

FROM CHRIST'S VIEW, I AM FREE NOW

*10 Ways to Understand
Our True Freedom*

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INTRODUCTION

*And Ye shall Know The Truth,
and The Truth Shall Make You Free.*

John 8:32

Christ Jesus

The Bible and the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, contain a road map for all to understand our true freedom, what we are meant to have.

“**W**hat is the permanent solution?” asked a relative who had been struggling for years with persistent stomach problems. I had tried before to share some of the spiritual insights that had helped me, but he never seemed open to listening. Finally, tired of suffering, he asked the question in earnest.

Confidently, I responded, “The answer is our willingness to yield to God with our whole hearts, and to the truth about who He, the only Creator, says we are.” My own life had changed profoundly when I started to understand who God is, and who I am in relation to Him.



CHAPTER ONE

WHO AM I?

“Beloved, Now Are We The Sons Of God . . .”

1 John 3:2

*“Cease ye from man, whose breath is in his nostrils:
for wherein is he to be accounted of?”*

Isaiah 2:22

*“Know ye that the Lord he is God: it is he that hath made us, and
not we ourselves; we are his people, and the sheep of his pasture.”*

Psalms 100:3

I have often asked myself, “Who am I?” Knowing what the Bible says, I always answered truthfully that I am a beloved child of God--but I did not fully understand what God says about who is truly His child. Since we are all of one Father, as Malachi says, “Have we

not all one father? hath not one God created us?” (Mal. 2:10), then I should see everyone, everywhere, as a child of God.

As I studied the Bible and its spiritual interpretation from the Christian Science textbook *Science and Health with Key to the Scriptures* by Mary Baker Eddy, I saw clearly that I had entertained a limited view of God all these years. In order to embrace the Truth about God, I had to give up the false notion of Him as a man somewhere and accept the infinite, spiritual nature of God. Although this was not easy to do, it made perfect sense.

I am amazed at how contradictory the two accounts of creation are, once pointed out. And yet, no one ever explained that. I grew up believing the mortal sense of creation without question, even though the Bible clearly begins with the spiritual version:

Gen. 1:26, 27, and 31 partially quoted here, states, “And God said, let us make man in our own image, after our likeness:So God created man in his own image, in the image of God created he him; male and female created he them And God saw everything that he had made, and behold, it was very good.”

The second chapter gives the account of the mist going up, the creation of man from dust, and the formation of woman from man’s rib. Then, after saying that all He created was “very good,” God is now depicted as cursing man, foretelling suffering.

I am not a Bible scholar, but through my study, I’ve come to understand that the opposing views of creation in the first and second chapters of Genesis cannot both be correct. If God is Spirit, then creation made in His likeness must be spiritual. If God is wholly good, then His creation must also be good. He wouldn’t create a sinful mortal, watch him suffer, or make His own likeness capable of doing things that are incompatible with His likeness.

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It was also becoming clear to me that a finite God could not be everywhere at all times—and yet this had been my unquestioned view of God for most of my life.

The more I prayed—humbly and sincerely—to understand the nature of God, the more was revealed. God’s intangible, infinite qualities become tangible *in action*. If God is All and is only good, then all good qualities must express Him. All people, then, are the expression, image, witness, reflection, and idea of God. In reality, we all possess the qualities that make up the nature of God.

This understanding of God is critical. A Christian healer once explained the idea this way: “To refer to ourselves as the small *i*, which always has something hanging over the top of it, is to identify ourselves wrongly.” It’s a funny analogy, but it helped me see something. Maybe that’s why people say, “There is always something.” They come to expect there will always be something wrong with business, relationships, school, health, or the world.

I used to wonder, *What else could go wrong?* That kind of worry assumes that wrong is normal. Some people think constant worry is just being cautious. I know many who always expect that things will go wrong—and for them, it often does.

Pessimistic thinking is sinful because it denies the allness of God and ignores the command, “. . . .be not afraid.” (John 6:20). It gives power to fear and discord, disobeying the First Commandment: “Thou shalt have no other gods before me.” (Ex 20:3). That command means I should not let anything preoccupy my thought more than God.

The acceptance of many false beliefs about life kept me from realizing true mental freedom. But my growing readiness to accept that God is All—that His creation reflects Him and is entirely good—has helped me to understand, without question, who I truly am. The Bible

says, “And God saw everything that He had created and behold it was very good” (Gen 1:31).

