

## Being unafraid

When we find ourselves in trouble,  
the first thing to do is get rid of fear.

Lynn G. Jackson

**T**HE past few years, our city has become a stopping point for migrating Canada geese. Every playa—a desert basin turned into a lake by heavy rain—is filled with them. On each “lake” are also ducks and other types of geese that have been there for years and are unafraid of people. The Canada geese, however, aren’t quite so sure of us yet and they avoid contact—purposely staying yards away, even if we’re offering food.

A few days ago, while I was at a park with my children, we were feeding the ducks. Not far away in the water was a flock of geese. Usually they fly off or move away when we approach, but this time was different. One goose swam over and began to eat the food we were offering. He got very close and gently ate among the ducks. Instead of fighting for food, he made sure the food was within his range, rather than push to get more.

At first I thought, “How wonderful; now all the other geese will know it’s safe! They’ve seen him eat and won’t be afraid anymore. Any minute they’ll come join him.” But it didn’t happen. Even though they were watching, not one of them (and there were hundreds) attempted to get closer.

In thinking about this later, I asked myself how many times the other geese would have to see this particular goose get close and eat before they, too, felt confident and unafraid. Then the real question hit: “Haven’t I seen things occur in my own life that I’ve remained doubtful about?” Specifically I asked myself, “How many times have I seen spiritual healing brought about

solely through prayer, and still been tempted to fear it wouldn’t be effective for me *this time*?” I sheepishly answered, “More than I want to admit!”

Mrs. Eddy, the Founder of the Church of Christ, Scientist, writes in the Christian Science textbook, *Science and Health with Key to the Scriptures*, “Christian scientific practice begins with Christ’s keynote of harmony, ‘Be not afraid!’” Sometimes this is easier said than done, because we feel we need to generate courage out of what may seem like limited human resources. Instead, as we learn to trust God, we gain a fearlessness that is based on an understanding of God’s infinite power. The omnipotence of God is found through prayer and takes effect in our experience in practical ways. We find God ever available, under all circumstances. Prayer shows us how to let God’s power and love break through the fear that would paralyze and control our thinking—that would keep us so fascinated with our difficulties that we’re fooled into thinking we can’t overcome them.

A few years ago, I carelessly tried to leap over a low chain fence in a parking lot. I misjudged the jump, fell, and injured my hand and knee. My family helped me to the car. I felt very faint. Family members spoke to me of God’s power, and they silently prayed. I remember reasoning during the ride home

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that either I could be afraid and believe that the fall could have harmful effects, or I could be unafraid and mentally alert to God's power. I prayerfully chose to rely on God. The symptoms began to subside, and when we reached home everything was fine except my wrist.

The fear that my wrist wouldn't ever feel right again was clamoring for my attention. The other symptoms were healed, yet this one remained. To overcome the fear that I wouldn't be healed was challenging. But, through prayer, I came to understand spiritually that because God's ever-present power had healed everything else connected with that event, His power was present to heal my wrist. I persistently and diligently stuck to my understanding that nothing was outside of God's power to heal. The fear subsided. Soon after this the bones in my wrist shifted, and I was completely—and permanently—healed.

John's Gospel tells us that Christ Jesus said to his disciples, "Let not your heart be troubled, neither let it be afraid." The untroubled thought, found in prayer, comes from the presence of Christ, Truth. This comfort brings peace to our hearts as we persistently and diligently turn to God to understand His allness and His power. Divine Truth and Love rule out fear and its effects.

Through prayer we learn how to destroy fear within our own thought and to be unafraid. We turn trustingly to God for comfort and healing. Devoting all thought and action to God, good, through consecrated prayer, shuts out the clamor of matter and restores freedom of action. It awakens us from materiality and reveals God's omnipotence. //■

## Home—not for sale

You can never be separated from your true dwelling place in divine Love.

A. Belle Anderson

**T**ODAY many streets are peppered with the sign "House For Sale." The reasons for selling might be a change in income; a new job; a growing family. However, no one is selling his home—but a house.

What's the difference? A "house" is generally a material structure of wood or brick or stone. "Home" is a spiritual concept, which is not limited to any material structure. It is manifested in peace, joy, order—as well as many other qualities of God, divine Love.

In the book of Acts we read: "In him [God] we live, and move, and have our being." You can never sell or be separated from your true dwelling place any more than a ray of the sun can be separated from its source. And you don't have to wait until you move or find a particular kind of physical surroundings to experience your home. Right now, in truth, you are living in your permanent dwelling in God. His loving presence is what you live in today, you lived in yesterday, and will live in tomorrow. It's wherever you are. The Psalmist tells us in the ninety-first Psalm, "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty." As we come to recognize our dwelling place in divine Love, we will increasingly experience the peace and safety we seek.

In her book *Science and Health* Mrs. Eddy writes: "Pilgrim on earth, thy home is heaven; stranger, thou art the guest of God." Later in the book she gives this explanation of *heaven*: