felt different. With new hope, I had the thought to look in a certain direction. There, just around a corner, I could see it: a bright blue trail marker on a sturdy tree. I was relieved, but not very surprised. God had shown me the way!

The group finished up their break. It was time to get back to the hike and press on to reach the summit of the mountain. We had our trail markers—but more important, we had God leading the way.

Now, whenever I feel lost, I remember this hike and how I trusted God with all my heart. God showed me how to find—and stay on—the trail, and He will help you, too. •

Originally published in the May 4, 2020, issue of the *Christian Science Sentinel*.

## All God’s creatures are good!

By Laura Remmerde

**A**manda and Juniper lived on a ranch with lots of animals. They loved their pony, Candy, their kittens, and their dog, Thorn. What Amanda didn’t like very much, though, was the wasp that stung her three times one day when she was sitting in the living room, reading. Someone had left the door open,



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and a wasp had flown in and was perched on the rocking chair when Amanda climbed in.

Amanda cried, and Mama came running. The wasp stings hurt a lot, and Amanda was angry and upset. She couldn't seem to stop crying.

Just then, Juniper came in and wanted Amanda to come outside and play, but Amanda didn't want to. She said she wanted to lie down.

While Amanda rested, Mama prayed with her and talked to her about how much God loved her. Then, since Mama had more to do to prepare for dinner, she asked Amanda if she would like to listen to some Christian Science healings that other children had had. By then Amanda had stopped crying. But she still didn't want to get up.

Mama put on the recording. There were lots of good healings, but the one Amanda loved most was about a healing of a bee sting. The child who'd had that healing said that she was healed when she understood that Love made the bee, so the bee couldn't want to hurt her. Amanda had learned from her mama and daddy, and from the Christian Science Sunday School, that Love is another name for God. She knew that Love couldn't and wouldn't make anything that could hurt anyone. So that meant she couldn't be hurt by the wasp.

Amanda felt better right away, and the next thing Mama knew, Amanda was running out the door to play with Juniper. When Mama called to her, Amanda called back, "Love made the wasp, so I know the wasp can't hurt me!"

The pain and the redness on Amanda's neck were all gone, and best of all, Amanda wasn't angry at the wasp anymore. In fact, she had so much fun playing with Juniper, she forgot about being stung altogether.

After that, Amanda knew wasps were included in God's creation just as much as all the other animals she loved. Love had shown her that she couldn't be hurt by anything God made, because everything God made is good. ●

Originally published in the May 18, 2020, issue of the *Christian Science Sentinel*.

# I prayed for myself— without anyone's help

By Bennett



I was at summer camp, and for the first time in my life, I had an opportunity to pray for myself without anyone else's help.

One night, I woke up in the middle of the night and was awake for about an hour because I wasn't feeling well. I finally drifted off to sleep, but then I woke up again feeling sicker—like I was going to throw up.

I was afraid, because a few days earlier I'd eaten a minty-tasting plant that I thought was edible mint. But then a boy told me that he had also eaten that plant and was sick for several days.

I got out of bed, woke up my counselor, and went to the bathroom house. But my counselor never appeared, because he couldn't find me.

So I started praying for myself, like I've learned to do in the Christian Science Sunday School. I mainly prayed with the idea that I'm God's child, His image and likeness. I knew that God made everything perfect, so He made me perfect as His image. God didn't make me to be harmed. This was the foundation for my prayers, and it was also my rock, like the Bible says: "The Lord is my rock, and my fortress, and my deliverer" (II Samuel 22:2).



After I prayed with this idea, my thoughts were filled with good ideas about God, which blocked out all the negative thoughts that were saying that I would be sick for the next several days, and that I wouldn't be able to participate in camp activities. Knowing that God is my protector made me feel confident that none of these bad thoughts could be true.

Pretty soon, I felt well and went back to my cabin. But later I woke up feeling sick again. After praying with the same ideas that had helped me before, I was able to go back to sleep after a few minutes, and I woke up in the morning feeling completely fine. I was healed. I felt energetic and ready to continue with camp activities.

I'm so glad I learned I could pray on my own and experience healing. •

Originally published in the June 1, 2020, issue of the *Christian Science Sentinel*.

ANNA LITWILLER—STAFF

# Finding God at camp

By Joan Ware

Camp hymn sing! What could be better? I was there with my friend, who was playing the music for the hymn sing. So I sat way up front on a long bench by the piano.

Suddenly, a camper I'd never met before came over and plopped down next to me. I had just a couple of minutes to say hi and ask him about camp before the singing began. I thought he would share how happy he was to be there, with so many fun activities and new friends and a cool cabin to sleep in. But instead, he told me he was sad. He was really missing his grandma, whom he lived with at home. And then he said the hymn sing would make him feel even more sad, because his grandma always sang hymns to him before bed.