Further enlightenment through *Science and Health with Key to the Scriptures* broadened my understanding of the nature of God. God is Mind, Spirit, Soul, Principle, Life, Truth, and Love. This understanding helped me accept the spiritual nature of God and begin to see myself as the reflection of such infinite qualities.

The Bible refers to God as Mind: intelligent, wise, and all-knowing we have the mind of Christ” (1 Cor. 2:16). This Mind is the infinite intelligence that knows nothing imperfect about His own child.

God as Spirit: real substance, grace, and goodness. “God is a Spirit: and they that worship Him must worship him in spirit and in truth” (John 4:24).

God as Soul: beauty, grandeur, harmony, and tranquillity. “Behold, all souls are mine; as the soul of the father, so also the soul of the son is mine” (Ezek. 18:4).

God as Principle: just, orderly, punctual, balanced, and courageous. “He is the Rock, his work is perfect: for all his ways are judgment” (Deut. 32:4). And later, “. . . he is excellent in power, and in judgment, and in plenty of justice:” (Job 37:23).

God as Life: lively, energetic, full of vitality, and joyful. “The Lord is the strength of my life; of whom shall I be afraid?” (Ps. 27:1) Another Psalm declares, “That thy way may be known upon earth, thy saving health among all nations” (Ps. 67: 2).

God as Truth: honest, trustworthy, truthful, pure, and faithful. Deut. 32:4 calls Him “. . . a God of truth and without iniquity, just and right is he.”

God as Love: compassionate, loving, and affectionate. 1John. 4:8 says, “He that loveth not knoweth not God; for God is love.”

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It is this fresh view of the nature of God that has awakened me to my genuine selfhood. selfhood. 2 Corinthians 4:18 says, "... we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."

As I strove to make these divine attributes real in my own life, I felt led to read a lecture by Herbert E. Rieke, C.S.B., titled "Discovering Peaceful Relationships." In it, Mr. Rieke shared a story from his time as an army chaplain, during an informal religious service held on a convalescent ward. To help illustrate the concept of the perfect man, the group chose the subject of "Women" for the discussion. Naturally, this topic caught the attention of all the men present.

Mr. Rieke began by asking them what they desired in the women they hoped to marry. At first, the men focused on physical beauty—until one of them spoke up and said, "Beauty is not everything." Then another added, "I don't want a wife who is dumb." So Mr. Rieke turned the discussion toward the value of intelligence. They all agreed they wanted a wife with wisdom and understanding.

Next, he asked, "What if the woman was intelligent and beautiful, but hateful and mean?" The men quickly agreed that they would not want a woman like that. They wanted someone who expressed love, compassion, tolerance, and the ability to forgive.

So, he asked, "What if she had all of those qualities, but did not express truth?" They all agreed again—no one wanted a wife who could not be trusted because she lied. Everyone wanted someone who would be true to them.

Finally, he posed one more question: "What if she had no life in her; if she was lazy and boring, had no enthusiasm, and was indifferent?"

Of course, they all wanted someone who would be energetic, lively, engaging, and active. Then one man said he did not want someone with *too much* life, who would run to clubs all night long. He hoped for someone who loved her home, good books, flowers in the garden, and children.

They all recognized that these were deeper, spiritual interests—qualities that expressed *Soul*. They agreed on the importance of depth, spiritual poise, and harmony: the unseen beauty that is felt rather than seen on the outside. Each man also agreed that his wife-to-be would need to express fairness, orderliness, balance, and good grooming—for these are qualities of principle.

With the healer's help, they came to see that it is the Spirit that satisfies—and that those are the spiritual qualities God has given to each of His children. They are eternal realities, and all can allow their expression.

At the end of this discussion, the men asked where they could find such a girl. To that, the healer asked, “What kind of a man would such a girl be looking for?” They all burst out laughing. Of course, the answer was clear: she would be looking for a husband who possessed those very same qualities. With this, they saw that with these qualities, they identify the complete child of God.

God's child, as His reflection, never lacks anything—because good health, wisdom, love, proper judgment, moral courage, wealth, intelligence, energy, humility, patience, and joy are included in the eternal qualities of God's nature, and therefore in man's true nature.

Paul said, “Nothing can separate us from the love of God” (Rom. 8:39). That statement means nothing if we think of ourselves as what God is not. If we see ourselves as limited mortals, we can never be receptive to spiritual truth.

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We are always in the presence of God. Just as we can never be separated from our own shadows, every drop of the ocean is always part of the whole ocean. I find this spiritual fact very comforting.

