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A modern-day Passover: from bondage to healing By Elise L. Moore

The Passover holds a special significance for me. It signifies knowing for sure that obedience to God will protect us from harm.

The children of Israel were convinced that disobedience to God meant subjection to plagues. So when Moses told them that God had commanded them to prepare an abundant meal, one lamb per household, and to eat as much of it as possible that night, they obeyed (see Ex. 12). They were to eat dressed as if for a journey, wearing their walking shoes and with staff in hand. This was specific preparation for an arduous trip and imminent departure. The implication was that after 430 years of slavery, they would walk out of Egypt and away from bondage that night. And they did!

Yet it wasn't enough to have faith in the word and power of God. They had to announce their faith publicly. Moses told them to mark the front door of their house with the blood of the lamb. They each had to be willing to stand up publicly in a hostile environment and proclaim their devotion to God. With this public acknowledgment they were protected from the devastation of the plague.

What lessons of obedience, expectation of good, and courage the Passover story teaches followers of all faith traditions. For those wanting to practice spiritual healing, it has particular relevance. Spiritual healing requires radical reliance on God. Tentative prayers, wishful thinking, thoughts without action are unavailing.

For the children of Israel to be free from bondage, they had to follow God's commands to the letter, and so do all of us in Christian healing. Picking and choosing moral precepts, selecting the practices we agree with and ignoring those we don't, just doesn't work.

It took a lot of suffering and convincing to bring the children of Israel to the mental place where they were willing to obey unconditionally the demands of divine Love. Ideally we'll see that we don't need to suffer for years or endure plagues before we relinquish human will and humbly follow God's commands.

Humility brings the willingness to be obedient to both the letter and the spirit. Just as the Israelites were told exactly how to prepare for their freedom, so divine Mind instructs each of us how to prepare our thought for healing. The instructions may be unique to our individual experience, yet they are equally as necessary as the directions God gave Moses.

Feeding our thought with spiritual food, divine inspiration, prepares the way for healing. Being expectant of freedom, ready for healing, rather than comfortable in complaint and misery, is like having our shoes on and staff in hand. Taking an unwavering stand before those who do not believe in the power of God to heal is another important aspect of preparation. Without this outward sign of action, the inward thought or conviction wilts into obscurity.

Spiritual healing is a modern-day journey of freedom. Through the power of God alone we can find freedom from the bondage of disease. No matter how long a problem has lasted, understanding the nature and power of God leads us to healing.

For years I had severe menstrual cramping. Each month I would pray and find some comfort. Sometimes quickly. Sometimes slowly. But I was still in the land of Egypt, so to speak. Gradually it dawned on me that I was accepting slavery as a condition of my being and expecting pain. One day we were on vacation when severe pain struck. I decided this was my time to celebrate Passover. I wanted this belief of plague and pain to pass away from my life forever. I walked up and down a public parking lot, declaring God's absolute supremacy and government of my life. I declared that He did not send plagues of any sort. That this belief in plagues was of human invention and powerless to enslave me. I affirmed my status as entirely spiritual, the image and likeness of God, the reflection of divine Spirit, not matter. And declared that I was not enslaved, was never an Eve, but the free woman of God's creating.

This time I expected permanent healing, not temporary relief. I listened to divine Mind and the specific ideas God was giving me. I "ate" them as a Passover meal until I was so filled with spiritual truths that there was no room for memories of past pain. I took my public stand for radical reliance on spiritual healing by refusing to rest or sit down, but vigorously declared the truth of my spiritual being until freedom came. And it did. That was the end of the problem, permanently.

Let's celebrate the Passover this year by declaring our freedom from any plague or enslaving belief. Let's be radical in our stand for spiritual healing, prepare for freedom, and let our actions confirm our convictions. The God of Israel, universal Love, will bless us.