

Your health is safe in Spirit

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In face of the many fears circulating in popular thought today about the potential of catching Covid-19, it's critical to understand the truth about health.

Health is not a variable state of matter that is subject to a virus. Health is a state of Spirit that we reflect as children of God.

As Mary Baker Eddy wrote, “**Health is not a condition of matter, but of Mind...**” ([Science and Health, p. 120](#)).

Mind is Spirit, an all intelligent, wise and capable power that maintains health in man.

Jesus Christ knew the spiritual truth about health and was able to bring it out for the benefit of sick people all around him. Where health appeared to be physically absent, he made it spiritually appear. He understood that health came from God and was always present to manifest. The same truth applies to us today.

Our health is not affected by the body or what happens to the body. Our health is a gift from God that is held in place by divine Mind.

As a shining lightbulb radiates light into its environment, and no darkness can intrude upon it, we can radiate spiritual health in our environment and no disease will intrude upon it.

The spiritual truth about health negates human beliefs about disease.

So, stick with the truth about your health today! It's not iffy, fickle, uncertain or subject to scary surprises. It's certain, set, invincible, and fixed by God. It's a permanent part of who you are, and is never lost.

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