“I am a felon,” was the ready answer a young man gave me when I asked him to register to vote. He was telling the Truth about what he had come to believe, but what struck me as both surprising and sad was the ease with which he said it. This has become his identity.

Because he thought of himself as a felon, I feared he might do something else consistent with that belief before his probationary period ended. He might always remain a felon. He could have simply said, “I cannot vote,” and then explained why. But instead, he led with the label.

Does the system truly understand why the rate of recidivism is so high?

Accepting any limitation is disobedience to God. If I dwell on the fact that I am a woman and accept any limitations that come with that, I am disobeying God—because that is not how He knows me. If I affirm that I am shy, unworthy, timid, resentful, or revengeful, then I suffer from being all the things that God has *not* created as part of me.

The power of Truth displaces all the lies about who I am, so I can fully see the loving, worthy, deserving, obedient, and beloved child of God that He knows.

I am “an Unlimited Child of God, Ever in His Presence.” This knowledge has helped to erase many of the fears, doubts, and anxieties I used to carry. I own my birthright as a child of God. Learning to be grateful for God’s everlasting presence, His protecting power, and His infinite Love helps me turn to God first—for all my answers.

Why was it so challenging for me to accept this truth? To be honest, I felt unworthy to be identified with God. Jesus taught that

Truth makes us free—the Truth of our true, perfect spiritual being. He made clear that this perfect identity was for everyone to claim. “Be ye therefore perfect, as your Father which is in heaven is perfect.” (Matt. 5:48). Each step I take toward fully realizing this Truth brings me more peace and freedom.

The more convinced I become of the power of the Truth, the more readily the Truth comes to my consciousness when I am faced with a problem. I no longer merely talk about the truth—I feel it and apply it.

I am so grateful for this step forward, because I used to believe my problems were bigger than the power of God. But I must continue in this new way of thinking, whether I am confronted with challenges or things seem to be going just fine.

In the Bible, a man named Nicodemus asked Jesus how He performed His miracles. Jesus told him he would have to be born again. Nicodemus, taking this literally, did not understand. Jesus explained what He meant by being born again. He said, “. . . Except a man be born of water and of Spirit he cannot enter into the kingdom of God” (John 3:5).

This birth of the Spirit is the acceptance of your spiritual identity as a child of God.

I realised I had been living a Life full of contradictions. When I respected and Loved someone, I listened to the good things they told me and tried to follow their advice. But I had been doing the opposite with God. I professed to Love Him, but I was not obeying His laws.

I had to surrender my personal will and recognize that God already had a perfect plan for my Life. I must not accept any discord as real. Discord is healed by the establishment of Truth in my consciousness—and that Truth reveals just how unreal the discord truly is.

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I used to pray by asking God to grant my self-willed requests. But over time, I've learned a different way. Now, instead of pleading, I spend quiet time alone with God, simply *knowing* His presence with all my heart. In that stillness, I seek to feel His power and presence. That sacred quietude fills me with inspiration, often leading to practical answers to my questions. In this way of praying, I humbly and fully acknowledge that all good comes from God.

I often examine my thoughts and actions to understand better where I may be indifferent, disobedient, disrespectful, or ungrateful toward God. We read, "If ye love me, keep my commandments" (John 14:15). It is not enough to profess my Love for God—I must *prove* it.

For example, I ask myself whether I am judging others based on skin colour or nationality. I do this because I recognize how deeply the world clings to false beliefs about these things. If I am to be obedient to God, I must make a conscious effort to see His creation in every human. We are all brothers and sisters; in Truth, there are no enemies.

I desire understanding—no matter the cost. This hunger leads me to a deeper grasp of what it means to "rejoice in tribulation." God is always present, and confusion is only temporary. Every conflict offers an opportunity for spiritual growth. With that conviction, I welcome challenges, knowing God is helping me through them.

As the Bible tells us in Matthew 5:8, "Blessed are the pure in heart, for they shall see God." For me, purity means striving to keep my thoughts clear. I cannot hold on to sadness, self-condemnation, or self-doubt and, at the same time, perceive the beauty, grandeur, and harmony of God's presence. One must give to the other.

Jesus said, "But seek ye first the kingdom of God... and all these things shall be added unto you" (Matthew 6:33). To discern how

faithfully I am following this command, I ask myself a few searching questions: Am I beginning my day with God? Am I turning completely to Him for answers? Am I striving to express only those qualities that reflect His nature?

