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Defending our thought

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Today I am thinking about the goodness of God and how absolutely nothing can hack into my thought or my day. A few days ago a hacker hacked into my Facebook account and right away four friends contacted me and told me to change my password. And in minutes I just had that nasty post deleted and changed my password to keep the hacker out. It really got me thinking about defending our thought. I think we need to defend our thought against negative mental influence just as quickly as we would defend it from a hacker. And I started thinking about worry as being like a hacker trying to take over our thought. Worry would suggest things that we wouldn't normally think on our own. One way that's worked for me to get rid of worry is to think ten to one. Now, this isn't a formula, but its ten affirmations of absolute spiritual truth for every worry thought. And I got this idea of ten to one years ago when I heard that Mrs. Eddy told one of her classes to take ten looks at the Christ for every glimpse of error. So I thought, well, ten absolute truths about God, that God is good, and all powerful and all present; or maybe, ten absolute thoughts about myself as God's creation. Or I might think ten absolute truths about someone else, that they're created by God, have the mind of Christ and so on. Just ten absolute truths about God and God's creation will change our mental password so worry can't get in.