The truth is already true

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"The truth is *true.* Our knowing the truth does not *make* it true. It is true already, and we can rejoice in that glorious, healing fact."

A gentle, loving individual was explaining my eternal, spiritual identity as the image and likeness of Spirit, God. This was the very Science of my being. As God's man I already expressed perfect health. How could God's image be sick? The eternal truth of God, revealed through Mary Baker Eddy's discovery of Christian Science, does not have to be *made* true. It is already true. Everything God made is always all right.

At last I understood why a Christian Science practitioner can accept a seemingly hopeless case with complete confidence. The healing power is in the truth of being. This truth of ever-present, all-powerful Life, God, and the falsity of evil were taught and proved by Christ Jesus and are explained by Mrs. Eddy in *Science and Health.* There we read, "The confidence inspired by Science lies in the fact that Truth is real and error is unreal."[1](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnote-1)

Our Master said, "Ye shall know the truth, and the truth shall make you free."[2](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnote-2) The safety of it! The truth is that we are free. The sons and daughters of God, reflecting God, are completely free. This is the way things are in actual fact.

When our Master said to the woman who had been bowed together for eighteen years, "Woman, thou art loosed from thine infirmity,"[3](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnote-3) was he not indicating the absolute truth of her being as the image and likeness of God? In I John 3:2 the truth of man's eternal relationship to God is stated plainly: "Beloved, now are we the sons of God." It isn't that we *become* the flawless sons of God by repeating this truth; we already *are* the children of God—as is affirmed by this Bible statement. Our real, eternal identity is entirely spiritual *now.*

To make this wonderful fact apparent in our daily lives, however, we must actually live our relationship to God. We need to strive to *express* Truth and Love in integrity, lovingkindness, moral courage. This is the way we make practical and tangible man's unity with God.

Mortal mind would deny the sacred, eternal relationship of God and man and present an opposite view. To negate specifically the claim of mortal mind we must allow the divine Mind to govern our thoughts and actions. Then we'll *know* the nothingness of mortal mind.

In the Glossary of *Science and Health* Mrs. Eddy defines "mortal mind": "Nothing claiming to be something, for Mind is immortal . ..."[4](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnote-4) Does it seem that man is diseased, invalid, despairing, out of control? Is he seen as flawed, as needing correction? Mrs. Eddy writes, "Let error rage and imagine a vain thing."[5](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnote-5) The truth of man's sinless, inseparable unity with God is invincible.

Rehearsals of disease symptoms are mortal mind's portrayal of life as existent in matter. False mortal sense never describes the actual truth. The image of God remains as untouched and untroubled as God by the fables of sense. The truth of man's eternal wholeness is true already. We rest in this truth. We are comforted, protected, and healed because we know it is true.

Mortal mind's acknowledgment of healing is not what determines health. Wholeness is present not because material sense says so but because God, Truth, says so.

The subtle motivation of mortal mind is to try to *make* Truth true and is based on the misconception that Truth is not true at this moment but will be true after we pray or while we are praying.

We do not have to make ourselves into the sons and daughters of God. The truth that we *are* the beloved, secure, satisfied, eternal likeness of God is true now. And as we *accept* this spiritual fact and strive to live in accord with Christ, Truth, our human experience will increasingly bear witness to God's harmony.

1  *Science and Health,* [p. 368](https://concordexpress.christianscience.com/?query=The+confidence+inspired+by+Science+lies+in+the+fact+that+Truth+is+real+and+error+is+unreal.&book=tfccs.main.sh).[↑](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnotelink-1" \o "Return to text)   2  [John 8:32](https://concordexpress.christianscience.com/?query=Ye+shall+know+the+truth%2C+and+the+truth+shall+make+you+free.&book=tfccs.main.hb.kj).[↑](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnotelink-2" \o "Return to text)   3  [Luke 13:12](https://concordexpress.christianscience.com/?query=Woman%2C+thou+art+loosed+from+thine+infirmity%2C&book=tfccs.main.hb.kj).[↑](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnotelink-3" \o "Return to text)   4  *Science and Health,* [p. 591](https://concordexpress.christianscience.com/?query=Nothing+claiming+to+be+something%2C+for+Mind+is+immortal+.+...&book=tfccs.main.sh).[↑](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnotelink-4" \o "Return to text)   5  *The First Church of Christ, Scientist, and Miscellany,* [p. 270](https://concordexpress.christianscience.com/?query=Let+error+rage+and+imagine+a+vain+thing.).[↑](https://sentinel.christianscience.com/issues/1984/4/86-15/the-truth-is-already-true?s=e" \l "footnotelink-5" \o "Return to text)