Psalm 17:15 declares, “As for me, I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.” What a promise—that when I truly awaken to the Truth of my identity as God’s likeness, I will be satisfied and free. Similarly, Deuteronomy 6:5 reminds me, “... And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.” These verses remind us just how wholly God calls for our attention and devotion.

Isaiah 31:1 warns against leaning on material solutions: “Woe to them that go down to Egypt for help . . .”—a vivid image of misplaced trust. Instead, Romans 8:9 reassures us, “But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you.” These words help me remember that my true Life is found in the Spirit, not in matter.

Still, have you ever noticed how easy it is to have more faith in a problem than in the power of God’s Love to heal it? I experienced this when I was struggling with physical pain. I prayed, affirming my identity as God’s child, knowing that such pain could not possibly be a part of me. As I spent time thinking about my perfection, I suddenly realised I still had more faith in the reality of the pain than in God and the reality of my perfection.

I burst out laughing when it finally dawned on me: I had been trying to be *humanly* spiritual. I was not thinking of myself as the reflection of God, and therefore, perfect. I was still seeing myself as a mortal, while claiming spiritual Truth as my own. It was an awakening to realise that spiritual perfection must be my starting

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point in order to correctly counter any discord. I prayed by lifting my thoughts with the truth about my spiritual being. As I stayed with these truths, I felt the pain easing—until eventually, I could no longer feel the disturbing sensation.

It is also helpful to understand the concept of the infinity of God. Since God is infinite, all His qualities are equally present. This means I can be courageous, loving, strong, and beautiful. I can have abundance, affection, and honesty. And I know everyone else can express all these qualities at the same time, too. I can be sure of having an everlasting supply of whatever I need. Can infinity ever end? The answer, obviously, is no.

Since God is infinite, the discord we face is not real. This teaches me to seek God first for every answer—always holding on to perfection and recognizing the lie of material circumstances. Hence, in healing, we are *always* healing wrong beliefs. The Truth we claim replaces and vanquishes false belief, not the material circumstance. It is essential to keep the spiritual value of all things in mind.

So, for example, if my marriage is discordant, I am still somehow holding on to the belief that my husband can be selfish, immoral, or dishonest. But God tells us to leave the material dream for the truth. If I continue to seek my answers from my own and others' opinions, I am either still ignorant of the spiritual reality or I am choosing to disobey its cautions.

If our experience reflects our thoughts, does it not make sense to heal the thoughts that are out of alignment with the Truth? It is a mistaken belief that man can be forgetful, or that a home can be vulnerable or exposed. It is not people we must correct, but the belief that anyone can be dishonest, unjust, or deceitful. We must take care not to be distracted by appearances before our eyes.

This is why it is essential to anchor ourselves in the presence of perfection. The Bible exhorts us, “Be ye therefore perfect, even as your Father which is in heaven is perfect” (Matthew 5:48). This is not a future hope—it is a present Truth. I am not waiting for a shift in circumstances to reveal my perfection, nor is it something I grow into over time. Our spiritual wholeness is already established. Perfection is a present fact, here and now.

I was sitting in the congregation at a burial service in Ghana when I heard the preacher speak of a future, eternal happiness. This idea of rest in the hereafter had been part of my early Christian education. But eternity is ceaseless; all that is truly good is eternal—present here and now.

Subtle misrepresentations and their implied contradictions can lead us into wicked beliefs that supplant spiritual realities. These beliefs cannot be ignored. Even seemingly simple assumptions can slip in unnoticed—such as the notion that if I am hurt, I must wait for relief. Yet we are taught that God is an ever-present help, more immediate than any material remedy.

If Jesus was the Son of God, then we, too, as God’s image, must see ourselves as such and follow His example. His understanding of God’s allness—His power, presence, wisdom, and Love—was his source. It was his supply, His medicine for healing every discord, his everything.

The following verses emphasize the value of spirituality and the blessing of relinquishing every false belief to attain it: “. . . the kingdom of heaven is like unto a merchant man, seeking goodly pearls: Who, when he had found one pearl of great price, went and sold all that he had and bought it” (Matthew 13:45, 46). And in Romans 8:6-7: “For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God.” False

suggestions—those originating in the human mind that attempt to displace the omnipotence of God—are indeed enmity to Him.

Understanding who I am took time. Trusting that understanding and living it means the work of a lifetime—and I am glad to do it. There is no terrible struggle in this when we are willing to accept this uplifting concept of self. Paul urged us, “. . . be ye transformed by the renewing of your mind that ye may prove what is that good, and acceptable, and perfect will of God” (Romans 12:2).

