

# Daily Lift Q&A

Questions submitted during the webinar

How can we access older Daily Lifts?

We no longer maintain a public archive of past Daily Lifts. We discovered through analytics that most people access the Lift on the first day it airs, while a smattering of people listen during the next 29 days. You can access current Daily Lifts for 7 days on [ChristianScience.com/DailyLift](https://www.christianscience.com/dailylift) and via the link in the email newsletter for 30 days. You can download individual Lifts for your personal use during this time frame.

Will we ever get Daily Lifts on the weekends?

We have no plans to air new Lifts on the weekends, though you're always welcome to listen on Saturday and Sunday. We're a small team and have as much as we can handle with the 5 day a week schedule!

Is it OK to submit more than one Lift at a time?

There is no restriction on the number of Lifts that you can submit, but we do find that most contributors learn a few lessons during the editing process so it is generally most effective to focus on one Lift at a time, at least initially. And we do only air one Lift per contributor a month. We get a lot of submissions and want to be able to hear from all of you!

Are there any restrictions on quoting from different translations of the Bible? Can we reference writings by Mary Baker Eddy other than *Science and Health*?

You can definitely use other translations. In fact, some of the more modern translations work really well in the conversational framework of a Lift. And yes, you can quote from any of Mary Baker Eddy's published writings.

Can we send in Lifts in languages other than English?

Right now we do not accept Lifts in other languages. If you can get a friend to translate into English for you, we will happily work with you—and then you can help us translate the finished product into your native language.

Could you give us contact information for each speaker?

We cannot give out contact information because of privacy issues. If the speaker is a Christian Science practitioner, you can find them listed in *The Christian Science Journal*. If not, you can write to them via the Daily Lift email and we will forward your message on.

What's the ideal length of a Lift? Isn't shorter better?

We know that most people prefer shorter, pithier Lifts and we do work to keeping them on the shorter side. Sometimes that can be hard, but with our contributors' help, we will try to do better! We love it when submissions come in at around 300 words, but we can work with anything up to 450 words. We're good at cutting!

What happened to the video Lifts?

We would love to receive more video Lifts, so feel free to let us know when you submit if you have the skills to create one. We still have occasional video Lifts, but we'd like to have more!

Does the submitter have to provide the audio or can someone else record for the contributor? With rare exception, the Lifts are provided by the contributor. It lends authenticity that can be felt by the listener when the person who experienced the benefits of a healing insight shares that insight.

Is it possible for more Lifts to be translated into other languages?

Right now we translate into French, German, Spanish, and Portuguese at least twice a month—more when contributors provide translations. We also have Lifts in other languages. Please listen to and share our language Lifts. As more people listen, we will know that we need to provide more of them!

Who do we get in touch with if we have an idea for a Daily Lift?

You don't need to get your idea approved before you submit it. Go ahead and write it up and submit it via the [Daily Lift submissions portal](#) found right on the Daily Lift web page.

Should we submit a script or the audio?

Please submit a script via the submissions portal at the bottom of the Daily Lift page. There are reminders there about what we're looking for in a Daily Lift. You'll record the audio after the script has been finalized.

When you work with an editor, is it by phone or email?

Most of our interaction will take place through email. Sometimes a call can clear something up quickly and that's when we pick up the phone.

When talking about delivery of a Lift, you mentioned breathing air into it. What does that mean?

Just take a nice deep breath before you start recording and don't forget to breathe as you read.

Can we submit a two person Lift?

Yes! We encourage out of the box thinking and love to see creative new ideas. Don't hold back!

Please restate the 4 elements you look for in a Daily Lift.

- Hope. We want to make sure that the listener walks away with a strong sense of hope. This is the Daily Lift after all!
- One healing idea. One spiritual idea that can transform a listener's life in just the right way for them.
- A practical healing example (physical healings must already have been published in one of the Christian Sciencemagazines!) or a fresh analogy.
- How to. Take the listener step by step through how your thought changed so they can understand and apply the truths themselves. This doesn't have to be a long explanation (and it can't be in a short Lift!), but give them enough to know how they can move forward.

Can a Daily Lift be based on a previously published testimony or article?

Yes! We love when we can link to one of the Christian Science magazines—and our listeners love that, too!

Early in the webinar, you mentioned the importance of “the open.” What did you mean by that?

The open is just the beginning of the Lift. It can intrigue a listener when you start off with a true story, but there are other creative ways to start as well. Sometimes it can help to write an initial draft of your Lift and then to go back to the beginning and think about how you can write your introduction more creatively.

Can you let us know what topics you're looking for?

We've seen that the most effective Lifts come when you listen for what God is sharing to you. It's less about specific topics and more about the underlying spiritual message. Of course, if you have a Lift that touches on something going on in the world, we want to hear from you. But heart to heart sharing is effective—and healing!