As he talked, I thought about something I'd learned in the Christian Science Sunday School that has always helped me so much: God is Love. All Love. So all the father-love in the world comes from God, and all the mother-love comes from God, and even all the grandma-love comes from God. I told my new friend that God's love was right here at camp and also back at home with his grandma, because Love is everywhere, with everyone, all the time.

I also said that if he was missing his grandma, then he must really be thinking about her and loving her. I assured him that she was loving him, too.

Then I asked him which hymn he loved to hear his grandma sing the most. His favorite one was "Mother's Evening Prayer" by Mary Baker Eddy. I asked him if he knew the words. He did. I suggested that he could quietly sing that hymn to himself every night before he went to sleep. Those words came straight from God, divine Love. They would bring comfort, peace, and healing. He said he thought he could do that.

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The hymn sing started, and guess what? We got to sing “Mother’s Evening Prayer” all together. Here’s how it starts:

O gentle presence, peace and joy and power;  
O Life divine, that owns each waiting hour,  
Thou Love that guards the nestling’s faltering flight!  
Keep Thou my child on upward wing tonight.  
(*Christian Science Hymnal*, No. 207)

By the time we finished, it felt like everyone there was all wrapped up in a big, powerful Love hug: safe, happy, and so loved! And before we left, my new friend gave me a hug, smiled, and said, “You’re just like my second Nana!” (He didn’t know that I’d been praying to be someone’s grandma.)

A few days later, I went back to camp and saw my friend again. I hardly recognized him! He was so happy and confident. And he even told me that he really hoped he could come back to camp next year.

My new friend had found God’s love at camp. Now he could go home and practice finding God’s love everywhere: at home, at school, and in all his activities. And when he came back to camp, he would of course find God’s love there all over again.

You can find God’s love, too. Every day. Everywhere. God, Love, is always there. And if you’re going to camp, guess who’s there waiting for you! ●

Originally published in the June 15, 2020, issue of the *Christian Science Sentinel*.

## My thumb was perfect

By Luna

Last year was my first summer at a camp for Christian Scientists in Maine. I was enjoying all the activities and learning new skills, like sailing and archery.

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One day, we were playing a competitive game when a girl accidentally ran into my hand. I heard a loud, threatening crack from my thumb. In the past, I've jammed my thumb during volleyball and basketball, but this was much more severe. When I looked down at my thumb, I saw that it was crooked and swollen. It hurt, and I was afraid I'd broken it.

I told my counselors what had happened, and they had the Christian Science nurse come to bandage my hand. The first thing she did was to ask which hymn from the *Christian Science Hymnal* was my favorite. I told her that I loved Hymn 350, which has the refrain "All, all is well" (Mary Peters, adapt.).

She pulled out a *Hymnal* and had me flip to the page. She asked me why I loved that hymn so much. I told her it was because it reassures me that everything will be OK, that everything is OK, and that everything has always been OK. This is because God loves us and is always taking care of us.

I scanned the hymn for another helpful passage and saw a phrase I hadn't noticed before: "Strong the hand stretched forth to shield us." It was the most perfect idea for this situation! It made me think of God's strong hand shielding me instead of thinking of a broken hand.

I continued to pray with the peaceful, healing ideas from this hymn.

The very next day, my thumb was back in place, as though nothing had ever happened. There was no more pain, either! I had a good and normal day and even water skied. My thumb was perfect.

The lesson I learned from this healing was that sometimes we can see something (like the way my thumb looked after the accident) that seems scary and impressive. But instead of looking at that, I can immediately turn to what I know about God. When I let my thoughts rest on God in this instance, I felt His presence, and it resulted in a quick healing. I'm so grateful. ●



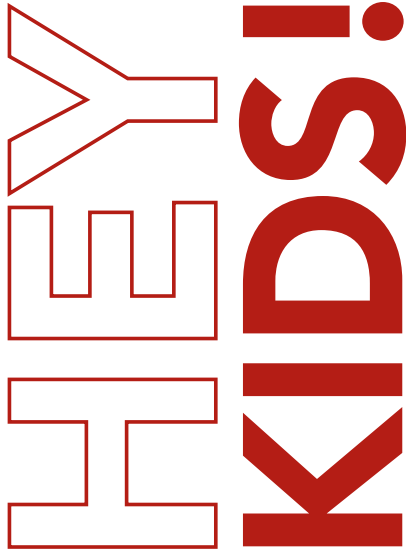
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