When I ceased my inner warfare and humbly placed my feet in His footprints, I began to feel the peace that has always been mine. Peace in any relationship starts with the peace we cultivate within. When I dwell on negativity—about myself or someone else—I affirm its reality. If I accept that another is poor or sick, I make space for that false belief in my thought, as well. Eventually, it may try to take form in my own experience.

This is why obedience to the commandment to Love our neighbour is essential to our harmony. Holding false beliefs about others also binds us to those same illusions. Wherever we encounter wrong, we are called to deny its reality—because it does not belong to the Kingdom of God within us.

“Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God” (1 John 3:9). We are constantly misled by the five physical senses. That is why we must remain aware of our spiritual identity in order to see the truth. If I do not stay awake to the truth, I fall for the $1+1=3$ premise. The solution is wrong. Our highest calling, then, is to remain awake to our true selfhood.

Each day, I must consciously see in myself—and in everyone else—the wisdom and intelligence of Mind, the substance and reality

of Spirit, the beauty and harmony of Soul, the strength and justice of Principle, the vitality and freshness of Life, the purity and innocence of Truth, and the absolute perfection and loveliness of Love. When I meet every circumstance—whether sickness, unhappiness, or lack—with such a viewpoint, I begin to live what Jesus promised: whoever believes in Him will do the works He did also.

*Let us see what insights we will gain from our next chapter on **LOVE**.*



CHAPTER FIVE

FEAR

“There is no fear in love; but perfect love casteth out fear:”

1John 4:18

Anxiety, worry, apprehension, fretfulness, frustration, and doubt are all forms of fear. I often wonder how I could have ever broken free from these if I had relied on pills to manage them. What lasting good would any pill have done? If I keep wiping up a pool of water without repairing the leak itself, I will be wiping forever. Similarly, the underlying thoughts that give rise to anxiety, worry, and frustration must be addressed if anyone is to be truly free from fear. Simply calming someone with medication or other therapies may offer temporary relief, but it cannot bring lasting Peace.

What freed me from the stubborn grip of fear was a clearer understanding of who I am. It does not make sense that, all over the world, fear is tolerated—when in Truth, it should not be accepted at all.

Yet when it appears, we often accept it as real without question. This enslaving lie continues to imprison us, whether we are behind physical bars or caught within our own mental strongholds. In one way or another, fear, anxiety, worry, and depression shape how we think and act.

Fear can present itself as worry, anxiety, hate, pride, deceit, pain, and sometimes as physical symptoms. You may recognise in the list below some of the thoughts or beliefs that cause uneasiness of Mind:

- Fear of sickness and pain
- Fear of not having money, a job, or income
- Fear of humiliation
- Fear of feeling pressured or being late
- Fear of being criticized
- Fear of feeling dominated
- Fear of injustice
- Fear of discrimination
- Fear of feeling unloved or of loneliness
- Fear of losing fame or popularity
- Fear of looking stupid
- Fear of failing
- Fear of the unknown
- Fear of someone taking our positions or our personal property
- Fear of being who we really are
- Fear of being afraid

Jesus knew that fear is torment; hence His endless admonition to resist it, as in, “FEAR NOT, little flock; for it is your Father’s good pleasure to give you the kingdom” (Luke 12:32). After such a list of all that encumbers our lives, one may wonder: what is left to live for?

It is important to know exactly what we are afraid of. When a sense of fear begins to build in any situation, we should ask ourselves: *What prevailing belief is making me afraid? What false sense am I accepting?*

The Bible warns against tolerating the serpent—symbolic of fear and deception—and teaches that neglecting to confront it keeps us subjected to its claim. This lesson is powerfully illustrated in Exodus 4:2-4, when Moses was commanded to face what he feared: “And the LORD said unto him, What is that in thine hand? And he said, A rod. And he said, Cast it on the ground. And he cast it on the ground, and it became a serpent, and Moses fled from before it. And the LORD said unto Moses, Put forth thine hand, and take it by the tail. And he put forth his hand, and caught it, and it became a rod in his hand.”

Fear can almost paralyse us. Yet remember, after this experience, Moses found courage. In obedience to God’s command, he led the people out of Egypt. His words to the children of Israel reveal great strength and unwavering trust in God: “Fear ye not, stand still, and see the salvation of the Lord” (Ex. 14:13). Having overcome his fears, he was now clear about the power and presence of God.

The Bible holds answers to all these fears. The word of God offers lasting freedom if we are willing to receive and obey it. What is remarkable, even paradoxical, is how we often seek divine help, yet resist the very thoughts and actions that would bring us into the light.

One day, I received an email from a gentleman who sounded desperate with fear. The subject line was in bold letters: “PLEASE

HELP ME.” His message was full of painful memories, reaching as far back as his childhood. Now, in his mid-sixties, he described his life as having been nothing but pure hell. He had struggled to maintain relationships and admitted to bad habits, including drinking and smoking. Then he went on to condemn himself for the pain he believed he had caused others.

He listed numerous physical complaints and shared that none of the many doctors he had seen were able to help. He said his father had always put him down. Altogether, it was a tragic account of a man who had accepted a false identity. He was suffering from self-misidentification. What he was truly seeking was the light—the Truth—that would show him his real selfhood.

As long as this man continued to believe all these things, he had no chance of seeing the Love of God, which is the true reality always at hand. And what he was doing is not so different from what I once did, or what many of us might admit we still do.

In the latter part of his email, he asked me to pray for him, saying he was “prayed out.” Many people had already prayed for him, he said, but he still found no relief. He said he could not change his thoughts. He had been praying day and night for God to send the Holy Ghost to heal him. However, he gave no evidence of true repentance; instead, he insisted that he could not stop smoking or give up other bad habits.

Here was a man who was crying out for help—yet placing more faith in the evil he was experiencing than in the good he could experience. It seems our faith and trust have, in some cases, been relegated to “evil believing”, and this misplaced faith can be so tenacious that we cling to it, even as we cry out for help. But if we were to shout our sounding “Not True!” to every lie, every wrong that appears in

our experience, we would begin to align ourselves more fully with the power of good.

In Ps. 19:12, we read, “. . . cleanse thou me from secret faults.” Are not these secret faults—envy, jealousy, covetousness, pride, resentment, impatience, lust—like hidden mists that prevent us from seeing our real selves as the reflections of God? These faults occupy our thoughts and, in doing so, become idols that usurp Christ’s rightful place in our thoughts.

All people are subject to God. Therefore, the misuse of power, whether at work, in marriage, at school, at home, or between parents and children, is wrong. Similarly, using age, culture, or illness as excuses to manipulate others is also a misuse of power.

Wrong thoughts create fear. Psalm 34:4 says, “I sought the Lord and he heard me and delivered me from all my fears.” Just as in physics, where friction arises from opposing forces, there is a spiritual tension when humans will oppose God’s will. This resistance breeds anxiety, fear, and restlessness. We may feel anxious when we feel we should be somewhere before the right time, or when we long for something that we are meant to wait for. I have felt this anxiety myself, especially when I knew I should be doing one thing but chose another out of wilfulness.

Yet if we yield entirely, letting go of our human opinions and turning fully to God with trust, His will unfolds. Divine wisdom brings peaceful answers to our questions.

Look at how much of the old thinking is preventing this dear gentleman from seeing the Love God is pouring his way. It reminds me of how my own focus on all the negatives once kept me from taking even the first step toward realising peace. It has taken time and intentional effort to release those false concepts. But obedience

to the call to replace the old with the new—be it slow or fast—is the only path to healing.

Fear can be conquered through humility, which makes room for the Love of God to be felt. It may seem unusual to speak of humility in the context of fear, but true humility has nothing to do with feeling inferior, submitting to injustice, or lacking the courage to stand up for what is right. Rather, humility—in its proper sense—confers strength and courage because it brings the awareness of our oneness with the only power there is.

Humility is the quiet strength that can declare, “I can do all things through Christ who strengthens me” (Philippians 4:13), acknowledging our unity with God and the power that conveys. This is quite different from a kind of humility that accepts inferiority or separateness from God. That kind of false humility often masks a subtle pride—a pride in a self apart from God. And wherever that pride exists, fear soon follows.

Jesus’s example is one we are called to follow. He demonstrated that the Spirit of God was with Him in every moment, and He continually acknowledged that it was the Spirit accomplishing the good He was doing. As John 6:63 says, “It is the spirit that quickeneth; the flesh profiteth nothing.” And in 1 Peter 5:6-7 we are reminded, “Humble yourselves therefore under the mighty hand of God . . . for He careth for you.”

When I appreciated that Jesus was never afraid, and the Bible consistently warns us about fear, I saw clearly how I had mistaken timidity, which is fear, for humility. Our humility should arise from a deep gratitude for the realisation that we are children of God. It is the recognition that everyone else is also a child of God, and that God has no favourites.

Poor childhoods and difficult life circumstances should not be the reason we are humble, for those experiences were never true of our real being. God's children are all royalty—we just do not realise this. When we are timid, we are afraid, and we are separated from God in belief; for where fear is, there is no Love. Timidity reveals our trust in fear and our distrust in God's power, here and now.

To realise myself as perfect in God's great Love required me to let go of fearful thoughts and take hold of a renewed consciousness of Love. I had to know that I am loved, that I am lovable, and that I am loving. This renewal of thought has not been easy for me to experience. I have not only had to affirm these loving Truths for myself, but I must also continue to affirm them as the true nature of all.

Can you imagine having to love someone who has always been unkind, who gossips about you, and envies you? This is the kind of striving that practical Christianity calls for. Human goodness is commendable to a point, but we must look to Christ Jesus's teaching. He understood that fear is nothing in the presence of God's love.

Fear of punishment alone never truly corrects anything because it merely breeds dishonesty if it is not replaced with Love. When someone refrains from wrongdoing out of fear of consequences, it does not mean they will not commit the act again. The desire remains in thought and will surface again when that desire outweighs the fear of punishment.

At other times, we may stop a particular action for selfish reasons, not because we find the action repulsive in our consciousness. There is an element of dishonesty, for example, when children refrain from stealing simply because their father is at home, only to steal when he is away. What we need is a consciousness that says at all times: *stealing is not a part of me. I cannot steal because I am a perfect image of God.*

Each time I accept a fearful thought as real and dwell on it, even for a moment, I dishonour God—because for that moment, I am declaring that there is no God. Yet if God is all, then good is always everywhere. This allness cannot be denied. Love, therefore, must occupy its rightful place in my consciousness.

People can overcome their fears through self-will, but that kind of courage cannot compare with the insurmountable power of Love. Fearlessness that is not grounded in the courage of Love can still succumb to evil. We see this in the varying degrees of fear, depending on material circumstances. For instance, many people experience less fear when they lose their jobs than when they receive a grim medical prognosis.

My mental banner says: *Stop! God Is All. He Occupies All Space; There Is None Beside Him.* This helps me immediately check any discord and dismiss it, allowing me to focus on what *is* true about my Life in any given moment. It helps me remain vigilant in casual conversations, lest I absorb false beliefs I should have outgrown. Pressure, anxiety, stress, decision-making, injustice, failure, disappointment, pride—and all forms of fear—succumb to the power of Love and cease to be real in my consciousness when I remember this mental banner.

Consider *The Song of Solomon 2:4*: “He brought me to the banqueting house, and his banner over me was love.” God’s Love is an infinite healing balm, always present to calm and heal every false sense of fear.

One morning, as I woke, I heard this: “Do not be afraid when you have taken a stand for Truth, nothing can happen when Christ is in control. Go higher when the tempest rages; this is the only way you can prove the omnipotence, omnipresence, omniscience, and

omni-action of God.” You can imagine what great comfort those words brought me.

Always remember: the discord that seems to frighten you is only an illusion. It is erasable, and you have the divine presence to wipe it out. Seeing discord in this light did not happen overnight. It has taken persistent prayer to understand and Love God, and to gain this new way of accepting situations. The Truth we need to replace any discord never changes. These Truths are forever available for us to use.

One fear I had to learn to constantly refute is the fear of not having enough money. I persist in this because it has often dissuaded me from going forward with some of Love’s wonderful provisions for supplying my needs. After we pray for supply, do we sometimes freeze, paralysed by the fear of lacking money, right when an idea has come? I certainly did this when we were on the verge of giving up our store.

At the time, I had been focused on how we would add food service to the store and how such a plan might be implemented. Because I did not see the money in the bank, nor did I know how we were going to raise that kind of money, I simply worried about the entire idea. I also assumed my husband would not support the project, given our past unsuccessful attempts to raise funds for store improvements.

Through prayer, I was led to a local university that was developing a programme to help small businesses expand. When I went there, the programme director was very encouraging and showed genuine interest in what I was planning. However, she referred me to another woman who was to be my adviser. That meeting was disheartening. The woman seemed unfriendly, even angry, and she offered no encouragement at all. When I left her office, I was overwhelmed with discouragement. Every wrong thought about the idea not working

came rushing in. I felt so exhausted and defeated that I convinced myself that my husband would not see how the plan could succeed. And so, I gave up the idea entirely, without trying to explain it to him.

I was wrong to be fearful when God was leading me. There are examples in Exodus 25-28, where God gave precise instructions on how the ark and the tabernacle were to be built. And in Genesis 6, Noah was given the exact specifications for building the ark, including the type of wood to use. These examples teach me that when God gives an idea, the details of how, when, and where are also included. They should not be doubted.

In my case, fear was magnified, and I disregarded the gentle guidance to go forward with something that would have blessed many. This was disobedience to the power of God. From that experience, I learned several important lessons. First, to always hold fast to my true identity, and to acknowledge the correct identity of everyone else. This would have given me the courage I needed and the spiritual perception to see through the fear that was being presented. Second, I would have seen the adviser rightly, perceiving her real identity instead of what was presented as an angry woman. Third, I would not have made the judgment that my husband would fail to see the feasibility of the project. And fourth, the most significant lesson was to make everything I do about God. What God ordains cannot help but bless everyone involved. The when, how, and why of God-given ideas are always His responsibility, not ours.

The only confidence that truly benefits us is grounded in the Truth that God is the only power, presence, and source of all knowledge and right action, and that He is in control at all times. This is the solid foundation of confidence worth trusting. It is sure, with guaranteed certitude of help in every need.

In Ephesians 4:22-23, we read, “That ye put off concerning the former conversation the old man, which is corrupt according to deceitful lusts; and be renewed in the spirit of your mind.” We are to do this *now*. Some of the calls I have received were from parents speaking about what their children will or will not do. As we spoke, the conversation often revealed a lingering, wrong thought about the child, based on something the child did in the past. How do we insist on attributing wrong qualities to God’s children and still expect different outcomes in our experience? I continue to be watchful not to criticize, judge, or condemn anyone. When I catch myself entertaining such thoughts, I quickly reverse them with the truth.

One area where fear tempts us most is in situations of injustice, whether at work or at home. The fear of losing a job or the false security of home becomes magnified. In those moments, it can feel difficult to know what the right thing is to do. But these are precisely the times when we must express patience—not as passive waiting, but as quietly and faithfully reaching for God’s answer regarding the next step. God’s goodness is the present fact of our lives. Adherence to this Truth can give us the spiritual uplift to wait for the unfolding of God’s will, with full expectation of a positive outcome.

When we wait, we do not wait because of our own human will, someone else’s opinion, or even because some ridiculous church creed says so. We wait to hear God’s direction, because there is no mistake there. I used to say I could not hear God. I blocked out His voice with negatives, with distrust in His power and faith in doom, self-pity, fear, discouragement, and despair. We cannot perceive God’s loving guidance, because we will not find Him where fear claims to be.

I am sure most of us have failed enough times in things we have done out of fear to know that if we do anything motivated by fear,

we will fail. As long as the premise is wrong, we guarantee ourselves failure.

As I witness the power of God and how it operates in our lives, if we let it, it becomes clearer that leaders, parents, and teachers all need more trust in the unfailing presence of God. Such trust urges us to seek His help more readily, and to use His guidance in our affairs. What are we doing with the good God has given us? 2 Timothy 1:7 reads, “For God hath not given us the spirit of fear; but of power and of love, and of a sound.” Power, Love, and a sound Mind are all everlasting qualities, given directly by God, for our liberty.

*Let us see what insights we can gain from our next chapter on **A JOB, A BUSINESS, OR A CALLING?***

ABOUT THE AUTHOR



Florence was raised in a Christian family in a small seaside town in Ghana, West Africa. She later moved to England, where she received her medical nursing, midwifery, and public health nursing certificates. Once in the United States, she earned a degree in nursing and a law degree.

After her father's stroke and subsequent remarkable recovery through Christian Science healing, Florence embarked on the study of this preventative and curative Truth. She joined the healing ministry of Christian Science and worked as a Christian Science nurse for nine years. She is currently a Christian Science practitioner; someone who aids anyone caught up in a problem to apply God's Truth to bring about resolution and healing.

She shares her experiences and what she continues to learn with other Truth seekers, to help inspire and encourage others to explore the healing Truth and practice of Christian Science. Applying spiritual

insights from that study to her everyday life has given her a new view of herself, others, and an overall transforming perspective on life.

It is her sincerest desire that what she shares will impel others to conduct their own study of these two life-changing books: The Bible and *Science and Health with Key to the Scriptures* by Mary Baker Eddy. She works each day to practice what she is learning about man's true freedom. She lives in Atlanta, Georgia, with her husband. They have three children.